



Glenwood Rams Relays Saturday, April 2



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Lauren Bowker			
Lola Mendlik			
Total			2:05.54

Shuttle Hurdle Relay			
Name	Split	Place	PR
Taya Adams			
Lauren Bowker			
Kamden Bruhn			
Claire Miller			
Total			1:19.25

Shuttle Hurdle Relay			
Name	Split	Place	PR
Jordyn Linn			
Hannah Harris			
Lauren Herrig			
Chloe Koch			
Total			1:19.25

100 Meter Dash			
Name	Time	Place	PR
Savannah Steinkuehler			14.26
Alexa Tremblay			
Jessica Cabrera			16.33
Harmony Holt			16.56
Yadira Menendez Anaya			16.83
Adot Aruai			
Kimberly Ramirez			
Nyamun Koang			

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Hannah Harris			
Kamden Bruhn			
Brianna Musgrave			
Emily Bahnsen			
Total			5:00.87

400 Meter Dash			
Name	Time	Place	PR
Adot Aruai			
Kimberly Ramirez			
Yadira Menendez Anaya			1:22.40
Tiffany Ramirez			
Kylee Morataya			

4 X 200 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Samantha Chandler			
Savannah Steinkuehler			
Lauren Bowker			
Total			1:57.02

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller			
Taya Adams			18.66
Kamden Bruhn			20.17
Jordyn Linn			20.71
Lauren Herrig			
Chloe Koch			

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:38.25
Kylee Morataya			
Tiffany Ramirez			3:36.79

200 Meter Dash			
Name	Time	Place	PR
Alexa Tremblay			
Taya Adams			
Hannah Harris			
Brianna Musgrave			32.10
Jessica Cabrera			35.16
Harmony Holt			35.23
Yadira Menendez Anaya			36.38
Kamden Bruhn			
Lauren Herrig			
Nyamun Koang			
Kimberly Ramirez			
Adot Aruai			

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn			1:26.79

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:24.44
Emily Bahnsen			6:16.46

4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Savannah Steinkuehler			
Lauren Bowker			
Total			56.19

4x100 Meter Relay			
Name	Split	Place	PR
Brianna Musgrave			
Chloe Koch			
Jessica Cabrera			
Harmony Holt			
Total			

Shot Put			
Name	Distance	Place	PR
Norah Huebert			25-03.75
Diana Medina Flores			
Jacky Alvarenga			

Discus			
Name	Distance	Place	PR
Norah Huebert			56-1
Jacky Alvarenga			
Diana Medina Flores			

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

ORDER OF EVENTS

FIELD EVENTS 11:00 A.M

- High Jump G/B
- Discus B/G
- Shot Put G/B
- Long Jump B/G

RUNNING EVENTS 11:30 A.M.

- Sprint Medley Relay G/B
- 3000 Meter Run G
- 3200 Meter Run B
- 4 X 800 Meter Relay G/B
- Shuttle Hurdle Relay B/G
- 100 Meter Dash G/B
- Distance Medley Relay G/B
- 400 Meter Dash G/B
- 4 X 200 Meter Relay G/B
- 100 Meter Hurdles G
- 110 Meter Hurdles B
- 800 Meter Run G/B
- 200 Meter Dash G/B
- 400 Meter Hurdles G/B
- 1500 Meter Run G
- 1600 Meter Run B
- 4 X 100 Meter Relay G/B
- 4 X 400 Meter Relay G/B