



**Glenwood 9/10 Meet  
March 27, 2021**



| <b>Sprint Medley Relay (100-100-200-400) - 1st</b> |         |       |    |
|--|---------|-------|----|
| Name   | Split   | Place | PR |
| Ashlyn Herrig                                      | 12.42   |       |    |
| Claire Leinen                                      | 13.26   |       |    |
| Lauren Bowker                                      | 29.17   |       |    |
| Claire Miller                                      | 1:06.94 |       |    |
| <b>Total</b>                                       | 2:02.24 | 1st   |    |

| <b>Shuttle Hurdle Relay - 4th</b> |         |       |    |
|-----------------------------------|---------|-------|----|
| Name                              | Split   | Place | PR |
| Jordyn Linn                       | 22.27   |       |    |
| Kaitlyn Bruhn                     | 18.73   |       |    |
| Taya Adams                        | 19.40   |       |    |
| Claire Miller                     | 17.55   |       |    |
| <b>Total</b>                      | 1:18.08 | 1st   |    |

| <b>100 Meter Dash - 5th</b> |       |       |    |
|-----------------------------|-------|-------|----|
| Name                        | Time  | Place | PR |
| Lauren Bowker               | 14.04 | 7th   |    |
| Claire Leinen               | 14.28 | 8th   |    |
| Jordyn Linn                 | 14.96 |       |    |
| Abby Gutierrez              | 15.77 |       |    |
| Anna Wiges                  | 16.00 |       |    |
| Kiana Schulz                | 16.76 |       |    |
| Hailee Shull                | 18.23 |       |    |

| <b>Distance Medley Relay (200-200-400-800) - 6th</b> |         |       |    |
|--|---------|-------|----|
| Name   | Split   | Place | PR |
| Elli Heiden  | 33.25   |       |    |
| Taya Adams   | 31.97   |       |    |
| Brianna Musgrave                                     | 1:15.86 |       |    |
| Jazmine Iglesias                                     | 3:11.45 |       |    |
| <b>Total</b>   | 5:33.05 | 5th   |    |

| <b>400 Meter Dash - 7th</b> |         |       |    |
|-----------------------------|---------|-------|----|
| Name                        | Time    | Place | PR |
| Analuisa Cruz Nieto         | 1:18.07 | 8th   |    |
| Abby Gutierrez              | 1:19.76 |       |    |
| Ashley Perez                | 1:19.82 |       |    |
| Addi Lopez                  | 1:20.90 |       |    |
| Hailee Shull                | 1:24.50 |       |    |
| Zahyra Flores               | 1:30.38 |       |    |

| <b>4 x 200 Meter Relay - 8th</b> |         |       |    |
|----------------------------------|---------|-------|----|
| Name                             | Split   | Place | PR |
| Claire Leinen                    | 28.19   |       |    |
| Lauren Bowker                    | 28.76   |       |    |
| Kaitlyn Bruhn                    | 30.12   |       |    |
| Ashlyn Herrig                    | 32.15   |       |    |
| <b>Total</b>                     | 1:59.44 | 2nd   |    |

| <b>100 Meter Hurdles - 9th</b> |       |       |    |
|--------------------------------|-------|-------|----|
| Name                           | Time  | Place | PR |
| Claire Miller                  | 17.88 | 1st   |    |
| Taya Adams                     | 19.42 | 5th   |    |

| <b>800 Meter Run - 10th</b> |         |       |    |
|-----------------------------|---------|-------|----|
| Name                        | Time    | Place | PR |
| Abby Gutierrez              | 3:12.71 |       |    |
| Jazmine Iglesias            | 3:17.45 |       |    |
| Addi Lopez                  | 3:19.25 |       |    |
| Ashley Perez                | 3:26.20 |       |    |

| <b>200 Meter Dash - 11th</b> |       |       |    |
|------------------------------|-------|-------|----|
| Name                         | Time  | Place | PR |
| Kaitlyn Bruhn                | 29.07 | 5th   |    |
| Jordyn Linn                  | 31.51 |       |    |
| Ashlyn Herrig                | 31.59 |       |    |
| Brianna Musgrave             | 34.33 |       |    |
| Anna Wiges                   | 34.41 |       |    |
| Kiana Schulz                 | 36.06 |       |    |
| Ellie Heidien                | 36.87 |       |    |
| Hailee Shull                 | 39.71 |       |    |
| Genesis Reyes                | 40.01 |       |    |

| <b>400 Meter Hurdles - 12th</b> |         |       |    |
|---------------------------------|---------|-------|----|
| Name                            | Time    | Place | PR |
| Claire Miller                   | 1:19.32 | 1st   |    |

| <b>1500 Meter Run - 13th</b> |         |       |    |
|------------------------------|---------|-------|----|
| Name                         | Time    | Place | PR |
| Jazmine Iglesias             | 7:08.28 |       |    |
| Analuisa Cruz Nieto          | 7:22.77 |       |    |
| Zahyra Flores                | 7:47.54 |       |    |

| <b>4x100 Meter Relay - 14th</b> |       |       |    |
|---------------------------------|-------|-------|----|
| Name                            | Split | Place | PR |
| Kaitlyn Bruhn                   | 12.81 |       |    |
| Claire Leinen                   | 13.41 |       |    |
| Ashlyn Herrig                   | 14.97 |       |    |
| Lauren Bowker                   | 14.47 |       |    |
| <b>Total</b>                    | 55.87 | 2nd   |    |

| 4x100 Meter Relay - 14th |         |       |    |
|--------------------------|---------|-------|----|
| Name                     | Split   | Place | PR |
| Anna Wiges               | 16.30   |       |    |
| Taya Adams               | 13.06   |       |    |
| Ellie Heiden             | 16.40   |       |    |
| Jordyn Linn              | 16.10   |       |    |
| <b>Total</b>             | 1:02.07 |       |    |

| Shot Put      |          |       |    |
|---------------|----------|-------|----|
| Name          | Distance | Place | PR |
| Kiana Schulz  | 26-7     | 5th   |    |
| Taylor Totten | 24-8     |       |    |

| Discus        |          |       |  |
|---------------|----------|-------|--|
| Name          | Distance | Place |  |
| Taylor Totten | 77-0     | 3rd   |  |
| Kiana Schulz  | 61-3     | 8th   |  |

| Race Warm-Up   |
|--|
| 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)                   |
| <b>Get your mind right - visualize what you want to do!</b>  |

## Final Team Standings

**Lewis Central - 152**

**Glenwood - 150.5**

**CBAL - 118.5**

**Denison - 86**

**Atlantic - 79**

**Treynor - 59**

**Creston - 9**

**CBTJ - 8**