



MVAOCOU Relays

Thursday, April 25



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris			
Avery Bock			
Kysa Neddermeyer			
Piomo Okwer			
Total			1:59.72

4 X 800 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum			
Jenna Meadows			
Analuisa Cruz Nieto			
Alexa Tremblay			
Total			11:27.94

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

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			13.25
Atong Agang			15.69

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

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

4 X 200 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Alexa Santos			
Emily Gehlsen			
Atong Agang			
Total			1:57.53

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.62
Rylan Ipsen			20.19

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:32.00
Alexa Tremblay			2:42.85

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark			27.94
Lauryn Turin			28.33

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			5:39.63

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris			
Alexa Santos			
Kysa Neddermeyer			
Emily Gehlsen			
Total			55.34

4 X 400 Relay			
Name	Split	Place	PR
Piomo Okwer			
Charlotte Schrum			
Kyia Clark			
Lauryn Turin			
Total			4:23.77

Long Jump			
Name	Distance	Place	PR
Avery Bock			17-00

High Jump			
Name	Distance	Place	PR
Charlotte Schrum			J4-6

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-11
Emily Gehlsen			31-9

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 4:30PM

High Jump

Discus

Shot Put

Long Jump

Running Events 4:45 PM

800 M Sprint Medley Relay

3000 Meter Run

4 X 800 Relay

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