



Lady Red Relays

Tuesday, April 23



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris	13.57		
Avery Bock	14.00		
Lauryn Turin	27.58		
Piomo Okwer	1:06.55		
Total	2:01.92	4th	1:59.72

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	11:27.60	2nd	11:20.05

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows	2:56.02		
Anna Galvin	3:14.55		
Rylan Ipsen	3:06.45		
Christell Salazar	3:02.54		
Total	12:19.92	6th	11:27.94

Shuttle Hurdle Relay			
Name	Split	Place	PR
Alejandra Cardenas	19.84		
Avery Bock	17.68		
Kysa Neddermeyer	20.19		
Kamden Bruhn	18.17		
Total	1:16.13	6th	1:15.48

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	13.48	3rd	13.25
Hannah Harris	14.95		14.37
Alexa Santos	15.06		14.29

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum	1:06.67	5th	1:09.52
Lauryn Turin	1:06.99	6th	1:04.20

4 X 200 Meter Relay			
Name	Split	Place	PR
Atong Agang	29.66		
Kamden Bruhn	33.72		
Alejandra Cardenas	26.97		
Alexa Santos	33.18		
Total	2:03.55	7th	1:57.53

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock	17.62	5th	17.63
Kysa Neddermeyer	19.96		20.65
Rylan Ipsen	20.19		20.23

800 Meter Run			
	Time	Place	PR
Lola Mendlik	2:35.49	4th	2:32.00
Jenna Meadows	3:01.94		3:08.74

200 Meter Dash			
	Time	Place	PR
Kyia Clark	28.60	5th	27.94
Hannah Harris	31.08		30.53
Ann Wessel	32.63		32.14

1500 Meter Run			
Name	Time	Place	PR
Anna Galvin	6:47.55		7:00.01
Christell Salazar	6:48.80		7:01.89

4 X 100 Relay			
Name	Split	Place	PR
Atong Agang	13.78		
Alexa Santos	15.79		
Ann Wessel	16.69		
Emily Gehlsen	13.51		
Total	59.47		55.34

4 X 400 Relay			
Name	Split	Place	PR
Piomo Okwer	1:05.22		
Charlotte Schrum	1:05.85		
Kyia Clark	1:07.84		
Lauryn Turin	1:07.49		
Total	4:26.51	4th	4:23.77

Long Jump			
Name	Distance	Place	PR
Avery Bock	16-6.5	1st	17-00
Kyia Clark	15-07	2nd	16-0.75

High Jump			
Name	Distance	Place	PR
Charlotte Schrum	J4-4	8th	J4-6

Shot Put			
Name	Distance	Place	PR
Mayah Slater	32-11	5th	32-10
Emily Gehlsen	31-9	6th	29-2.75
Ann Wessel	23-11		27-00

Discus			
Name	Distance	Place	PR
Emily Gehlsen	94-5		97-8
Mayah Slater	90-9		105-10
Ann Wessel	71-6		78-2

Personal Records - 8
Team Standings
Riverside - 108
LOMA - 92
Treynor - 89
Denison - 78
Carroll - 77
Woodbine - 74
Boyer Valley - 60
Harlan - 60
AHSTW - 54
Missouri Valley - 35
West Harrison - 10