



## Ace Nelson Relays Monday, April 20



| Sprint Medley Relay (100-100-200-400) |       |       |         |
|---------------------------------------|-------|-------|---------|
| Name                                  | Split | Place | PR      |
| Aubrey Young                          |       |       |         |
| Isabel Bradley                        |       |       |         |
| Claire Olsen                          |       |       |         |
| Hailey Cue                            |       |       |         |
| <b>Total</b>                          |       |       | 2:08.13 |

| 3000 Meter Run  |      |       |          |
|-----------------|------|-------|----------|
| Name            | Time | Place | PR       |
| Alisson Barroso |      |       | 14:22.77 |
| Abby Valle      |      |       | 15:12.74 |

| 4 X 800 Meter Relay |       |       |          |
|---------------------|-------|-------|----------|
| Name                | Split | Place | PR       |
| Heydy Leanos        |       |       |          |
| Rylan Ipsen         |       |       |          |
| Addyson Sturtevant  |       |       |          |
| Alexa Garcia        |       |       |          |
| <b>Total</b>        |       |       | 11:41.00 |

| Shuttle Hurdle Relay |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Kysa Neddermeyer     |       |       |         |
| Monroe Bygness       |       |       |         |
| Isabelle Blume       |       |       |         |
| Piomo Okwer          |       |       |         |
| <b>Total</b>         |       |       | 1:15.09 |

| 100 Meter Dash   |      |       |       |
|------------------|------|-------|-------|
| Name             | Time | Place | PR    |
| Kyia Clark       |      |       | 12.57 |
| Aubrey Young     |      |       | 13.9  |
| Claire Olsen     |      |       | 14.23 |
| Itzel Palma      |      |       | 14.25 |
| Michelle Palma   |      |       | 14.48 |
| Camila Martinez  |      |       | 15.26 |
| BrookeLynn Green |      |       | 15.4  |
| Abby Cripps      |      |       | 16.13 |
| Addison Francois |      |       |       |

| Distance Medley Relay (200-200-400-800) |       |       |         |
|---|-------|-------|---------|
| Name                                    | Split | Place | PR      |
| Kyia Clark                              |       |       |         |
| Sara Mun                                |       |       |         |
| Charlotte Schrum                        |       |       |         |
| Hailey Cue                              |       |       |         |
| <b>Total</b>                            |       |       | 4:39.76 |

| 400 Meter Dash   |      |       |         |
|------------------|------|-------|---------|
| Name             | Time | Place | PR      |
| Addison Francois |      |       | 1:08.82 |
| Isabelle Blume   |      |       | 1:09.22 |
| Camila Martinez  |      |       | 1:16.64 |
| Brookelynn Green |      |       | 1:27.70 |
| Alexandria Perez |      |       | 1:27.90 |
| Abby Cripps      |      |       |         |
| Monse Renteria   |      |       |         |
| Paola Sartun     |      |       |         |

| 4 X 200 Relay    |       |       |         |
|------------------|-------|-------|---------|
| Name             | Split | Place | PR      |
| Itzel Palma      |       |       |         |
| Kysa Neddermeyer |       |       |         |
| Isabel Bradley   |       |       |         |
| Claire Olsen     |       |       |         |
| <b>Total</b>     |       |       | 1:57.82 |

| 100 Meter Hurdles |      |       |       |
|-------------------|------|-------|-------|
| Name              | Time | Place | PR    |
| Piomo Okwer       |      |       | 16.68 |
| Monroe Bygness    |      |       | 18.26 |

| 800 Meter Run    |      |       |         |
|------------------|------|-------|---------|
| Name             | Time | Place | PR      |
| Hailey Cue       |      |       | 2:34.81 |
| Rylan Ipsen      |      |       | 2:57.41 |
| Alexa Garcia     |      |       | 3:15.23 |
| Abby Valle       |      |       | 3:19.87 |
| Monse Renteria   |      |       | 3:22.48 |
| Alexandria Perez |      |       | 3:23.26 |
| Paola Sartun     |      |       |         |

