



MVAOCOU Invitational
April 29, 2021



Sprint Medley Relay (100-100-200-400) - 1st

| Name | Split | Place | PR |
|------------------|---------|-------|---------|
| Ashlyn Herrig | 13.00 | | |
| Cierra Kastner | 14.44 | | |
| Bella Araujo | 27.47 | | |
| Cambri Brodersen | 1:03.94 | | |
| Total | 1:59.09 | 2nd | 2:00.24 |

3000 Meter Run - 2nd

| Name | Time | Place | PR |
|------------------|----------|-------|----------|
| Juliana Barajas | 14:40.79 | 7th | 14:34.72 |
| Jazmine Iglesias | 16:08.55 | | 15:36.94 |

4 X 800 - 3rd

| Name | Split | Place | PR |
|---------------------|----------|-------|----------|
| Jordyn Linn | 3:05.46 | | |
| Analuisa Cruz Nieto | 3:10.44 | | |
| Addi Lopez | 3:23.18 | | |
| Ashley Perez | 3:28.61 | | |
| Total | 13:08.15 | 4th | 12:37.18 |

Shuttle Hurdle Relay - 4th

| Name | Split | Place | PR |
|----------------|---------|-------|---------|
| Claire Miller | 17.78 | | |
| Kennedy Marten | 18.10 | | |
| Kaitlyn Bruhn | 18.44 | | |
| Jamie Ibarra | 18.01 | | |
| Total | 1:12.57 | 1st | 1:12.12 |

100 Meter Dash - 5th

| Name | Time | Place | PR |
|---------------|-------|-------|-------|
| Lauren Bowker | 14.29 | 4th | 14.04 |
| Claire Leinen | 14.31 | 5th | 13.79 |

Distance Medley Relay (200-200-400-800) - 6th

| Name | Split | Place | PR |
|---------------|---------|-------|---------|
| Ashlyn Herrig | 28.22 | | |
| Lesley Chavez | 32.47 | | |
| Kaitlyn Bruhn | 1:04.58 | | |
| Jordyn Linn | 3:09.26 | | |
| Total | 5:14.83 | 4th | 5:06.08 |

400 Meter Dash - 7th

| Name | Time | Place | PR |
|------------------|---------|-------|---------|
| Cambri Brodersen | 1:05.74 | 3rd | 1:06.93 |
| Addison Inman | 1:08.94 | 5th | 1:09.50 |

4 x 200 Meter Relay - 8th

| Name | Split | Place | PR |
|----------------|---------|-------|---------|
| Bella Araujo | 26.02 | | |
| Claire Leinen | 29.69 | | |
| Cierra Kastner | 28.29 | | |
| Hannah Slater | 29.69 | | |
| Total | 1:53.96 | 3rd | 1:53.06 |

100 Meter Hurdles - 9th

| Name | Time | Place | PR |
|---------------|-------|-------|-------|
| Claire Miller | 17.50 | 1st | 16.73 |
| Jamie Ibarra | 17.86 | 2nd | 17.22 |

800 Meter Run - 10th

| Name | Time | Place | PR |
|---------------------|---------|-------|---------|
| Analuisa Cruz Nieto | 3:06.99 | 7th | |
| Jazmine Iglesias | 3:14.28 | 8th | 3:10.55 |

200 Meter Dash - 11th

| Name | Time | Place | PR |
|----------------|-------|-------|-------|
| Bella Araujo | 28.01 | 3rd | 27.69 |
| Lauren Biowker | 28.87 | 5th | 28.75 |

400 Meter Hurdles - 12th

| Name | Time | Place | PR |
|----------------|---------|-------|---------|
| Claire Miller | 1:14.59 | 2nd | 1:14.24 |
| Kennedy Marten | 1:17.87 | 5th | 1:18.70 |

1500 Meter Run - 13th

| Name | Time | Place | PR |
|-----------------|---------|-------|---------|
| Juliana Barajas | 6:31.03 | 7th | 6:41.39 |

4x100 Meter Relay - 14th

| Name | Split | Place | PR |
|----------------|-------|-------|-------|
| Bella Araujo | 12.50 | | |
| Claire Leinen | 14.75 | | |
| Cierra Kastner | 12.18 | | |
| Lauren Bowker | 14.51 | | |
| Total | 54.25 | 1st | 53.62 |

4x400 Meter Relay - 15th

| Name | Split | Place | PR |
|------------------|---------|-------|---------|
| Hannah Slater | 1:07.13 | | |
| Kaitlyn Bruhn | 1:06.19 | | |
| Ashlyn Herrig | 1:14.32 | | |
| Cambri Brodersen | 1:07.02 | | |
| Total | 4:34.95 | 4th | 4:32.68 |

High Jump

| Name | Distance | Place | PR |
|-----------------|----------|-------|------|
| Juliana Barajas | J4-6 | 3rd | J4-6 |
| Ashlyn Herrig | J4-4 | 5th | J4-4 |

Long Jump

| Name | Distance | Place | PR |
|------------------|----------|-------|---------|
| Cambri Brodersen | 13-9.5 | 6th | 13-9.75 |
| Lesley Chavez | 12-5 | | 13-0.75 |

Shot Put

| Name | Distance | Place | PR |
|---------------|----------|-------|--------|
| Hannah Slater | 31-7.75 | 2nd | 33-3.5 |
| Kiana Schulz | 25-8 | | 26-7 |

Discus

| Name | Distance | Place | PR |
|---------------|----------|-------|--------|
| Hannah Slater | 90-3 | 3rd | 103-11 |
| Taylor Totten | 71-2 | 7th | 78-9 |

Final Team Standings

Kingsley Pierson - 237

Denison - 143.5

Lawton Bronson - 99

West Monona - 86

MVAOCOU - 69.5

River Valley - 32

West Harrison - 19

Siouxland Christian - 15

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!