



Lady Red Relays April 27, 2021



Sprint Medley Relay (100-100-200-400) - 1st			
Name	Split	Place	PR
Cierra Kastner	14.52		
Bella Araujo	12.83		
Lauren Bowker	27.29		
Cambri Brodersen	1:05.33		
Total	2:00.24	3rd	2:00.85

3000 Meter Run - 2nd			
Name	Time	Place	PR
Juliana Barajas	14:34.72	8th	
Jazmine Iglesias	15:36.94		16:16.65

4 X 800 - 3rd			
Name	Split	Place	PR
Analuisa Cruz Nieto	3:01.12		
Addi Lopez	3:07.76		
Ashley Perez	3:28.40		
Zahyra Flores	3:34.78		
Total	13:12.24	7th	12:37.18

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Claire Miller	18.37		
Kaitlyn Bruhn	18.66		
Kennedy Marten	17.68		
Jamie Ibarra	17.30		
Total	1:12.12	1st	1:13.68

100 Meter Dash - 5th			
Name	Time	Place	PR
Claire Leinen	13.79	4th	14.28
Cierra Kastner	14.13		14.20
Abby Gutierrez	15.51		15.77
Anna Wiges	18.86		16.00
Hailee Shull	19.01		18.23
Genesis Reyes	18.26		18.47
Neveah Brandt	17.65		18.69

100 Meter Dash - 5th			
Name	Time	Place	PR
Taya Adams	14.89		
Lesley Chavez	14.17		
Ellii Heiden	15.50		
Aida Gonzalez	16.37		
Brianna Musgrave	15.07		
Jacky Ordonez	16.96		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Addison Inman	28.50		
Ashlyn Herrig	32.68		
Kaitlyn Bruhn	1:09.94		
Jordyn Linn	2:55.12		
Total	5:06.08	8th	5:16.99

400 Meter Dash - 7th			
Name	Time	Place	PR
Cambri Brodersen	1:07.43	2nd	1:06.93
Analuisa Cruz Nieto	1:12.35		1:17.63
Ashley Perez	1:25.61		1:19.82
Addi Lopez	1:29.52		1:20.90
Zahyra Flores	1:32.70		1:30.38
Victoria Santamaria	1:25.14		1:30.80

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Bella Araujo	28.65		
Hannah Slater	25.92		
Claire Leinen	29.37		
Lauren Bowker	28.83		
Total	1:53.06	3rd	1:53.93

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Claire Miller	16.73	2nd	16.99
Jamie Ibarra	17.22	3rd	17.91

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Kaitlyn Bruhn	18.33		19.27
Taya Adams	19.68		19.42
Lesley Chavez	19.43		
Jacky Ordonez	28.31		

800 Meter Run - 10th			
Name	Time	Place	PR
Juliana Barajas	3:11.10		2:58.80
Jazmine Iglesias	3:13.80		3:10.55
Victoria Santamaria	3:34.13		

200 Meter Dash - 11th			
Name	Time	Place	PR
Lauren Biowker	27.69	4th	29.01
Bella Araujo	28.75		29.02
Brianna Musgrave	32.26		34.33
Anna Wiges	33.86		34.41
Elli Heiden	34.12		36.87
Hailee Shull	39.42		38.01
Genesis Reyes	38.64		40.01
Lesley Chavez	30.61		
Abby Gutierrez	34.45		
Aida Gonzalez	33.58		
Neveah Brandt	37.45		

400 Meter Hurdles - 12th			
Name	Time	Place	PR
Claire Miller	1:14.89	2nd	1:14.24
Kennedy Marten	1:20.91	8th	1:18.70
Jordyn Linn	1:20.01		

1500 Meter Run - 13th			
Name	Time	Place	PR
Ashley Perez	7:06.30		7:10.11
Analuisa Cruz Nieto	6:53.82		7:22.77
Zahyra Flores	7:05.93		7:47.54
Addi Lopez	7:05.93		

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Bella Araujo	12.20		
Ashlyn Herrig	15.18		
Cierra Kastner	11.84		
Lauren Bowker	14.22		
Total	53.62	4th	53.93

4x400 Meter Relay - 15th			
Name	Split	Place	PR
Hannah Slater	1:08.69		
Addison Inman	1:09.58		
Claire Leinen	1:08.54		
Cambri Brodersen	1:07.52		
Total	4:34.60	3rd	4:32.68

High Jump			
Name	Distance	Place	PR
Juliana Barajas	J4-4	5th	J4-6
Ashlyn Herrig	NH		J4-4

Long Jump			
Name	Distance	Place	PR

Shot Put			
Name	Distance	Place	PR
Hannah Slater	31-11	5th	33-3.5
Taylor Totten	22-0		24-8
Zoey Gonzalez	18-3.25		

Discus			
Name	Distance	Place	PR
Hannah Slater	86-9.5	7th	103-11
Taylor Totten	72-11.5		78-9
Zoey Gonzalez	46-2		

Final Team Standings

Harlan - 144
Treynor - 96
Carroll - 91
Denison - 75.5
AHSTW - 66.5
Riverside - 49
LOMA - 45
Missouri Valley - 12
West Harrison - 10

25 Personal Records

Race Warm-Up

Focused w/ Minimum 15-20 Minutes

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!