| 200 Meter Run    |      |       |       |
|------------------|------|-------|-------|
| Name             | Time | Place | PR    |
| Kyia Clark       |      |       | 26.39 |
| Piomo Okwer      |      |       | 27.90 |
| Itzel Palma      |      |       | 29.51 |
| Aubrey Young     |      |       | 29.99 |
| Michelle Palma   |      |       | 31.93 |
| Camila Martinez  |      |       | 32.12 |
| Abby Cripps      |      |       | 34.85 |
| Brookelynn Green |      |       | 34.94 |

| 400 Meter Hurdles |      |       |         |
|-------------------|------|-------|---------|
| Name              | Time | Place | PR      |
| Monroe Bygness    |      |       | 1:19.16 |

| 1500 Meter Run  |      |       |         |
|-----------------|------|-------|---------|
| Name            | Time | Place | PR      |
| Heydy Leanos    |      |       | 6:32.15 |
| Chloe Galvin    |      |       | 6:50.10 |
| Alisson Barroso |      |       |         |

| 4 X 100 Relay  |       |       |       |
|----------------|-------|-------|-------|
| Name           | Split | Place | PR    |
| Piomo Okwer    |       |       |       |
| Isabel Bradley |       |       |       |
| Sara Mun       |       |       |       |
| Kyia Clark     |       |       |       |
| <b>Total</b>   |       |       | 51.98 |

| 4 X 400 Relay    |       |       |         |
|------------------|-------|-------|---------|
| Name             | Split | Place | PR      |
| Addison Francois |       |       |         |
| Charlotte Schrum |       |       |         |
| Isabelle Blume   |       |       |         |
| Kysa Neddermeyer |       |       |         |
| <b>Total</b>     |       |       | 4:38.20 |

| Shot Put       |          |       |          |
|----------------|----------|-------|----------|
| Name           | Distance | Place | PR       |
| Lauren Lambert |          |       | 30-11.75 |
| Gracen Plagge  |          |       | 30-02.25 |
| Sam Lopez      |          |       | 24-03    |
| Kazandra Ochoa |          |       | 23-00.75 |

| Discus         |          |       |        |
|----------------|----------|-------|--------|
| Name           | Distance | Place | PR     |
| Gracen Plagge  |          |       | 109-09 |
| Lauren Lambert |          |       | 86-04  |
| Sam Lopez      |          |       | 79-10  |
| Kazandra Ochoa |          |       | 70-04  |

| High Jump        |        |       |     |
|------------------|--------|-------|-----|
| Name             | Height | Place | PR  |
| Sara Mun         |        |       | 5-2 |
| Charlotte Schrum |        |       |     |

| Long Jump      |          |       |         |
|----------------|----------|-------|---------|
| Name           | Distance | Place | PR      |
| Isabelle Blume |          |       | 14-05.5 |

It is **NORMAL** to **SWEAT** before your race!!

- March
- A Skip
- Rapid High Knees
- Reactive Box Jumps
- Power Bounds
- Prime Times (short)
- Prime Times (long)
- Butt Kick & Reach
- 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
- Split & Rip

30m Flys (x2) -- 10 minutes rest before race

### Meet Schedule

**Girls Running Events First, Followed by Boys**

#### All Field Events - 4:00 pm

- High Jump (Girls First)
- Shot (Girls First)
- Shot Wheelchair
- Long Jump (Boys First)
- Discus (Boys First)

#### Running Events- 4:30 pm

- 800m sprint medley relay
- 3000/3200 meter run
- 4 X 800 meter relay
- Shuttle hurdle relay
- 100 meter dash
- 1600m distance medley relay
- 400 meter dash
- 4 X 200 meter relay
- 100/110 meter hurdles
- 800 meter run
- 200 meter dash
- 400 meter hurdles
- 1500/1600 meter run
- 4 X 100 meter relay
- 4 X 400 meter relay