



MVAOCOU Invitational Thursday, April 28



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Ashlyn Herrig	12.20		
Hannah Harris	14.10		
Kaitlyn Bruhn	28.18		
Jordyn Linn	1:12.15		
Total	2:06.84	3rd	2:01.26
3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	12:19.95	1st	11:15.81
Juliana Barajas	15:24.44	6th	15:18.59
Shuttle Hurdle Relay			
Name	Split	Place	PR
Taya Adams	19.90		
Kamden Bruhn	18.54		
Claire Miller	17.32		
Kaitlyn Bruhn	18.20		
Total	1:14.33	2nd	1:13.47
100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	13.08	2nd	13.62
Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Ashlyn Herrig	27.31		
Claire Miller	29.09		
Lauren Bowker	1:05.76		
Lola Mendlik	2:34.46		
Total	4:37.29	2nd	4:43.91

400 Meter Dash			
Name	Time	Place	PR
Emily Bahnsen	1:12.79	4th	
Tiffany Ramirez	1:18.32		1:18.32
4 X 200			
Name	Split	Place	PR
Hannah Harris	28.07		
Savannah Steinkuehler	29.57		
Kamden Bruhn	33.26		
Taya Adams	30.64		
Total	2:01.79	3rd	1:54.74
100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	16.95	1st	17.25
Jordyn Linn	18.92		18.60
800 Meter Run			
Name	Time	Place	PR
Emily Bahnsen	2:52.15	3rd	2:50.29
Juliana Barajas	3:15.17		
200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker	28.47	3rd	28.55
Savannah Steinkuehler	30.11	6th	29.90
400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:18.61	3rd	1:17.16

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:26.94	2nd	5:14.91
Emily Bahnsen	6:11.61	6th	6:08.37
4x100 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig	12.51		
Lauren Bowker	13.01		
Kaitlyn Bruhn	14.26		
Claire Miller	13.60		
Total	53.64	1st	53.79
4x400 Meter Relay			
Name	Split	Place	PR
Hannah Harris	1:11.44		
Savannah Steinkuehler	1:13.19		
Kamden Bruhn	1:14.77		
Tiffany Ramirez	1:19.13		
Total	4:58.46	4th	4:42.49
High Jump			
Name	Height	Place	PR
Hannah Harris	J4-2	5th	J4-6
Long Jump			
Name	Distance	Place	PR
Lauren Bowker	14-2.75	2nd	15-11
Shot Put			
Name	Distance	Place	PR
Adrianna Lupian	28-1.5	6th	26-4
Norah Huebert	27-6.5	8th	27-6.5
Discus			
Name	Distance	Place	PR
Adrianna Lupian	78-8	3rd	79-3
Norah Hubert	60-04		65-1

Team Standings	
KP-WC	159.50
Lawton-Bronson	150.00
Denison	133.50
West Monona	103.00
MVAOCOU	76.00
River Valley	46.00
Siouxland Christian	16.00
West Harrison	9.00
Personal Records - 8	