



Lady Red Relays

Tuesday, April 29



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Kyia Clark	12.22		
Lauryn Turin	13.69		
Lola Mendlik	29.81		
Charlotte Schrum	1:09.12		
Total	2:05.04	6th	2:02.26

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows	2:55.95		
Chloe Galvin	3:09.71		
Ann Wessel	3:13.84		
Addison Schillerberg	3:10.39		
Total	12:30.16	8th	12:10.11

Shuttle Hurdle Relay			
Name	Split	Place	PR
Lola Mendlik	19.20		
Piomo Okwer	16.87		
Rylan Ipsen	19.11		
Kysa Neddermeyer	19.65		
Total	1:14.79	6th	1:16.04

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	13.11	2nd	13.00
Claire Olsen	14.15		13.97
Michelle Palma	14.43		14.42
Itzel Palma	14.45		14.44
Alejandra Cardenas	14.62		
Alexa Santos	15.46		15.54

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Cheyenne Vogt	28.77		
Sara Mun	29.36		
Brooklyn Schneckloth	1:12.15		
Rylan Ipsen	3:02.88		
Total	5:13.35	8th	4:35.33

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin	1:04.58	5th	1:04.48
Lola Mendlik	1:08.01		1:07.29
Anna Galvin	1:19.46		1:21.02

4 X 200 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum	28.00		
Alejandra Cardenas	27.34		
Itzel Palma	29.85		
Claire Olsen	31.15		
Total	1:57.77	4th	1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer	16.70	2nd	16.62
Kysa Neddermeyer	19.00		18.85
Michelle Palma	21.08		22.26

800 Meter Run			
Name	Time	Place	PR
Ann Wessel	3:08.99		3:18.96
Addison Schillerberg	3:13.19		3:09.56

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	27.21	2nd	27.05
Piomo Okwer	27.77	3rd	28.02
Alejandra Cardenas	30.56		30.19
Itzel Palma	31.32		30.43
Michelle Palma	31.39		31.37
Alexa Santos	33.39		32.39

400 Meter Hurdles			
Name	Time	Place	PR
Lola Mendlik	1:13.41	5th	1:13.41

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin	6:35.01		6:31.41
Anna Galvin	6:57.24		6:50.14

4 X 100 Meter Relay			
Name	Split	Place	PR
Piomo Okwer	12.65		
Lauryn Turin	14.79		
Cheyenne Vogt	11.33		
Kyia Clark	13.44		
Total	52.59	1st	53.28

4 X 400 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum	1:08.02		
Kysa Neddermeyer	1:10.48		
Rylan Ipsen	1:14.78		
Jenna Meadows	1:16.79		
Total	4:50.64	8th	4:38.55

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

Shot Put			
Name	Distance	Place	PR
Mayah Slater	31-5		33-10
Lauren Lambert	29-11		31-5
Gracen Plagge	27-9		29-5.75
Kara Korner	24-11		26-10.5

Discus			
Name	Distance	Place	PR
Mayah Slater	99-8	4th	113-11
Gracen Plagge	79-1		83-8
Lauren Lambert	76-9		89-9
Kara Korner	scratch		67-5

Team Standings
Treynor - 144
Harlan - 109
Riverside - 104
Carroll - 80
Denison - 77
AHSTW - 62
Boyer Valley - 61
Woodbine - 45
LOMA - 34
Missouri Valley - 24

Personal Records Broken - 7