



Ace Nelson Meet

Monday, April 15



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris	14.32		
Sam Chandler	13.76		
Piomo Okwer	28.51		
Alexa Tremblay	1:08.98		
Total	2:05.80	3rd	1:59.72

3000 Meter Run			
Name	Time	Place	PR
Heidi Duarte	16:48.18	7th	

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows	2:57.39		
Analuisa Cruz Nieto	3:15.28		
Anna Galvin	3:24.20		
Christell Salazar	3:08.55		
Total	12:45.78	5th	11:27.94

Shuttle Hurdle Relay			
Name	Split	Place	PR
Rylan Ipsen	21.21		
Kysa Neddermeyer	19.11		
Atong Agang	21.01		
Kamden Bruhn	17.87		
Total	1:19.33	3rd	

100 Meter Dash			
Name	Time	Place	PR
Hannah Harris	14.37	7th	14.96
Alexa Santos	14.99		14.29
Nyamun Koang	15.44		15.76
Kimberly Ramirez	15.97		17.57
Katherine Ramirez	16.58		16.64
Hailey Galvin	16.68		16.63

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark	27.34		
Sam Chandler	29.86		
Lauryn Turin	1:02.26		
Lola Mendlik	2:30.80		
Total	4:30.46	1st	4:35.29

400 Meter Dash			
Name	Time	Place	PR
Piomo Okwer	1:07.46	3rd	1:08.93
Charlotte Schrum	1:09.52	5th	1:11.07

4 X 200 Meter Relay			
Name	Split	Place	PR
Kamden Bruhn	29.96		
Atong Agang	34.85		
Alexa Santos	33.50		
Ann Wessel	32.95		
Total	2:11.72	8th	2:00.07

100 Meter Hurdles			
Name	Time	Place	PR
Rylan Ipsen	20.23		21.23

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:33.61	2nd	2:32.00
Alexa Tremblay	2:44.69	7th	2:42.85
Heidi Duarte	3:36.24		3:26.35

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	28.01	4th	27.94
Lauryn Turin	28.33	5th	28.76
Emily Gehlsen	30.92		
Ann Wessel	32.14		32.79
Nyamun Koang	32.25		32.72
Kimberly Ramirez	34.89		34.81
Hailey Galvin	36.31		37.05
Katherine Ramirez	36.97		36.59

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:24.61	1st	5:05.80
Alexa Tremblay	5:39.63	3rd	5:39.82
Annaluisa Cruz Nieto	6:33.34		6:41.69
Rylan Ipsen	6:55.18		
Anna Galvin	7:00.01		7:14.59
Christell Salazar	7:01.89		7:37.15

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris	14.00		
Lauryn Turin	13.52		
Sam Chandler	14.11		
Kyia Clark	13.43		
Total	55.50	5th	55.34

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum	1:06.58		
Kamden Bruhn	1:10.26		
Jenna Meadows	1:19.94		
Atong Agang	1:14.98		
Total	4:52.16	6th	4:42.82

High Jump			
Name	Distance	Place	PR
Charlotte Schrum	J4-6	4th	J4-6

Shot Put			
Name	Distance	Place	PR
Mayah Slater	32-1.25	3rd	32-10
Emily Gehlsen	29-00		28-3
Adrianna Lupian	27-3.5		28-0.5
Ann Wessel	26-3		27-0
Gracen Plagge	23-10		25-1
Diana Medina	21-11.5		22-4
Belinda Garcia	21-7.5		20-9.5

Discus			
Name	Distance	Place	PR
Mayah Slater	105-10	1st	101-1
Emily Gehlsen	97-8	3rd	86-10
Adrianna Lupian	81-10		76-3
Ann Wessel	78-2		76-3
Gracen Plagge	68-00		72-5
Diana Medina	63-11		73-3
Belinda Garcia	60-5		61-10

Personal Records - 22
Team Standings
Cherokee - 141.5
Tri Center - 124
Denison - 109.5
Lawton Bronson - 94
IKM - 64
MVAOCOUCOU - 61
Boyer Valley - 55
Missour Valley - 47
AR WE Va - 6