



MVAOCOU Relays

Thursday, April 25



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris	12.84		
Avery Bock	14.47		
Kysa Neddermeyer	29.72		
Piomo Okwer	1:07.73		
Total	2:05.64	5th	1:59.72

4 X 800 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum	2:49.47		
Jenna Meadows	3:10.84		
Christell Salazar	3:05.69		
Alexa Tremblay	2:49.77		
Total	11:56.27	2nd	11:27.94

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kysa Neddermeyer	21.23		
Avery Bock	17.37		
Rylan Ipsen	21.26		
Kamden Bruhn	17.50		
Total	1:17.53	3rd	1:15.48

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	12.78	2nd	13.25
Atong Agang	14.20		15.69

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark	27.51		
Lauryn Turin	28.25		
Piomo Okwer	1:06.07		
Lola Mendlik	2:37.13		
Total	4:39.30	2nd	4:30.46

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum	1:09.24	3rd	1:06.67

4 X 200 Meter Relay			
Name	Split	Place	PR
Hannah Harris	29.31		
Alexa Santos	32.43		
Emily Gehlsen	31.60		
Atong Agang	29.55		
Total	2:03.52	5th	1:57.53

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock	17.57	4th	17.62
Rylan Ipsen	20.17		20.19

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:45.17	2nd	2:32.00

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	28.40	4th	27.94
Lauryn Turin	28.79	6th	28.33

400 Meter Hurdles			
Name	Time	Place	PR
Kamden Bruhn	1:21.50	6th	1:21.87

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:25.35	1st	5:05.80
Alexa Tremblay	5:45.95	4th	5:39.63

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris	13.90		
Alexa Santos	14.79		
Kysa Neddermeyer	13.87		
Emily Gehlsen	14.76		
Total	57.61	7th	55.34

4 X 400 Relay			
Name	Split	Place	PR
Piomo Okwer	1:09.83		
Charlotte Schrum	1:10.06		
Kyia Clark	1:11.77		
Lauryn Turin	1:06.06		
Total	4:38.05	2nd	4:23.77

Long Jump			
Name	Distance	Place	PR
Avery Bock	15-06	3rd	17-00

Shot Put			
Name	Distance	Place	PR
Mayah Slater	33-01	2nd	32-11
Emily Gehlsen	31-11		31-9

Discus			
Name	Distance	Place	PR
Mayah Slater	101-11	1st	105-10
Emily Gehlsen	90-10	3rd	97-8

Personal Records - 7

Team Standings

Cherokee - 143
 Kingsley Pierson - 134
 Denison - 129
 MVAOCOU - 87
 West Monona - 82
 Lawton Bronson - 79.5
 Siouxland Christian - 23
 West Harrison - 9.5
 MVAOCOU JV - 1