



Carroll COED Relays Monday, April 4



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller	12.62		
Samantha Chandler	13.76		
Ashlyn Herrig	27.57		
Lola Mendlik	1:07.51		
Total	2:01.89	5th	2:01.26
3000 Meter Run			
Name	Time	Place	PR
Tiffany Ramirez	14:48.86		
Juliana Barajas	15:18.59		
4 X 800 Meter Relay			
Name	Time	Place	PR
Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn	18.43		
Jordyn Linn	19.32		
Claire Miller	17.22		
Kaitlyn Bruhn	18.25		
Total	1:13.47	1st	1:14.80
100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	13.80	6th	13.66
Hannah Harris	14.52		
Lesley Chavez	14.56		
Lauren Herrig	15.80		
Brianna Musgrave	15.93		15.20

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kamden Bruhn	29.58		
Alexa Tremblay	29.62		
Lauryn Turin	1:06.86		
Emily Bahnsen	2:52.81		
Total	4:59.27	5th	5:00.41
400 Meter Dash			
Name	Time	Place	PR
Magaly Salgado			

4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig	27.70		
Samantha Chandler	28.57		
Hannah Harris	30.13		
Lauren Bowker	28.31		
Total	1:55.84	2nd	1:57.26
100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	17.25	1st	17.98
Kaitlyn Bruhn	18.68		
800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:28.35	4th	2:34.50
Tiffany Ramirez	3:04.72		3:07.15

200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker	28.82	6th	
Kaitlyn Bruhn	29.91		29.68
400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:17.16	4th	1:21.85
1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:14.91	2nd	5:17.84
Emily Bahnsen	6:08.37		6:08.55
Juliana Barajas	6:49.64		
Magaly Salgado	6:57.63		
4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller	13.58		
Samantha Chandler	12.98		
Ashlyn Herrig	12.66		
Lauren Bowker	14.04		
Total	54.02	4th	54.75
4x100 Meter Relay			
Name	Split	Place	PR
Kaitlyn Bruhn	13.82		
Hannah Harris	13.66		
Lesley Chavez	14.62		
Lauren Herrig	16.26		
Total	58.84		54.75

4x400 Meter Relay			
Name	Split	Place	PR
Lauryn Turin	1:06.14		
Kamden Bruhn	1:14.18		
Alexa Tremblay	1:08.57		
Brianna Musgrave	1:13.43		
Total	4:42.73	5th	
High Jump			
Name	Height	Place	PR
Hannah Harris	J4-4		
Juliana Barajas	NH		
Emily Bahnsen	NH		
Long Jump			
Name	Distance	Place	PR
Lauren Bowker	14-8.5	6th	
Lesley Chavez	12-10.75		
Brianna Musgrave	11-6.75		
Shot Put			
Name	Distance	Place	PR
Norah Huebert	27-0.25		26-5
Adriana Lupian	26-4		23-11
Jacky Alvarenga	20-9.5		20-9
Diana Medina Flores	20-3.5		19-2

Discus			
Name	Distance	Place	PR
Adriana Lupian	69-4		64-8.5
Norah Hubert	61-8		58-0
Diana Medina Flores	58-1		58-11.5
Jacky Alvarenga	40-6		37-11
Team Standings			
Carroll			123
Roland Story			72
Audubon			62
Ballard			60
Denison			58
Greene County			55.5
South Central Calhoun			53
IKM			39
East Sac			32
MVAOCOUC			17
Perry			15
Woodward Granger			1.5
Personal Records Broken - 17			

Focused w/ Minimum 15-20 Minutes

No static (standing) stretches

- 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 walking, jogging

ORDER OF EVENTS

FIELD EVENTS 4:30 P.M

- High Jump G/B
- Discus B/G
- Shot Put G/B
- Long Jump B/G

RUNNING EVENTS 5:00 P.M.

- Sprint Medley Relay G/B
- 3000 Meter Run G
- 3200 Meter Run B
- 4 X 800 Meter Relay G/B
- Shuttle Hurdle Relay B/G
- 100 Meter Dash G/B
- Distance Medley Relay G/B
- 400 Meter Dash G/B
- 4 X 200 Meter Relay G/B
- 100 Meter Hurdles G
- 110 Meter Hurdles B
- 800 Meter Run G/B
- 200 Meter Dash G/B
- 400 Meter Hurdles G/B
- 1500 Meter Run G
- 1600 Meter Run B
- 4 X 100 Meter Relay G/B
- 4 X 400 Meter Relay G/B