



Tri Center Invitational

Thursday, April 14



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller	13.59		
Samantha Chandler	14.26		
Ashlyn Herrig	27.93		
Lauryn Turin	1:09.50		
Total	2:05.58	5th	2:01.26

4 X 800 Meter Relay			
Name	Time	Place	PR
Emily Bahnsen	2:59.25		
Tiffany Ramirez	3:08.50		
Juliana Barajas	3:14.09		
Magaly Salgado	3:17.26		
Total	12:39.22	6th	

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn	19.07		
Jordyn Linn	19.63		
Claire Miller	17.36		
Kaitlyn Bruhn	18.89		
Total	1:15.18	2nd	1:13.47

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	14.06	6th	13.66
Savannah Steinkuehler	14.80		14.26

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kaitlyn Bruhn	29.56		
Samantha Chandler	29.50		
Lauren Bowker	1:05.58		
Lola Mendlik	2:38.86		
Total	4:43.91	1st	4:59.27

400 Meter Dash			
Name	Time	Place	PR
Alexa Tremblay	1:09.51	6th	1:11.55
Tiffany Ramirez	1:18.56		1:18.32

4x200 Meter Relay			
Name	Split	Place	PR
Hannah Harris	29.83		
Kamden Bruhn	30.87		
Brianna Musgrave	30.58		
Savannah Steinkuehler	31.36		
Total	2:03.06		1:55.84

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	17.80	2nd	17.25
Kaitlyn Bruhn	20.10		18.68

800 Meter Run			
Name	Time	Place	PR
Emily Bahnsen	2:54.04	6th	3:04.72

200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker	28.73	4th	28.82
Savannah Steinkuehler	31.63		

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:20.66		1:17.16

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:21.68	1st	5:14.91

4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller	14.37		
Ashlyn Herrig	12.72		
Samantha Chandler	12.86		
Lauren Bowker	14.36		
Total	54.63	3rd	54.02

4x400 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay	1:08.46		
Brianna Musgrave	1:11.94		
Kamden Bruhn	1:18.11		
Lauryn Turin	1:10.43		
Total	4:49.17	5th	4:42.73

High Jump				Team Standings	
Name	Height	Place	PR		
Hannah Harris	J4-4	5th	4-4	Treynor	122.5
				Underwood	112
				St. Alberts	91
Long Jump				Denison	63.5
Name	Distance	Place	PR	IKM	53
Lauren Bowker	15-11	2nd	14-8.5	Tri Center	45
Brianna Musgrave	12-5		11-6.75	Woodbine	42
				Boyer Valley	22
Shot Put				Griswold	13
Name	Distance	Place	PR	Missouri Valley	12
Norah Huebert	27-6.5		27-0.25	AHSTW	7
Adriana Lupian	26-2		26-4	Heartland Christian	6
Personal Records Broken - 9					
Discus					
Name	Distance	Place	PR		
Adriana Lupian	79-3		69-4		
Norah Hubert	65-1		61-8		

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
- Discus
- Shot Put
- Long Jump

RUNNING EVENTS 5:00 P.M.

- Sprint Medley Relay
- 3000 Meter Run
- 4 X 800 Meter Relay
- 10 Minute Break
- Shuttle Hurdle Relay
- 100 Meter Dash
- Distance Medley Relay
- 400 Meter Dash
- 4 X 200 Meter Relay
- 100 Meter Hurdles
- 800 Meter Run
- 200 Meter Dash
- 400 Meter Hurdles
- 1500 Meter Run
- 4 X 100 Meter Relay
- 4 X 400 Meter Relay