



Audubon Early Bird Meet

April 1, 2021



Sprint Medley Relay (100-100-200-400) - 1st			
Name	Split	Place	PR
Cierra Kastner	13.01		
Lauren Bowker	14.39		
Bella Araujo	27.36		
Claire Miller	1:08.36		
Total	2:03.51	8th	

4 X 800 - 3rd			
Name	Split	Place	PR
Jazmine Iglesias	3:07.41		
Analuisa Cruz Nieto	3:17.12		
Addi Lopez	3:17.00		
Zahyra Flores	3:41.75		
Total	13:23.33		

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Kennedy Marten	19.13		
Kaitlyn Bruhn	19.18		
Claire Miller	17.83		
Jamie Ibarra	18.26		
Total	1:14.51	2nd	

100 Meter Dash - 5th			
Name	Time	Place	PR
Cierra Kastner	14.72	8th	
Lauren Bowker	14.82		
Addison Inman	15.43		
Jordyn Linn	15.81		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Lesley Chavez	29.37		
Ashlyn Herrig	31.41		
Cambri Brodersen	1:08.45		
Juliana Barajas	3:07.43		
Total	5:16.99		

400 Meter Dash - 7th			
Name	Time	Place	PR
Addison Inman	1:09.50		
Analuisa Cruz Nieto	1:17.63		
Abby Gutierrez	1:21.71		

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Lauren Bowker	27.32		
Hannah Slater	28.84		
Bella Araujo	28.35		
Cierra Kastner	29.65		
Total	1:54.47	2nd	

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Claire Miller	17.59	2nd	
Jamie Ibarra	18.19	6th	
Kaitlyn Bruhn	19.27		
Jordyn Linn	20.73		

800 Meter Run - 10th			
Name	Time	Place	PR
Abby Gutierrez	3:11.66		
Addi Lopez	3:15.87		
Ashley Perez	3:23.47		
Zahyra Flores	3:31.04		

200 Meter Dash - 11th			
Name	Time	Place	PR
Bella Araujo	29.17	3rd	
Cambri Brodersen	30.15		
Addison Inman	31.36		
Kiana Schulz	36.19		

400 Meter Hurdles - 12th			
Name	Time	Place	PR
Claire Miller	1:21.01	4th	
Kennedy Marten	1:24.47	6th	

1500 Meter Run - 13th			
Name	Time	Place	PR
Juliana Barajas	6:49.32		
Jazmine Iglesias	6:50.22		
Ashley Perez	7:10.11		

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Cierra Kastner	14.39		
Lesley Chavez	12.42		
Bella Araujo	14.59		
Ashlyn Herrig	13.36		
Total	55.07	2nd	

4x400 Meter Relay - 15th			
Name	Split	Place	PR
Kaitlyn Bruhn	1:13.21		
Cambri Brodersen	1:09.62		
Hannah Slater	1:12.30		
Lauren Bowker	1:09.40		
Total	4:44.83	6th	

Shot Put			
Name	Distance	Place	PR
Hannah Slater	32-2	8th	
Kiana Schulz	25-9		
Taylor Totten	24-4		

Discus			
Name	Distance	Place	PR
Hannah Slater	80-0		
Kiana Schulz	67-5		
Taylor Totten	67-3		

Long Jump			
Name	Distance	Place	PR
Cambri Brodersen	13-9.75		
Kennedy Marten	12-10.5		
Lesley Chavez	12-2.5		
Jordyn Linn	11-7.75		

High Jump			
Name	Distance	Place	PR
Juliana Barajas	J4-6		
Addison Inman	J4-4		
Ashlyn Herrig	J4-4		
Kaitlyn Bruhn	J4-4		

Race Warm-Up
<u>Focused w/ Minimum 15-20 Minutes</u>
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!

4:30 Field Event

5:00 Sprint Medley Relay

3000 M Run

4x800 M Relay

15 MINUTE BREAK

Shuttle Hurdle Relay

100 M Dash

Distance Medley Relay

400 M Dash

4x200 M Relay

100 M Hurdles

800 M Run

200 M Dash

400 M Hurdles

1500 M Run

4x100 M Relay

4x400 M Relay