



IATC Indoor Friday, March 8



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Sam Chandler			
Hannah Harris			
Kyia Clark			
Lauryn Turin			
Total			

4 X 800 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Charlotte Schrum			
Jenna Meadows			
Analuisa Cruz Nieto			
Total			12:56.56

60 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			11.23
Kamden Bruhn			11.12
Alejandra Cardenas			

60 Meter Dash			
Name	Time	Place	PR
Piomo Okwer			
Kysa Neddermeyer			

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:18.98

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Kamden Bruhn			
Alejandra Cardenas			
Kysa Neddermeyer			
Total			41.13

4 X 100 Meter Relay			
Name	Split	Place	PR
Sam Chandler			
Lauryn Turin			
Hannah Harris			
Kyia Clark			
Total			

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:13.48

4 X 400 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum			
Jenna Meadows			
Alexa Tremblay			
Atong Agang			
Total			4:46.11

Shot Put			
Name	Distance	Place	PR
Emily Gehlsen			27-7.25
Mayah Slater			28-1.5

Long Jump			
Name	Distance	Place	PR
Avery Bock			14-11
Kyia Clark			14-9

No static (standing) stretches	3:30	Field Events
Jogging	3:30	Sprint Med
Toe Walk <10-15m x2	3:55	4X800 60M
Toe Walk In <10-15m x2	4:25	Hurdles
Toe Walk Out <10-15m x2	5:10	60M Dash
Heel Walk <10-15m x2	5:55	400M
Heel Walk Sides <10-15m x2	6:15	1500M 60M Hurdles
Skip <20m x2	6:35	Final 60M Dash
Skip Arm Circles Forward <20m x2	6:45	Final
Skip Arm Circles Backward <20m x2	6:55	800M
Side Jacks Right <20m x2	7:15	200M Shuttle Hurdle Relay
Side Jacks Left <20m x2	7:35	
High Knee Carioca Right <20m x2	7:55	4X100
High Knee Carioca Left <20m x2	8:20	3000M
Leg Swings Right Toe Up x10	8:50	4X400
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		