



**Denison COED**  
**Friday, April 5**



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Alejandra Cardenas	14.13		
Kamden Bruhn	14.01		
Kyia Clark	27.51		
Alexa Tremblay	1:10.95		
<b>Total</b>	<b>2:06.73</b>	<b>4th</b>	<b>1:59.72</b>

3000 Meter Run			
Name	Time	Place	PR
Christell Salazar	15:58.44		

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows	3:00.27		
Analuisa Cruz Nieto	3:03.25		
Anna Galvin	3:25.92		
Rylan Ipsen	3:16.06		
<b>Total</b>	<b>12:46.34</b>		<b>11:40.72</b>

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn	19.78		
Kysa Neddermeyer	19.18		
Alejandra Cardenas	19.44		
Avery Bock	16.97		
<b>Total</b>	<b>1:15.65</b>	<b>2nd</b>	

100 Meter Dash			
Name	Time	Place	PR
Alexa Santos	14.29	5th	
Nyamun Koang	15.76		
Hailey Galvin	16.63		
Katherine Ramirez	16.64		
Kimberly Ramirez	17.57		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Alejandra Cardenas	30.59		
Kyia Clark	27.86		
Charlotte Schrum	1:08.31		
Lola Mendlik	2:35.56		
<b>Total</b>	<b>4:42.56</b>	<b>2nd</b>	<b>4:35.29</b>

400 Meter Dash			
Name	Time	Place	PR
Piomo Okwer	1:15.88		1:08.93

4 X 200 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer	29.97		
Hannah Harris	29.79		
Atong Agang	32.12		
Ann Wessel	33.71		
<b>Total</b>	<b>2:05.78</b>		<b>2:00.07</b>

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock	17.63	3rd	
Kamden Bruhn	19.29		
Rylan Ipsen	21.23		
Atong Agang	21.87		
Hannah Harris	22.05		

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:38.17	2nd	2:32.00
Alexa Tremblay	2:45.27		
Jenna Meadows	3:08.74		
Christell Salazar	3:26.18		
Heidi Duarte	3:26.35		

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	27.94	3rd	28.7
Alexa Santos	31.66		
Ann Wessel	32.79		
Nyamun Koang	32.86		
Kimberly Ramirez	34.81		
Katherine Ramirez	36.59		
Hailey Galvin	37.05		

400 Meter Hurdles			
Name	Time	Place	PR
Kamden Bruhn	1:24.30		

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:20.51	2nd	5:05.80
Analuisa Cruz Nieto	6:43.51		7:06.77
Anna Galvin	7:14.59		
Heidi Duarte	7:33.57		
Christell Salazar	7:37.15		

4 X 100 Relay			
Name	Split	Place	PR
Alejandra Cardenas	13.94		
Avery Bock	13.26		
Hannah Harris	14.87		
Piomo Okwer	14.20		
<b>Total</b>	<b>57.21</b>		<b>55.34</b>

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum	1:09.77		
Alexa Tremblay	1:15.00		
Atong Agang	1:11.19		
Kysa Neddermeyer	1:14.56		
<b>Total</b>	<b>4:51.65</b>		<b>4:42.82</b>

High Jump			
Name	Distance	Place	PR
Charlotte Schrum	J4-6	3rd	J4-6

Long Jump			
Name	Distance	Place	PR
Avery Bock	15-10.5	1st	16-3
Kyia Clark	14-7	5th	15-7

Shot Put			
Name	Distance	Place	PR
Mayah Slater	30-11	3rd	32-10
Adrianna Lupian	27-3		
Ann Wessel	25-9		27-0
Gracen Plagge	25-1		
Diana Medina	22-4		
Belinda Garcia	20-0		

Discus			
Name	Distance	Place	PR
Mayah Slater	98-8	1st	
Adrianna Lupian	76-3	5th	
Diana Medina	73-3		
Ann Wessel	65-8		
Gracen Plagge	62-6		
Belinda Garcia	55-7		

Personal Records - 2
Team Standings
Tri Center - 99
Denison - 94
Woodbine - 90.5
Harlan - 90
Boyer Valley - 80
IKM - 76
Underwood - 50.5

Meet Schedule
Girls: 800 Sprint Medley
Boys: 800 Sprint Medley
Girls: 3000 Meter Run
Boys: 3200 Meter Run
Girls: 4 x 800 Meter Relay
Boys: 4 x 800 Meter Relay
Girls: Shuttle Hurdle Relay
Boys: Shuttle Hurdle Relay
Girls: 100 Meter Dash
Boys: 100 Meter Dash
Girls: 1600 Distance Medley Relay
Boys: 1600 Distance Medley Relay
Girls: 400 Meter Dash
Boys: 400 Meter Dash
Girls: 4 x 200 Meter Relay
Boys: 4 x 200 Meter Relay
Girls: 100 Meter Hurdles
Boys: 110 Meter High Hurdles
Girls: 800 Meter Run
Boys: 800 Meter Run
Girls: 200 Meter Dash
Boys: 200 Meter Dash
Girls: 400 Meter Hurdles
Boys: 400 Meter Hurdles
Girls: 1500 Meter Run
Boys: 1600 Meter Run
Girls: 4 x 100 Meter Relay
Boys: 4 x 100 Meter Relay
Girls: 4 x 400 Meter Relay
Boys: 4 x 400 Meter Relay