



Hawkeye 10 Conference Meet
May 6, 2021



Sprint Medley Relay (100-100-200-400) - 1st

Name	Split	Place	PR
Claire Leinen	14.55		
Ashlyn Herrig	12.77		
Bella Araujo	28.21		
Cambri Brodersen	1:03.12		
Total	1:59.11	6th	1:59.09

3000 Meter Run - 2nd

Name	Time	Place	PR

4 X 800 - 3rd

Name	Split	Place	PR
Total			12:37.18

Shuttle Hurdle Relay - 4th

Name	Split	Place	PR
Claire Miller	17.97		
Kaitlyn Bruhn	18.25		
Kennedy Marten	17.69		
Jamie Ibarra	17.22		
Total	1:11.28	2nd	1:11.91

100 Meter Dash - 5th

Name	Time	Place	PR
Claire Leinen	13.77		13.47
Lauren Bowker	13.82		13.84

Distance Medley Relay (200-200-400-800) - 6th

Name	Split	Place	PR
Total			5:06.08

400 Meter Dash - 7th

Name	Time	Place	PR
Cambri Brodersen	1:05.99		1:05.74

4 x 200 Meter Relay - 8th

Name	Split	Place	PR
Bella Araujo	27.31		
Hannah Slater	28.25		
Claire Leinen	28.51		
Lauren Bowker	28.69		
Total	1:52.97	3rd	1:53.06

100 Meter Hurdles - 9th

Name	Time	Place	PR
Claire Miller	16.87	2nd	16.73
Jamie Ibarra	17.36	7th	17.22

800 Meter Run - 10th

Name	Time	Place	PR
Analuisa Cruz Nieto	2:59.63		3:04.42

200 Meter Dash - 11th

Name	Time	Place	PR
Bella Araujo	28.30	7th	27.57
Lauren Bowker	28.88		28.75

400 Meter Hurdles - 12th

Name	Time	Place	PR
Claire Miller	1:16.88		1:14.24

1500 Meter Run - 13th

Name	Time	Place	PR
Jazmine Iglesias	6:40.46		6:50.22

4x100 Meter Relay - 14th

Name	Split	Place	PR
Bella Araujo	12.58		
Claire Leinen	12.92		
Ashlyn Herrig	13.09		
Lauren Bowker	14.60		
Total	53.88	5th	53.46

4x400 Meter Relay - 15th

Name	Split	Place	PR
Hannah Slater	1:09.40		
Kaitlyn Bruhn	1:08.01		
Jordyn Linn	1:11.53		
Cambri Brodersen	1:07.03		
Total	4:36.45	7th	4:32.68

High Jump

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Long Jump

Name	Distance	Place	PR

Shot Put

Name	Distance	Place	PR
Hannah Slater	33-1	8th	33-3.5
Taylor Totten	22-4.5		24-8

Discus

Name	Distance	Place	PR
Hannah Slater	92-7		103-11
Taylor Totten	85-8		83-00

Final Team Standings

Glenwood - 155

Harlan - 136

Atlantic - 109

Lewis Central - 102

Clarinda - 44

Shenandoah - 38.5

Creston - 38

Denison - 36

St. Albert - 33.5

Kuemper - 29

Red Oak - 20

Personal Records: 5

Race Warm-Up

Focused w/ Minimum 15-20 Minutes

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!