



# Lady Red Relays Meet

## Tuesday, April 28



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Itzel Palma	13.58		
Claire Olsen	14.12		
Isabelle Blume	28.57		
Addison Francois	1:09.61		
<b>Total</b>	2:06.06	6th	2:03.44

3000 Meter Run			
Name	Time	Place	PR

4 X 800 Meter Relay			
Name	Split	Place	PR
Heydy Leanos	2:51.45		
Alisson Barroso	2:57.87		
Alexa Garcia	3:04.20		
Addyson Sturtevant	3:08.20		
<b>Total</b>	12:02.19	7th	11:41.00

Shuttle Hurdle Relay			
Name	Split	Place	PR
Monroe Bygness	20.12		
Kysa Neddermeyer	18.66		
Rylan Ipsen	18.72		
Piomo Okwer	16.43		
<b>Total</b>	1:14.09	4th	1:12.94

100 Meter Dash			
Name	Time	Place	PR
Itzel Palma	14.35	7th	14.04
Isabel Bradley	14.45		
Aubrey Young	14.49		13.90
Michelle Palma	14.64		14.14
Camila Martinez	15.82		15.04

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark	25.77		
Sara Mun	27.35		
Piomo Oker	1:08.45		
Hailey Cue	2:32.19		
<b>Total</b>	4:34.01	1st	4:39.74

400 Meter Dash			
Name	Time	Place	PR
Alexa Garcia	1:15.66		1:12.64
Chloe Galvin	1:20.57		1:19.36
Abby Valle	1:23.27		
Monse Renteria	1:24.42		1:20.54
Addison Schillerberg	1:24.43		1:20.65

4 X 200 Meter Relay			
Name	Split	Place	PR
Claire Olsen	28.07		
Isabel Bradley	29.19		
Charlotte Schrum	29.44		
Kysa Neddermeyer	30.67		
<b>Total</b>	1:57.67	4th	1:55.24

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer	16.78	2nd	16.04
Isabelle Blume	19.62		19.09
Monroe Bygness	22.74		17.94

800 Meter Run			
Name	Time	Place	PR
Rylan Ipsen	2:52.64		2:53.24
Addyson Sturtevant	3:03.68		3:07.21
Chloe Galvin	3:21.22		
Abby Valle	3:25.43		3:19.87
Addison Schillerberg	3:25.43		3:20.63
Monse Renteria	3:26.34		3:22.48

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	26.50	1st	25.84
Charlotte Schrum	29.52		29.85
Addison Francois	30.64		30.79
Itzel Palma	31.37		29.51
Aubrey Young	31.68		29.99
Michelle Palma	31.74		30.64
Camila Martinez	33.04		31.14

400 Meter Hurdles			
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1500 Meter Run			
Name	Time	Place	PR
Heydy Leanos	6:15.58		6:14.99
Alisson Barroso	6:20.31		6:15.37

4 X 100 Relay			
Name	Split	Place	PR
Kysa Neddermeyer	12.71		
Piomo Okwer	13.61		
Sara Mun	12.37		
Kyia Clark	14.20		
<b>Total</b>	53.27	4th	51.98

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum	1:08.84		
Isabelle Blume	1:09.01		
Monroe Bygness	1:14.52		
Claire Olsen	1:09.37		
<b>Total</b>	4:42.76	5th	4:27.93

Shot Put			
Name	Distance	Place	PR
Lauren Lambert	29-06.5	7th	30-11.75
Gracen Plagge	28-05		30-02.25
Samantha Lopez	25-10.5		25-11.50
Kazandra Ochoa	23-8		24-01.50

Discus			
Name	Distance	Place	PR
Gracen Plagge	95-08	8th	109-9
Lauren Lambert	83-08		86-4
Samantha Lopez			83-0
Kazandra Ochoa			70-4

High Jump			
Name	Height	Place	PR
Sara Mun	J5-3	1st	5-2

Long Jump			
Name	Distance	Place	PR

### **Team Standings**

Treynor - 175

Harlan - 92

LOMA - 78

Riverside - 70

Denison - 67

Carroll - 64

AHSTW - 61

MO Valley - 53

St. Albert - 38

Woodbine - 30

Personal Records - 6