



**Carroll Early Bird Meet
March 25, 2021**



Sprint Medley Relay (100-100-200-400) - 1st			
Name	Split	Place	PR
Cierra Kastner	14.33		
Lauren Bowker	13.01		
Bella Araujo	26.85		
Claire Miller	1:07.59		
Total	2:02.24	4th	

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Kennedy Marten	18.51		
Kaitlyn Bruhn	18.86		
Claire Miller	17.19		
Jamie Ibarra	20.76		
Total	1:15.49	2nd	

100 Meter Dash - 5th			
Name	Time	Place	PR
Bella Araujo	14.16	5th	
Cierra Kastner	14.20		
Ashlyn Herrig	14.33		
Cambri Brodersen	14.51		
Claire Leinen	14.68		
Addison Inman	14.94		
Anna Wiges	16.47		

400 Meter Dash - 7th			
Name	Time	Place	PR

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Lauren Bowker	28.15		
Claire Leinen	30.61		
Ashlyn Herrig	29.76		
Lesley Chavez	30.00		
Total	1:58.53	4th	

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Hannah Slater	27.82		
Cambri Brodersen	29.65		
Addison Inman	29.85		
Jordyn Linn	30.19		
Total	1:58.80		

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Jamie Ibarra	18.29	3rd	
Kaitlyn Bruhn	19.401	5th	

800 Meter Run - 10th			
Name	Time	Place	PR
Juliana Barajas	2:58.80		
Jazmine Iglesias	3:10.55		

200 Meter Dash - 11th			
Name	Time	Place	PR
Bella Araujo	29.02	3rd	
Cierra Kastner	29.65	5th	

400 Meter Hurdles - 12th			
Name	Time	Place	PR
Claire Miller	1:16.35	2nd	
Kennedy Marten	1:24.88		

1500 Meter Run - 13th			
Name	Time	Place	PR
Juliana Barajas	6:52.13		
Jazmine Iglesias	7:098.77		

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Jordyn Linn	14.38		
Cierra Kastner	13.58		
Kaitlyn Bruhn	14.29		
Bella Araujo	13.19		
Total	55.78	5th	

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Kiana Schulz	15.51		
Addison Inman	15.26		
Anna Wiges	15.01		
Lesley Chavez	14.11		
Total	1:00.01		

4x400 Meter Relay - 15th			
Name	Split	Place	PR
Claire Leinen	1:07.52		
Cambri Brodersen	1:09.93		
Hannah Slater	1:14.69		
Lauren Bowker	1:10.01		
Total	4:42.50	4th	

Discus			
Name	Distance	Place	
Hannah Slater	103-11	2nd	
Taylor Totten	66-11		
Kiana Schulz	63-4		

Shot Put			
Name	Distance	Place	PR
Hannah Slater	32-3.5	4th	
Kiana Schulz	25-10.5		
Taylor Totten	22-3		

Long Jump			
Name	Distance	Place	PR
Kennedy Marten	13-4.5		
Lesley Chavez	13-0.75		

Race Warm-Up

Focused w/ Minimum 15-20 Minutes

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

Skip - Hugs <20m x2

Side Jacks - Right <20m x2

Side Jacks - Left <20m x2

High Knee Carioca - Left <20m x2

High Knee Carioca - Right <20m x2

Leg Swings Right - Toe Up x10

Leg Swings Left - Toe Up x10

Side Leg Swings Right - Toe Up x10

Side 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 (walk, jog)

*NO static stretching (standing stretches)

Get your mind right - visualize what you want to do!

Final Team Standings

Glenwood - 159

Harlan - 138

Carroll - 101

Boone - 63

Denison - 62

Kuemper - 36

MVAOCOU - 23

Saddle - 2