



Glenwood COED
Saturday, April 6



3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:20.14
Anna Galvin			
Jenna Meadows			

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Kysa Neddermeyer			
Alejandra Cardenas			
Kamden Bruhn			
Total			1:15.65

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			
Lauryn Turin			
Hannah Harris			
Piomo Okwer			
Avery Bock			
Alexa Santos			14.29
Atong Agang			
Nyamun Koang			15.76
Hailey Galvin			16.63
Katherine Ramirez			16.64
Kimberly Ramirez			17.57

400 Meter Dash			
Name	Time	Place	PR
Kyia Clark			
Lauryn Turin			
Lola Mendlik			
Charlotte Schrum			
Atong Agang			
Hannah Harris			
Piomo Okwer			1:08.93
Alexa Santos			
Rylan Ipsen			
Heidi Duarte			

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.63
Kamden Bruhn			19.29
Alejandra Cardenas			
Kysa Neddermeyer			
Rylan Ipsen			21.23

800 Meter Run			
	Time	Place	PR
Heidi Duarte			3:26.35
Anna Galvin			

200 Meter Dash			
	Time	Place	PR
Kyia Clark			27.94
Lauryn Turin			28.76
Hannah Harris			
Kamden Bruhn			
Atong Agang			
Piomo Okwer			
Kysa Neddermeyer			
Alejandra Cardenas			
Alexa Santos			31.66
Ann Wessel			32.79
Nyamun Koang			32.86
Kimberly Ramirez			34.81
Katherine Ramirez			36.59
Hailey Galvin			37.05

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Heidi Duarte			7:33.57
Charlotte Schrum			
Jenna Meadows			

Long Jump			
Name	Distance	Place	PR
Avery Bock			16-3
Kyia Clark			15-7

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-10
Ann Wessel			27-0
Gracen Plagge			25-1
Belinda Garcia			20-0

Discus			
Name	Distance	Place	PR
Mayah Slater			98-8
Ann Wessel			65-8
Gracen Plagge			62-6
Belinda Garcia			55-7

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

Girls: 800 Sprint Medley
Boys: 800 Sprint Medley
Girls: 3000 Meter Run
Boys: 3200 Meter Run
Girls: 4 x 800 Meter Relay
Boys: 4 x 800 Meter Relay
Girls: Shuttle Hurdle Relay
Boys: Shuttle Hurdle Relay
Girls: 100 Meter Dash
Boys: 100 Meter Dash
Girls: 1600 Distance Medley Relay
Boys: 1600 Distance Medley Relay
Girls: 400 Meter Dash
Boys: 400 Meter Dash
Girls: 4 x 200 Meter Relay
Boys: 4 x 200 Meter Relay
Girls: 100 Meter Hurdles
Boys: 110 Meter High Hurdles
Girls: 800 Meter Run
Boys: 800 Meter Run
Girls: 200 Meter Dash
Boys: 200 Meter Dash
Girls: 400 Meter Hurdles
Boys: 400 Meter Hurdles
Girls: 1500 Meter Run
Boys: 1600 Meter Run
Girls: 4 x 100 Meter Relay
Boys: 4 x 100 Meter Relay
Girls: 4 x 400 Meter Relay
Boys: 4 x 400 Meter Relay