



Glenwood COED

Saturday, April 6



3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	11:41.94	4th	11:20.14
Anna Galvin	14:07.78		
Jenna Meadows	14:25.56		

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock	17.88		
Alejandra Cardenas	20.27		
Kysa Neddermeyer	19.94		
Kamden Bruhn	19.22		
Total	1:17.99	1st	1:15.65

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	13.60	2nd	
Lauryn Turin	14.4		
Avery Bock	14.89		
Piomo Okwer	14.91		
Hannah Harris	15.21		
Atong Agang	15.69		
Alexa Santos	15.72		14.29
Nyamun Koang	16.16		15.76
Hailey Galvin	16.87		16.63

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin	1:04.20	2nd	
Piomo Okwer	1:09.42		1:08.93
Kyia Clark	1:10.75		
Charlotte Schrum	1:11.07		
Lola Mendlik	1:12.48		
Alexa Santos	1:14.42		
Atong Agang	1:15.56		
Hannah Harris	1:18.53		
Rylan Ipsen	1:19.92		
Heidi Duarte	1:24.38		

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock	17.89	3rd	17.63
Kamden Bruhn	19.56		19.29
Alejandra Cardenas	19.98		
Kysa Neddermeyer	20.65		
Rylan Ipsen	22.16		21.23

800 Meter Run			
	Time	Place	PR
Anna Galvin	3:37.15		
Heidi Duarte	3:39.39		3:26.35

200 Meter Dash			
	Time	Place	PR
Piomo Okwer	30.02		
Kyia Clark	30.19		27.94
Lauryn Turin	30.33		28.76
Alejandra Cardenas	31.49		
Kysa Neddermeyer	32.18		
Hannah Harris	32.71		
Nyamun Koang	32.72		32.86
Kamden Bruhn	32.74		
Atong Agang	32.83		
Alexa Santos	33.24		31.66
Ann Wessel	33.56		32.79
Hailey Galvin	37.27		37.05

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:30.43	3rd	5:05.80
Charlotte Schrum	6:12.97		
Jenna Meadows	6:49.06		
Heidi Duarte	7:36.64		7:33.57

Long Jump			
Name	Distance	Place	PR
Avery Bock	16-7.5	1st	16-3
Kyia Clark	16-0.75	2nd	15-7

Shot Put			
Name	Distance	Place	PR
Mayah Slater	29-3	5th	32-10
Ann Wessel	25-0		27-0
Gracen Plagge	24-3		25-1
Belinda Garcia	20-9.5		20-0

Discus			
Name	Distance	Place	PR
Mayah Slater	100-8	1st	98-8
Ann Wessel	76-3		65-8
Gracen Plagge	70-8		62-6
Belinda Garcia	61-10		55-7

Personal Records - 9

Team Standings

Atlantic - 104

Glenwood - 102

Lewis Central - 98

Denison - 78

St Alberts - 57

Creston - 53

CBAL - 47

Red Oak - 19

CBTJ - 18