



Tri Center Meet

Thursday, April 11



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Kamden Bruhn			
Alejandra Cardenas			
Hannah Harris			
Piomo Okwer			
Total			1:59.72

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:20.05
Jenna Meadows			14:25.46

4 X 800 Meter Relay			
Name	Split	Place	PR
Analuisa Cruz Nieto			
Christell Salazar			
Rylan Ipsen			
Anna Galvin			
Total			11:27.94

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Alejandra Cardenas			
Kysa Neddermeyer			
Kamden Bruhn			
Total			1:15.48

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			13.60
Alexa Santos			14.29

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Hannah Harris			
Piomo Okwer			
Charlotte Schrum			
Alexa Tremblay			
Total			4:34.29

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			1:04.20
Ann Wessel			

4 X 200 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Alejandra Cardenas			
Atong Agang			
Alexa Santos			
Total			2:00.07

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.63
Rylan Ipsen			21.23

800 Meter Run			
	Time	Place	PR
Anna Galvin			3:37.15
Analuisa Cruz Nieto			

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

400 Meter Hurdles			
Name	Time	Place	PR
Kamden Bruhn			1:21.87

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Alexa Tremblay			

4 X 100 Relay			
Name	Split	Place	PR
Alexa Santos			
Emily Gehlsen			
Ann Wessel			
Piomo Okwer			
Total			55.34

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

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

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

High Jump			
Name	Distance	Place	PR
Charlotte Schrum			J4-6

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-10
Emily Gehlsen			28-3

Discus			
Name	Distance	Place	PR
Mayah Slater			101-1
Emily Gehlsen			

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

Field Events 4:30PM

High Jump

Discus (Best Flight first)

Shot Put (Best Flight second)

Long Jump

Running Events 5:00PM

800 M Sprint Medley Relay

3000 Meter Run

4 X 800 Relay

10 minute break

Shuttle Hurdle Relay

100 Meter Dash

1600 Distance Medley Relay

400 Meter Dash

4 X 200 Meter Relay JV

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 JV

4 X 100 Meter Relay

4 X 400 Meter Relay