



## Hawkeye Ten Conference Meet Thursday, May 2



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris			
Avery Bock			
Laurn Turin			
Piomo Okwer			
<b>Total</b>			1:59.72

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Piomo Okwer			
Kyia Clark			
Laurn Turin			
Lola Mendlik			
<b>Total</b>			4:30.46

3000 Meter Run			
Name	Time	Place	PR
Anna Galvin			
Analuisa Cruz Nieto			

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum			1:06.67
Kyia Neddermeyer			

4 X 800 Meter Relay			
Name	Split	Place	PR
Lola Mendlik			
Charlotte Schrum			
Jenna Meadows			
Alexa Tremblay			
<b>Total</b>			11:27.94

4 X 200 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Along Agang			
Kamden Bruhn			
Alejandra Cardenas			
<b>Total</b>			1:57.53

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn			
Alejandra Cardenas			
Kyia Neddermeyer			
Avery Bock			
<b>Total</b>			1:15.48

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.57
Rylan Ipsen			20.17

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			12.78
Alexa Santos			14.29

800 Meter Run			
Name	Time	Place	PR
Analuisa Cruz Nieto			3:12.93
Rylan Ipsen			

200 Meter Dash			
Name	Time	Place	PR
Alexa Santos			31.66
Along Agang			32.83

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Alexa Tremblay			5:39.63

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris			
Alejandra Cardenas			
Kamden Bruhn			
Emily Gehlsen			
<b>Total</b>			55.34

4 X 400 Relay			
Name	Split	Place	PR
Piomo Okwer			
Charlotte Schrum			
Kyia Clark			
Laurn Turin			
<b>Total</b>			4:23.77

Long Jump			
Name	Distance	Place	PR
Avery Bock			17-00
Kyia Clark			16-00.75

Shot Put			
Name	Distance	Place	PR
Mayah Slater			33-01
Emily Gehlsen			29-00

Discus			
Name	Distance	Place	PR
Mayah Slater			105-10
Emily Gehlsen			97-8

### 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

Field Events 4:15 PM  
 High Jump (Girls First)  
 Discus (Boys First)  
 Shot Put (Girls First)  
 Long Jump (Boys First)  
 Running Events 4:45 PM  
 800 M Sprint Medley Relay  
 3000 Meter Run  
 4 X 800 Relay  
 15 Minute Break  
 Shuttle Hurdle Relay  
 100 Meter Dash  
 1600 Distance Medley Relay  
 400 Meter Dash  
 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  
 4 X 400 Meter Relay