



Denison COED Meet April 9, 2021



Sprint Medley Relay (100-100-200-400) - 1st			
Name	Split	Place	PR
Cierra Kastner	12.28		
Lauren Bowker	14.18		
Bella Araujo	29.05		
Cambria Brodersen	1:05.30		
Total	2:01.25	3rd	2:02.24

3000 Meter Run - 2nd			
Name	Time	Place	PR
Jazmine Iglesias	16:15.65	5th	

4 X 800 - 3rd			
Name	Split	Place	PR
Addi Lopez	3:10.11		
Ashley Perez	3:29.02		
Analuisa Cruz Nieto	3:18.07		
Zahyra Flores	3:33.01		
Total	13:41.74		13:23.33

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Kennedy Marten	18.70		
Lesley Chavez	23.07		
Kaitlyn Bruhn	18.94		
Jamie Ibarra	18.18		
Total	1:19.13	3rd	1:14.51

Shuttle Hurdle Relay - 4th			
Name	Split	Place	PR
Taya Adams	22.71		
Abby Gutierrez	22.05		
Jordyn Linn	19.82		
Jacky Ordonez	23.19		
Total	1:27.84		

100 Meter Dash - 5th			
Name	Time	Place	PR
Lauren Bowker	14.47	2nd	14.04
Cierra Kastner	14.54	4th	14.20
Genesis Reyes	18.47		
Neveah Brandt	18.69		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Jordyn Linn	29.95		
Claire Leinen	31.33		
Kaitlyn Bruhn	1:08.43		
Juliana Barajas	3:08.51		
Total	5:18.61	5th	5:16.99

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Taya Adams	35.40		
Elli Heiden	31.92		
Brianna Musgrave	1:11.00		
Analuisa Cruz Nieto	3:26.01		
Total	5:45.11		5:16.99

400 Meter Dash - 7th			
Name	Time	Place	PR
Abby Gutierrez	1:22.70		1:19.76
Hailee Shull	1:25.13		1:24.50
Victoria Santamaria	1:30.80		

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Cierra Kastner	28.95		
Ashlyn Herrig	30.12		
Hannah Slater	28.36		
Bella Araujo	28.52		
Total	1:56.61	2nd	1:54.47

4 x 200 Meter Relay - 8th			
Name	Split	Place	PR
Claire Leinen	28.53		
Addison Inman	31.91		
Jordyn Linn	30.08		
Aida Gonzalez	35.69		
Total	2:06.43		

100 Meter Hurdles - 9th			
Name	Time	Place	PR
Jamie Ibarra	17.91	1st	18.19
Kaitlyn Bruhn	19.84		19.27
Taya Adams	21.34		19.42

800 Meter Run - 10th			
Name	Time	Place	PR
Jazmine Iglesias	3:19.97		3:10.55
Ashley Perez	3:23.60		3:23.47
Zahyra Flores	3:29.08		3:31.04
Victoria Santamaria	3:43.54		

200 Meter Dash - 11th			
Name	Time	Place	PR
Bella Araujo	29.31	2nd	29.02
Cambri Brodersen	29.94	3rd	30.15
Jacky Ordonez	35.94		
Hailee Shull	38.01		39.71

400 Meter Hurdles - 12th			
Name	Time	Place	PR
Kennedy Marten	1:20.91	3rd	1:24.47

1500 Meter Run - 13th			
Name	Time	Place	PR
Jordyn Linn	6:40.52		
Juliana Barajas	6:41.39		6:49.32

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Cierra Kastner	14.57		
Ashlyn Herrig	10.83		
Bella Araujo	13.82		
Lauren Bowker	13.97		
Total	53.92	2nd	55.07

4x100 Meter Relay - 14th			
Name	Split	Place	PR
Claire Leinen	13.77		
Taya Adams	14.10		
Aida Gonzalez	13.97		
Elli Heiden	17.01		
Total	59.11		

4x400 Meter Relay - 15th			
Name	Split	Place	PR
Cambri Brodersen	1:06.75		
Addison Inman	1:08.76		
Claire Leinen	1:10.00		
Lauren Bowker	1:14.00		
Total	4:39.81	4th	4:42.50

4x400 Meter Relay - 15th			
Name	Split	Place	PR
Abby Gutierrez	1:19.72		
Brianna Musgrave	1:13.73		
Analuisa Cruz Nieto	1:21..10		
Addi Lopez	1:26.90		
Total	5:22.13		

High Jump			
Name	Height	Place	PR
Kaitlyn Bruhn	J4-4		J4-4
Juliana Barajas	J4-2		J4-6
Ashlyn Herrig	J4-2		J4-4
Addison Inman	NH		J4-4

Shot Put			
Hannah Slater	30-4	3rd	32-3.5
Taylor Totten	23-5.5		24-8
Diana Medina	18-9		

Discus			
Name	Distance	Place	
Taylor Totten	72-00		77-0
Diana Medina	53-4		

Long Jump			
Name	Distance	Place	PR
Cambri Brodersen	13-7.5		13-9.75
Jordyn Linn	13-1.25		11-7.75
Lesley Chavez	12-9.25		13-0.75
Kennedy Marten	10-10.25		13-4.5

Final Team Standings

Harlan - 182
 Underwood - 110
 Denison - 84
 Woodbine - 63
 Tri Center - 54
 IKM - 49
 Boyer Valley - 43
 Denison JV - 4

Race Warm-Up
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!

Highlighted times / distances are personal records (PR).
 Tonight we had 10 new person records