



Carroll COED Relays Monday, April 4



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Ashlyn Herrig			
Lola Mendlik			
Total			2:01.26
3000 Meter Run			
Name	Time	Place	PR
Juliana Barajas			
Tiffany Ramirez			
4 X 800 Meter Relay			
Name	Time	Place	PR
Shuttle Hurdle Relay			
Name	Split	Place	PR
Kaitlyn Bruhn			
Jordyn Linn			
Kamden Bruhn			
Claire Miller			
Total			1:14.80
100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig			13.66
Hannah Harris			
Brianna Musgrave			15.20
Lesley Chavez			
Lauren Herrig			

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Savannah Steinkuehler			
Kamden Bruhn			
Lauryn Turin			
Emily Bahnsen			
Total			5:00.41
400 Meter Dash			
Name	Time	Place	PR
Alexa Tremblay			1:11.79
Magaly Salgado			
4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig			
Samantha Chandler			
Hannah Harris			
Lauren Bowker			
Total			1:57.26
100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller			17.98
Kaitlyn Bruhn			
800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:34.50
Tiffany Ramirez			3:07.15

200 Meter Dash			
Name	Time	Place	PR
Kaitlyn Bruhn			29.68
Lauren Bowker			
400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn			1:21.85
1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:17.84
Emily Bahnsen			6:08.55
Magaly Salgado			
Juliana Barajas			
4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Ashlyn Herrig			
Lauren Bowker			
Total			54.75
4x100 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Savannah Steinkuehler			
Lesley Chavez			
Lauren Herrig			
Total			

4x400 Meter Relay			
Name	Split	Place	PR
Lauryn Turin			
Kamden Bruhn			
Alexa Tremblay			
Brianna Musgrave			
Total			
High Jump			
Name	Height	Place	PR
Juliana Barajas			
Hannah Harris			
Emily Bahnsen			
Long Jump			
Name	Distance	Place	PR
Lauren Bowker			
Brianna Musgrave			
Savannah Steinkuehler			
Lesley Chavez			
Shot Put			
Name	Distance	Place	PR
Norah Huebert			26-5
Adriana Lupian			23-11
Jacky Alvarenga			20-9
Diana Medina Flores			19-2
Discus			
Name	Distance	Place	PR
Adriana Lupian			64-8.5
Diana Medina Flores			58-11.5
Norah Huebert			58.00
Jacky Alvarenga			37-11

Discus			
Name	Distance	Place	PR
Adriana Lupian			64-8.5
Diana Medina Flores			58-11.5
Norah Hubert			58-0
Jacky Alvarenga			37-11

Focused w/ Minimum 15-20 Minutes

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

ORDER OF EVENTS

FIELD EVENTS 4:30 P.M

High Jump G/B
 Discus B/G
 Shot Put G/B
 Long Jump B/G

RUNNING EVENTS 5:00 P.M.

Sprint Medley Relay G/B
 3000 Meter Run G
 3200 Meter Run B
 4 X 800 Meter Relay G/B
 Shuttle Hurdle Relay B/G
 100 Meter Dash G/B
 Distance Medley Relay G/B
 400 Meter Dash G/B
 4 X 200 Meter Relay G/B
 100 Meter Hurdles G
 110 Meter Hurdles B
 800 Meter Run G/B
 200 Meter Dash G/B
 400 Meter Hurdles G/B
 1500 Meter Run G
 1600 Meter Run B
 4 X 100 Meter Relay G/B
 4 X 400 Meter Relay G/B