



MVAOCOU Invitational

Thursday, May 1



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Cheyenne Vogt	14.01		
Michelle Palma	13.90		
Alejandra Cardenas	27.79		
Charlotte Schrum	1:09.07		
Total	2:05.05	5th	2:02.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	12:00.59	2nd	11:44.72
Anna Galvin	15:18.70	4th	

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows	2:49.19		
Ann Wessel	3:17.84		
Chloe Galvin	3:11.44		
Addison Schillerberg	3:22.91		
Total	12:41.57	3rd	12:10.11

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kysa Neddermeyer	21.44		
Itzel Palma	20.68		
Rylan Ipsen	19.59		
Piomo Okwer	18.17		
Total	1:20.10	3rd	1:14.79

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark	13.45	1st	12.90
Lauryn Turin	14.43	6th	13.85
Michelle Palma	14.51		14.42
Alejandra Cardenas	14.94		14.62

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Piomo Okwer	25.90		
Kyia Clark	29.26		
Lauryn Turin	1:02.48		
Lola Mendlik	2:36.11		
Total	4:34.08	1st	4:35.43

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum	1:08.12	4th	1:08.31
Sara Mun	1:15.10	7th	

4 X 200 Meter Relay			
Name	Split	Place	PR
Alejandra Cardenas	30.95		
Cheyenne Vogt	28.69		
Kysa Neddermeyer	29.86		
Itzel Palma	30.76		
Total	2:00.67	4th	1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer	17.97	3rd	16.42
Rylan Ipsen	19.96	8th	19.2

800 Meter Run			
Name	Time	Place	PR
Addison Schillerberg	3:05.08	4th	3:09.56
Anna Galvin	3:20.76	6th	3:20.03

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark	27.48	2nd	27.05
Alejandra Cardenas	30.69		30.19
Itzel Palma	30.82		30.43
Michelle Palma	31.05		31.37

400 Meter Hurdles			
Name	Time	Place	PR
Lola Mendlik	1:14.94	1st	1:13.41

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin	6:35.53	6th	6:31.41

4 X 100 Meter Relay			
Name	Split	Place	PR
Piomo Okwer	12.56		
Lauryn Turin	14.33		
Cheyenne Vogt	12.19		
Kyia Clark	13.32		
Total	52.96	4th	52.59

4 X 400 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer	1:09.16		
Charlotte Schrum	1:10.31		
Ann Wessel	1:18.23		
Jenna Meadows	1:14.07		
Total	4:52.28	4th	4:38.55

Shot Put			
Name	Distance	Place	PR
Mayah Slater	32-4	5th	33-10
Lauren Lambert	29-7.5	8th	31-5

Discus			
Name	Distance	Place	PR
Mayah Slater	99-11	1st	113-11
Gracen Plagge	89-1	6th	83-8

High Jump			
Name	Height	Place	PR
Sara Mun	J4-10	2nd	5-2

Team Standings	
Denison	136
Cherokee	125
Lawton-Bronson	117
MVAOCOU	101
West Monona	97
Kingsley-Pierson	46
Siouxland Christian	37
MVAOCOU JV	11

Personal Records Broken - 5