



**Carroll COED Meet
Monday, April 8**



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Kamden Bruhn			
Alejandra Cardenas			
Kyia Clark			
Lauryn Turin			
Total			1:59.72

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:20.14

4 X 800 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum			
Jenna Meadows			
Analuisa Cruz Nieto			
Alexa Tremblay			
Total			11:40.72

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Alejandra Cardenas			
Kysa Neddermeyer			
Kamden Bruhn			
Total			

100 Meter Dash			
Name	Time	Place	PR
Sam Chandler			13.91
Alexa Santos			14.29
Hannah Harris			15.21

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			1:04.20
Piomo Okwer			1:08.93

4 X 200 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Sam Chandler			
Atong Agang			
Alexa Santos			
Total			2:00.07

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.63
Alejandra Cardenas			19.98

800 Meter Run			
	Time	Place	PR
Lola Mendlik			2:32.00
Alexa Tremblay			2:45.27

200 Meter Dash			
	Time	Place	PR
Kyia Clark			27.94
Lauryn Turin			28.76

400 Meter Hurdles			
	Time	Place	PR
Kamden Bruhn			1:24.30

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Annaluisa Cruz Nieto			6:43.51
Jenna Meadows			6:49.06

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris			
Sam Chandler			
Ann Wessel			
Alexa Santos			
Total			55.34

4 X 100 Relay			
Name	Split	Place	PR
Avery Bock			
Lauryn Turin			
Alejandra Cardenas			
Kyia Clark			
Total			55.34

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Piomo Okwer			
Kysa Neddermeyer			
Atong Agang			
Total			4:42.82

Long Jump			
Name	Distance	Place	PR
Avery Bock			16-7.5
Kyia Clark			16-0.75

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-10
Adrianna Lupian			27-3
Ann Wessel			27-0
Gracen Plagge			25-1

Discus			
Name	Distance	Place	PR
Mayah Slater			100-8
Ann Wessel			76-3
Adrianna Lupian			76-3
Gracen Plagge			70-8

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, jogging

Meet Schedule

High Jump (Girls First)
 Shot (Girls First)
 Long Jump (Boys First)
 Discus (Boys First)
 800m sprint medley relay
 3000/3200 meter run
 4 X 800 meter relay
 Shuttle hurdle relay
 100 meter dash
 1600m distance medley relay
 400 meter dash
 4 X 200 meter relay
 100/110 meter hurdles
 800 meter run
 200 meter dash
 400 meter hurdles
 1500/1600 meter run
 4 X 100 meter relay
 4 X 400 meter relay