



IATC Indoor Thursday, March 12



60 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer	10.04		

Dash			
Name	Time	Place	PR
Kyia Clark	8.25		

800 Meter Run			
Name	Time	Place	PR
Hailey Cue	2:34.81		

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	27.22		

4X100 Meter Relay			
Name	Split	Place	PR
Kyia Clark			
Sara Mun			
Kysa Neddermeyer			
Piomo Okwer			
Total	53.03		

High Jump			
Name	Height	Place	PR
Sara Mun	J4-11		

Shot Put			
Name	Distance	Place	PR
Lauren Lambert	29-6		

ESTIMATED TIME SCHEDULE

SESSION 1: CLASS 3A CO-ED

Field Events

9:00 High Jump (G), Long Jump (B), Shot Put (B)
 11:30 High Jump (B), Long Jump (G), Shot Put (G)

Running Events

9:30 Sprint Medley/Distance Medley Relay
 9:50 4x800
 10:15 60m Hurdles (P)
 10:40 60m Dash (P)
 11:00 400m
 11:20 1500m/1600m
 11:35 60m Hurdle final
 11:45 60m Dash final
 11:50 800m
 12:10 200m

** Possible wheelchair heat*

12:25 Shuttle Hurdle Relay
 12:50 4x100
 1:10 3000m/3200m
 1:35 4x400
 2:20 Awards ceremony

**facility cleared 2:30-3:00 PM*

DISTANCE

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

SPRINTERS

March
 A Skip
 Rapid High Knees
 Reactive Box Jumps
 Power Bounds
 Prime Times (short)
 Prime Times (long)
 Butt Kick & Reach
 Split & Rip
 30m Flys (x2) -- 10 minutes rest before race