



Tri Center Invitational
Thursday, April 17



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Dyanara Magana	13.82		
Claire Olsen	14.50		
Brooklyn Schneckloth	30.02		
Alexa Garcia	1:15.19		
Total	2:13.96		2:02.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	12:02.79	2nd	12:00.68

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kysa Neddermeyer	20.89		
Dyanara Magana	21.95		
Rylan Ipsen	19.54		
Piomo Okwer	16.65		
Total	1:19.20	4th	1:16.04

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	12.90	2nd	13.00
Lauryn Turin	13.85		13.92

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Karen Hernandez	31.51		
Brooklyn Schneckloth	29.51		
Addison Schillerberg	1:20.01		
Chloe Galvin	3:13.87		
Total	5:35.43		4:41.21

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin	1:06.20	2nd	1:04.48
Anna Galvin	1:21.02		

4 X 200 Meter Relay			
Name	Split	Place	PR
Cheyenne Vogt	29.00		
Ann Wessel	31.76		
Claire Olsen	32.06		
Kysa Neddermeyer	33.63		
Total	2:06.89		1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer	16.42	1st	16.62
Rylan Ipsen	19.2		19.86

800 Meter Run			
Name	Time	Place	PR
Alexa Garcia	3:26.03		3:25.76

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	27.05	1st	27.68
Piomo Okwer	28.12	5th	28.02

400 Meter Hurdles			
Name	Time	Place	PR
Lola Mendlik	1:16.36	3rd	1:13.41

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin	6:45.19		6:31.41
Anna Galvin	7:05.09		7:03.12

4 X 100 Meter Relay			
Name	Split	Place	PR
Kyia Clark	13.89		
Cheyenne Vogt	12.07		
Lauryn Turin	13.54		
Piomo Okwer	13.55		
Total	54.12	4th	53.28

4 X 100 Meter Relay			
Name	Split	Place	PR
Dyanara Magana	13.41		
Karen Hernandez	15.34		
Claire Olsen	14.86		
Brooklyn Schneckloth	14.76		
Total	58.61		53.28

4 X 400 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer	1:09.32		
Rylan Ipsen	1:16.54		
Ann Wessel	1:16.62		
Addison Schillerberg	1:20.31		
Total	5:04.91	5th	4:38.55

Shot Put			
Name	Distance	Place	PR
Lauren Lambert	31-5	6th	29-6

Discus			
Name	Distance	Place	PR
Lauren Lambert	89-9		78-9

Personal Records - 7

Final Team Standings

Tri Center - 149

Treynor - 115

Carroll - 68

Denison - 63

AHSTW - 46

West Monona - 44

St Alberts - 42

Woodbine - 32

Boyer Valley - 18

Missouri Valley - 12

It is **NORMAL** to **SWEAT** before your race!!

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, jogging

Meet Schedule

All Field Events - 4:30 pm

High Jump

Shot

Long Jump

Discus

Running Events- 5:00 pm

800m sprint medley relay

3000 meter run

4 X 800 meter relay

Shuttle hurdle relay

100 meter dash

1600m 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