



## State Meet 5/19/2022 - 5/22/2022



3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik	11:21.20	8th	10:59.72
Thursday 3:35 PM 1 Heat (24) Seeded 9th			
3A State Record: 9:55.37 2017 Joy Ripslinger Assumption			
All Class Record: 9:24.67 2014 Stephanie Jenks Linn Mar			

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig	13.55	23rd	13.05
Thursday 6:37 PM Heat 1 Lane 2. Seeded 12th			
3A State Record: 12.08 2017 Keaton Kester ADM			
All Class Record: 11.49 2018 Syndey Milani Southeast Polk			

Shuttle Hurdle Relay			
Name	Time	Place	PR
Kaitlyn Bruhn	18.50		
Kamden Bruhn	18.19		
Taya Adams	17.90		
Claire Miller	15.87		
<b>Total</b>	<b>1:10.89</b>	<b>15th</b>	<b>1:10.52</b>
Thursday 8:00 PM Heat 3 Lane 1 Seeded 15th			
3A State Record: 1:03.13 2016 Pella			
All Class Record: 1:00.61 2017 Waukee			

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	16.12	10th	16.23
Friday 3:50 PM Heat 3 Lane 3 Seeded 9th			
3A State Record: 14.51 2018 Grace Martensen Benton			
All Class Record: 13.90 2010 Alex Gochenour Logan			

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:04.59	11th	5:10.57
Saturday 3:00 PM 1 Heat (24) Seeded 10th			
3A State Record: 4:39.00 2017 Joy Ripslinger Assumption			
All Class Record: 4:26.39 2011 Shelby Houlihan SC East			

Personal Records - 2

### Focused w/ Minimum 15-20 Minutes

#### No static (standing) stretches

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

Side Jacks Right <20m x2

Side Jacks Left <20m x2

High Knee Carioca Right <20m x2

High Knee Carioca Left <20m x2

Leg Swings Right Toe Up x10

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 walking, jogging