



IATC Indoor Friday, March 8



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Sam Chandler	13.77		
Hannah Harris	14.41		
Kyia Clark	27.89		
Lauryn Turin	1:03.26		
Total	1:59.72	6th	

4 X 800 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay	2:42.06		
Charlotte Schrum	2:50.01		
Jenna Meadows	3:00.30		
Analuisa Cruz Nieto	3:09.55		
Total	11:41.89		12:56.56

60 Meter Hurdles			
Name	Time	Place	PR
Avery Bock	10.75		11.23
Kamden Bruhn	11.00		11.12
Alejandra Cardenas	12.01		

60 Meter Dash			
Name	Time	Place	PR
Kysa Neddermeyer	9.39		
Piomo Okwer	9.68		

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:05.80	3rd	5:18.98

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock	10.72		
Kamden Bruhn	10.48		
Alejandra Cardenas	11.12		
Kysa Neddermeyer	11.93		
Total	44.41		41.13

4 X 100 Meter Relay			
Name	Split	Place	PR
Sam Chandler	13.84		
Lauryn Turin	12.19		
Hannah Harris	15.05		
Kyia Clark	13.55		
Total	55.34		

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	11:20.14	6th	11:13.48

4 X 400 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum	1:05.47		
Jenna Meadows	1:15.73		
Alexa Tremblay	1:08.88		
Atong Agang	1:12.30		
Total	4:42.82		4:46.11

Shot Put			
Name	Distance	Place	PR
Mayah Slater	29-7.75		28-1.5
Emily Gehlsen	28-3		27-7.25

Long Jump			
Name	Distance	Place	PR
Avery Bock	15-9.25	3rd	14-11
Kyia Clark	13-7.75		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		