



Tiger Knight Relays

April 22, 2021



Sprint Medley Relay (100-100-200-400) - 1st

Name	Split	Place	PR
Bella Araujo	13.65		
Cierra Kastner	12.60		
Lauren Bowker	28.77		
Cambri Brodersen	1:05.43		
Total	2:00.85	3rd	2:01.25

3000 Meter Run - 2nd

Name	Time	Place	PR

4 X 800 - 3rd

Name	Split	Place	PR
Jazmine Iglesias	3:12.26		
Juliana Barajas	3:12.43		
Jordyn Linn	3:03.15		
Addi Lopez	3:15.61		
Total	12:44.29		12:37.18

Shuttle Hurdle Relay - 4th

Name	Split	Place	PR
Claire Miller	16.94		
Kaitlyn Bruhn	19.40		
Kennedy Marten	18.25		
Jamie Ibarra	18.62		
Total	1:13.68	1st	1:14.29

100 Meter Dash - 5th

Name	Time	Place	PR
Ashlyn Herrig	14.36		14.33
Cierra Kastner	14.50		14.20

Distance Medley Relay (200-200-400-800)

Name	Split	Place	PR
Addison Inman	28.38		
Lesley Chavez	32.62		
Kaitlyn Bruhn	1:08.62		
Juliana Barajas	3:19.15		
Total	5:29.19		5:16.99

400 Meter Dash - 7th

Name	Time	Place	PR
Cambri Brodersen	1:07.14	4th	1:06.93

4 x 200 Meter Relay - 8th

Name	Split	Place	PR
Bella Araujo	27.26		
Hannah Slater	27.76		
Claire Leinen	28.75		
Lauren Bowker	29.94		
Total	1:53.93	2nd	1:54.22

4 x 200 Meter Relay - 8th

Name	Split	Place	PR
Lesley Chavez	29.85		
Taya Adams	31.90		
Anna Wiges	33.66		
Elli Heiden	33.93		
Total	2:09.57		

100 Meter Hurdles - 9th

Name	Time	Place	PR
Claire Miller	16.99	1st	17.59
Jamie Ibarra	17.91	4th	17.91

800 Meter Run - 10th

Name	Time	Place	PR
Addi Lopez	3:16.66		3:15.87
Jazmine Iglesias	3:20.75		3:10.55

200 Meter Dash - 11th

Name	Time	Place	PR
Lauren Biowker	29.24	4th	29.01
Kaitlyn Bruhn	30.36		29.07

400 Meter Hurdles - 12th

Name	Time	Place	PR
Claire Miller	1:14.24	4th	1:16.35

1500 Meter Run - 13th

Name	Time	Place	PR
Jordyn Linn	6:32.20		6:40.52
Juliana Barajas	6:48.39		6:41.39

4x100 Meter Relay - 14th

Name	Split	Place	PR
Cierra Kastner	14.37		
Ashlyn Herrig	11.19		
Bella Araujo	14.37		
Lauren Bowker	13.89		
Total	54.48	5th	53.93

4x100 Meter Relay - 14th

Name	Split	Place	PR
Lesley Chavez	14.00		
Taya Adams	13.20		
Anna Wiges	16.03		
Elli Heiden	16.01		
Total	1:00.26		

Race Warm-Up

4x400 Meter Relay - 15th			
Hannah Slater	1:07.03		
Claire Leinen	1:09.47		
Addison Inman	1:08.28		
Cambri Brodersen	1:07.75		
Total	4:32.68	5th	4:37.42

Shot Put			
Name	Distance	Place	PR
Hannah Slater	32-9	2nd	33-3.5

Discus			
Name	Distance	Place	PR
Hannah Slater	93-3	3rd	103-11

High Jump			
Name	Distance	Place	PR
Juliana Barajas	J4-6	5th	J4-6
Addison Inman	NH		J4-4

Long Jump			
Name	Distance	Place	PR

Team Standings

Atlantic - 137
 Carroll - 112
 Boone - 87
 DC Grimes - 81
 Denison - 72
 Greene County - 49
 Kuemper - 30
 Creston - 19

Season Personal Records: 9

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!