



## Ace Nelson Relays Tuesday, April 19



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller	13.84		
Samantha Chandler	13.62		
Ashlyn Herrig	26.04		
Alexa Tremblay	1:11.57		
<b>Total</b>	2:05.14	5th	2:01.26
3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	11:15.81	1st	
4 X 800 Meter Relay			
Name	Time	Place	PR
Tiffany Ramirez	3:01.09		
Juliana Barajas	3:19.12		
Magaly Salgado	3:23.17		
Victoria Santamaria	3:31.90		
<b>Total</b>	13:14.57		12:39.22
Shuttle Hurdle Relay			
Name	Split	Place	PR
Taya Adams	19.83		
Jordyn Linn	18.93		
Kaitlyn Bruhn	19.32		
Claire Miller	17.44		
<b>Total</b>	1:15.77	2nd	1:13.47
100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	13.68	5th	13.66
Lauren Bowker	13.76		
Hannah Harris	14.40		14.52
Lauren Herrig	15.90		15.80
Jessica Cabrera	16.26		16.12
Harmony Holt	16.27		16.56
Yadira Menendez Anaya	17.14		16.83
Adot Aruai	16.85		17.02
Kimberly Ramirez	17.16		17.04
Nyamun Koang	18.06		19.11

100 Meter Dash			
Name	Time	Place	PR
Chloe Koch	17.96		
Annie Wiges	16.12		
Isabela Johnson	16.13		
Hailee Shull	17.61		
Atong Agang	15.57		
Aduk Mun	16.18		
Silia Fick	16.71		
Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Alexa Tremblay	29.79		
Savannah Steinkuehler	30.79		
Brianna Musgrave	1:11.45		
Emily Bahnsen	2:53.89		
<b>Total</b>	5:06.24		4:43.91
400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin	1:08.20	5th	
Atong Agang	1:15.99		
Melanie Ramirez	1:27.86		
4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig	30.57		
Hannah Harris	28.89		
Kaitlyn Bruhn	30.29		
Samantha Chandler	28.50		
<b>Total</b>	1:58.57	3rd	1:55.84
100 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	19.07		18.60
Taya Adams	19.79		18.66
Lauren Herrig	21.57		21.37
Chloe Koch	23.60		23.16

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:38.59	1st	2:28.35
Tiffany Ramirez	3:13.86		3:04.72
Magaly Salgado	3:22.00		3:26.70
Victoria Santamaria	3:26.60		
Kierra Shull	DNF		
200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker	28.55	3rd	28.73
Kaitlyn Bruhn	29.85		29.68
Savannah Steinkuehler	29.90		31.63
Lauren Herrig	33.21		34.53
Atong Agang	33.26		32.41
Annie Wiges	34.52		34.98
Jessica Cabrera	34.52		35.16
Harmony Holt	35.30		35.23
Aduk Mun	35.91		
Adot Aruai	34.78		36.53
Kimberly Ramirez	36.52		37.42
Nyamun Koang	37.91		37.98
Yadira Menendez Anaya	35.93		36.38
Silia Fick	37.17		
Hailee Shull	37.50		
Isabela Johnson	36.18		
400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:19.25		1:17.16
1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:29.34	2nd	5:14.91
Emily Bahnsen	6:13.62		6:08.37
Juliana Barajas	7:17.10		6:49.64
Melanie Ramirez	7:52.87		

4x100 Meter Relay			
Name	Split	Place	PR
Lauren Bowker	13.33		
Ashlyn Herrig	14.00		
Samantha Chandler	13.72		
Claire Miller	13.31		
<b>Total</b>	54.19	4th	54.02
4x400 Meter Relay			
Name	Split	Place	PR
Lauryn Turin	1:09.39		
Hannah Harris	1:09.58		
Brianna Musgrave	1:12.54		
Alexa Tremblay	1:10.88		
<b>Total</b>	4:42.49		4:42.73
Long Jump			
Name	Distance	Place	PR
Lauren Bowker	14-0.25	4th	15-11
Hannah Harris	12-3.75		
Brianna Musgrave	12-2.75		12-5
Savannah Steinkuehler	11-7		
Shot Put			
Name	Distance	Place	PR
Norah Huebert	26-0.50		27-6.5
Adrianna Lupian	24-6		26-4
Jacky Alvarenga	2-2		20-9.5
Diana Medina Flores	20-3		20-3.5
Yary Aragon	17-8		
Wilnuse Riphin	17-3		

Discus			
Name	Distance	Place	PR
Adrianna Lupian	72-5		79-3
Norah Huebert	53-1		65-1
Diana Medina Flores	58-8		58-11.5
Jacky Alvarenga	43-6		40-6
Yary Aragon	59-0		
Wilnuse Riphin	44-4		
Team Standings			
	Lawton Bronson		78
	Cherokee		77
	Ridge View		71
	Denison		52
	Tri Center		52
	Greene County		46
	Bishop Heelan		38
	IKM		22
	Boyer Valley		16
	Ar We Va		11
	Missouri Valley		9
	MVAOCO		7
	AHSTW		5
<b>Personal Records Broken - 16</b>			

**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