



Tri Center Invitational  
April 15, 2021



Sprint Medley Relay (100-100-200-400) - 1st			
Name	Split	Place	PR
Cierra Kastner	13.70		
Kaitlyn Bruhn	14.36		
Bella Araujo	28.16		
Cambri Brodersen	1:06.11		
<b>Total</b>	2:02.63	4th	2:01.25

3000 Meter Run - 2nd			
Name	Time	Place	PR

4 X 800 - 3rd			
Name	Split	Place	PR
Jazmine Iglesias	3:08.02		
Juliana Barajas	3:05.43		
Jordyn Linn	3:08.00		
Addi Lopez	3:15.26		
<b>Total</b>	12:37.18	5th	13.23.33

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Claire Miller	18.57		
Kennedy Marten	18.15		
Kaitlyn Bruhn	19.44		
Jamie Ibarra	17.98		
<b>Total</b>	1:14.29	2nd	1:14.51

100 Meter Dash - 5th			
Name	Time	Place	PR
Lauren Bowker	14.22	3rd	14.04
Bella Araujo	14.32	6th	14.16

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kaitlyn Bruhn	29.46		
Claire Leinen	31.32		
Addison Inman	1:07.37		
Juliana Barajas	3:11.68		
<b>Total</b>	5:20.18		5:16.99

400 Meter Dash - 7th			
Name	Time	Place	PR
Cambri Brodersen	1:06.93	2nd	

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Cierra Kastner	29.08		
Lauren Bowker	27.83		
Hannah Slater	27.77		
Bella Araujo	29.10		
<b>Total</b>	1:54.22	3rd	1:54.47

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Taya Adams	30.72		
Jordyn Linn	31.22		
Kiana Schulz	36.00		
Addi Lopez	36.44		
<b>Total</b>			

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Claire Miller	18.59	4th	17.59
Jamie Ibarra	18.61	5th	17.91

800 Meter Run - 10th			
Name	Time	Place	PR
Jazmine Iglesias	3:23.55		3:10.55
Add Lopez	3:38.93		3:15.87

200 Meter Dash - 11th			
Name	Time	Place	PR
Lauren Biowker	29.01	2nd	
Cierra Kastner	30.06		29.65

400 Meter Hurdles - 12th			
Name	Time	Place	PR
Kennedy Marten	1:18.70	6th	1:20.91
Jordyn Linn	1:23.05		

1500 Meter Run - 13th			
Name	Time	Place	PR
Juliana Barajas	7:00.81		6:41.39
Jazmine Iglesias	7:21.29		6:50.22

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Cierra Kastner	13.13		
Claire Miller	12.87		
Bella Araujo	14.39		
Lauren Bowker	13.80		
<b>Total</b>	54.60	2nd	53.93

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Addison Inman	13.20		
Kiana Schulz	15.64		
Taya Adams	16.29		
Taylor Totten	16.26		
<b>Total</b>	1:01.38		

4x400 Meter Relay - 15th			
Cambri Brodersen	1:06.44		
Claire Leinen	1:08.47		
Hannah Slater	1:08.25		
Claire Miller	1:14.00		
<b>Total</b>	<b>4:37.42</b>	<b>4th</b>	<b>4:39.81</b>

Shot Put			
Name	Distance	Place	PR
Hannah Slater	33-3.5	4th	32-3.5
Kiana Schulz	25-9		26-7

Discus			
Name	Distance	Place	PR
Hannah Slater	78-10		103-11
Taylor Totten	78-9		77-0

High Jump			
Name	Distance	Place	PR
Juliana Barajas	J4-4		J4-6
Kaitlyn Bruhn	NH		J4-4

Long Jump			
Name	Distance	Place	PR
Cambri Brodersen	13-1.25		13-9.75
Kennedy Marten	11-11		13-4.5

### Final Team Standings

Carroll - 111  
 Treynor - 111  
 Underwood - 88  
 Denison - 66  
 Saint Albert - 52  
 AHSTW - 41  
 Woodbine - 35.5  
 Tri Center - 32.25  
 Boyer Valley - 25  
 Missouri Valley - 14  
 West Harrison - 13.25

Season Personal Records: 10

### 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)  
**Get your mind right - visualize what you want to do!**