



Carroll Invitational

Monday, April 14



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Cheyenne Vogt			
Lauryn Turin			
Lola Mendlik			
Charlotte Schrum			
Total			2:02.26

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows			
Ann Wessel			
Chloe Galvin			
Anna Galvin			
Total			12:10.11

Shuttle Hurdle Relay			
Name	Split	Place	PR
Piomo Okwer			
Rylan Ipsen			
Alejandra Cardenas			
Itzel Palma			
Total			1:16.04

100 Meter Dash			
	Time	Place	PR
Kyia Clark			13.16
Michelle Palma			14.42
Claire Olsen			14.67
Brooklyn Schneckloth			15.02
Alexa Santos			15.54

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark			
Piomo Okwer			
Lauryn Turin			
Lola Mendlik			
Total			4:43.29

400 Meter Dash			
	Time	Place	PR
Chloe Galvin			1:22.92
Jenna Meadows			

4 X 200 Meter Relay			
Name	Split	Place	PR
Itzel Palma			
Brooklyn Schneckloth			
Alexa Santos			
Michelle Palma			
Total			1:54.58

4 X 200 Meter Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Charlotte Schrum			
Claire Olsen			
Cheyenne Vogt			
Total			1:54.58

100 Meter Hurdles			
	Time	Place	PR
Piomo Okwer			16.62
Rylan Ipsen			19.86

800 Meter Run			
	Time	Place	PR
Charlotte Schrum			2:46.61
Anna Galvin			3:20.03

200 Meter Dash			
	Time	Place	PR
Kyia Clark			27.68
Ann Wessel			

400 Meter Hurdles			
	Time	Place	PR
Lola Mendlik			1:13.41

1500 Meter Run			
	Time	Place	PR
Chloe Galvin			6:31.41
Jenna Meadows			

4 X 100 Relay			
Name	Split	Place	PR
Cheyenne Vogt			
Itzel Palma			
Claire Olsen			
Michelle Palma			
Total			53.28

4 X 100 Relay			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Alejandra Cardenas			
Piomo Okwer			
Total			53.28

Shot Put			
Name	Distance	Place	PR
Mayah Slater			33-10
Lauren Lambert			29-6
Gracen Plagge			29-5.75

Discus			
Name	Distance	Place	PR
Mayah Slater			113-11
Gracen Plagge			83-8
Lauren Lambert			75-5

High Jump			
Name	Height	Place	PR
Sara Mun			4-10

It is NORMAL to SWEAT before your race!!

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

Girls Running Events First, Followed by Boys

All Field Events - 4:30 pm

High Jump (Girls First)

Shot (Girls First)

Shot Wheelchair

Long Jump (Boys First)

Discus (Boys First)

Running Events- 5:00 pm

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