



Ace Nelson Relays Tuesday, April 19



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Ashlyn Herrig			
Alexa Tremblay			
Total			2:01.26
3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			
4 X 800 Meter Relay			
Name	Time	Place	PR
Tiffany Ramirez			
Juliana Barajas			
Magaly Salgado			
Victoria Santamaria			
Shuttle Hurdle Relay			
Name	Split	Place	PR
Jordyn Linn			
Hannah Harris			
Lauren Herrig			
Chloe Koch			
Total			1:13.47
Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn			
Kaitlyn Bruhn			
Taya Adams			
Claire Miller			
Total			1:13.47

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig			13.66
Lauren Bowker			
Jessica Cabrera			16.12
Harmony Holt			16.56
Yadira Menendez Anaya			16.83
Adot Aruai			17.02
Kimberly Ramirez			17.04
Nyamun Koang			19.11
Annie Wiges			
Isabela Johnson			
Hailee Shull			
Atong Agang			
Aduk Mun			
Silia Fick			
Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kamden Bruhn			
Savannah Steinkuehler			
Brianna Musgrave			
Emily Bahnsen			
Total			4:43.91
400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			
Melanie Ramirez			
Atong Agang			
4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig			
Hannah Harris			
Kaitlyn Bruhn			
Samantha Chandler			
Total			1:55.84

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller			17.25
Jordyn Linn			18.60
Taya Adams			18.66
Kamden Bruhn			18.96
Lauren Herrig			21.37
Chloe Koch			23.16
800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:28.35
Tiffany Ramirez			3:04.72
Magaly Salgado			3:26.70
Victoria Santamaria			
Kierra Shull			
200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker			28.73
Kaitlyn Bruhn			29.68
Savannah Steinkuehler			31.63
Atong Agang			32.41
Lauren Herrig			34.53
Annie Wiges			34.98
Jessica Cabrera			35.16
Harmony Holt			35.23
Yadira Menendez Anaya			36.38
Adot Aruai			36.53
Kimberly Ramirez			37.42
Nyamun Koang			37.98
Hailee Shull			
Silia Fick			
Aduk Mun			
Isabela Johnson			

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn			1:17.16
Kamden Bruhn			
1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:14.91
Emily Bahnsen			6:08.37
Juliana Barajas			6:49.64
Melanie Ramirez			
4x100 Meter Relay			
Name	Split	Place	PR
Lauren Bowker			
Ashlyn Herrig			
Samantha Chandler			
Claire Miller			
Total			54.02
4x400 Meter Relay			
Name	Split	Place	PR
Lauryn Turin			
Hannah Harris			
Brianna Musgrave			
Alexa Tremblay			
Total			4:42.73
Long Jump			
Name	Distance	Place	PR
Lauren Bowker			15-11
Brianna Musgrave			12-5
Hannah Harris			
Savannah Steinkuehler			

Shot Put			
Name	Distance	Place	PR
Norah Huebert			27-6.5
Adrianna Lupian			26-4
Jacky Alvarenga			20-9.5
Diana Medina Flores			20-3.5
Yary Aragon			
Wilnuse Riphin			
Yizmeray Angulo			
Discus			
Name	Distance	Place	PR
Adrianna Lupian			79-3
Norah Huebert			65-1
Diana Medina Flores			58-11.5
Jacky Alvarenga			40-6
Yary Aragon			
Wilnuse Riphin			
Yizmeray Angulo			

No static (standing) stretches

Jogging
 Toe Walk <10-15m x2
 Toe Walk In <10-15m x2
 Toe Walk Out <10-15m x2
 Heel Walk <10-15m x2
 Heel Walk Sides <10-15m x2
 Skip <20m x2
 Skip Arm Circles Forward <20m x2
 Skip Arm Circles Backward <20m x2
 Side Jacks Right <20m x2
 Side Jacks Left <20m x2
 High Knee Carioca Right <20m x2
 High Knee Carioca Left <20m x2
 Leg Swings Right Toe Up x10
 Leg Swings Left Toe Up x10
 Ankle Pops <10-15m x2
 A Skip <10-15m x2
 B Skip Paw <10-15m x2
 High Knee/Butt Kicks <10-15m x2
 Build Ups (Straight/Curve) <50m 80%,90%,100%
 Block Starts <30m
 Finish 10 Minutes before race --
 continue moving walking, jogging

FIELD EVENTS 4:30 P.M

High Jump
 Discus
 Shot Put
 Long Jump

RUNNING EVENTS 5:00 P.M.

Sprint Medley Relay
 3000 Meter Run
 4 X 800 Meter Relay
 10 Minute Break
 Shuttle Hurdle Relay
 100 Meter Dash
 Distance Medley Relay
 400 Meter Dash
 4 X 200 Meter Relay
 100 Meter Hurdles
 800 Meter Run
 200 Meter Dash
 400 Meter Hurdles
 1500 Meter Run
 4 X 100 Meter Relay
 4 X 400 Meter Relay