



## Tiger Relays Thursday, April 21



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller	13.58		
Samantha Chandler	11.94		
Ashlyn Herrig	28.32		
Lauren Bowker	1:05.47		
<b>Total</b>	<b>1:59.64</b>	<b>4th</b>	<b>2:01.26</b>

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	12:22.69	1st	11:15.81

Shuttle Hurdle Relay			
Name	Split	Place	PR
Jordyn Linn	18.97		
Taya Adams	18.75		
Kaitlyn Bruhn	18.54		
Claire Miller	17.58		
<b>Total</b>	<b>1:14.05</b>	<b>1st</b>	<b>1:13.47</b>

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	13.62	4th	13.66
Samantha Chandler	13.71	5th	

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kamden Bruhn	29.23		
Savannah Steinkuehler	29.10		
Brianna Musgrave	1:16.19		
Emily Bahnsen	2:51.07		
<b>Total</b>	<b>5:05.89</b>	<b>5th</b>	<b>4:43.91</b>

400 Meter Dash			
Name	Time	Place	PR
Kaitlyn Bruhn	1:08.76	6th	

4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig	29.16		
Lauren Bowker	26.94		
Hannah Harris	29.97		
Samantha Chandler	28.40		
<b>Total</b>	<b>1:54.74</b>	<b>3rd</b>	<b>1:55.84</b>

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	17.35	1st	17.25
Taya Adams	18.74	4th	18.66

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:28.80	3rd	2:28.35
Emily Bahnsen	2:50.29		2:54.04

200 Meter Dash			
Name	Time	Place	PR
Savannah Steinkuehler	30.01		29.90
Hannah Harris	30.17		30.64

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:17.98	5th	1:17.16
Kamden Bruhn	1:26.28		

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:25.73	1st	5:14.91

4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller	14.07		
Samantha Chandler	12.69		
Lauren Bowker	12.30		
Ashlyn Herrig	14.00		
<b>Total</b>	<b>53.79</b>	<b>5th</b>	<b>54.02</b>

Long Jump				Team Standings	
Name	Distance	Place	PR		
Lauren Bowker	14-9	6th	15-11	Carroll	129
Hannah Harris	12-5		12-5	Boone	104
				Atlantic	101
				Denison	74
				Ogden	55
				Greene County	54
				Kuemper	47
				Creston	22
				<b>Personal Records Broken - 6</b>	
Discus					
Name	Distance	Place	PR		
Adrianna Lupian	76-7		79-3		
Norah Hubert	61-6		65-1		

**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%

Block Starts <30m

Finish 10 Minutes before race --  
continue moving walking, jogging

**ORDER OF EVENTS**

**FIELD EVENTS 4:30 P.M.**

High Jump (G/B)

Discus (B/G)

Shot Put (G/B)

Long Jump (B/G)

**FINISHING 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