



# Lady Red Relays

## Tuesday, April 29



| Sprint Medley Relay (100-100-200-400) |       |       |         |
|---------------------------------------|-------|-------|---------|
| Name                                  | Split | Place | PR      |
| Kyia Clark                            |       |       |         |
| Lauryn Turin                          |       |       |         |
| Lola Mendlik                          |       |       |         |
| Charlotte Schrum                      |       |       |         |
| Total                                 |       |       | 2:02.26 |

| 4 X 800 Meter Relay  |       |       |          |
|----------------------|-------|-------|----------|
| Name                 | Split | Place | PR       |
| Jenna Meadows        |       |       |          |
| Chloe Galvin         |       |       |          |
| Ann Wessel           |       |       |          |
| Addison Schillerberg |       |       |          |
| Total                |       |       | 12:10.11 |

| Shuttle Hurdle Relay |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Piomo Okwer          |       |       |         |
| Rylan Ipsen          |       |       |         |
| Lola Mendlik         |       |       |         |
| Kysa Neddermeyer     |       |       |         |
| Total                |       |       | 1:16.04 |

| 100 Meter Dash     |      |       |       |
|--------------------|------|-------|-------|
| Name               | Time | Place | PR    |
| Kyia Clark         |      |       | 13.00 |
| Claire Olsen       |      |       | 13.97 |
| Michelle Palma     |      |       | 14.42 |
| Itzel Palma        |      |       | 14.44 |
| Alexa Santos       |      |       | 15.54 |
| Alejandra Cardenas |      |       |       |

| Distance Medley Relay (200-200-400-800) |       |       |         |
|-----------------------------------------|-------|-------|---------|
| Name                                    | Split | Place | PR      |
| Cheyenne Vogt                           |       |       |         |
| Sara Mun                                |       |       |         |
| Brooklyn Schneckloth                    |       |       |         |
| Rylan Ipsen                             |       |       |         |
| Total                                   |       |       | 4:35.33 |

| 400 Meter Dash |      |       |         |
|----------------|------|-------|---------|
| Name           | Time | Place | PR      |
| Lauryn Turin   |      |       | 1:04.48 |
| Lola Mendlik   |      |       | 1:07.29 |
| Anna Galvin    |      |       | 1:21.02 |

| 4 X 200 Meter Relay |       |       |         |
|---------------------|-------|-------|---------|
| Name                | Split | Place | PR      |
| Charlotte Schrum    |       |       |         |
| Alejandra Cardenas  |       |       |         |
| Itzel Palma         |       |       |         |
| Claire Olsen        |       |       |         |
| Total               |       |       | 1:54.58 |

| 100 Meter Hurdles |      |       |       |
|-------------------|------|-------|-------|
| Name              | Time | Place | PR    |
| Piomo Okwer       |      |       | 16.62 |
| Kysa Neddermeyer  |      |       | 18.85 |
| Michelle Palma    |      |       | 22.26 |

| 800 Meter Run        |      |       |         |
|----------------------|------|-------|---------|
| Name                 | Time | Place | PR      |
| Addison Schillerberg |      |       | 3:09.56 |
| Ann Wessel           |      |       | 3:18.96 |

| 200 Meter Dash     |      |       |       |
|--------------------|------|-------|-------|
| Name               | Time | Place | PR    |
| Kyia Clark         |      |       | 27.05 |
| Piomo Okwer        |      |       | 28.02 |
| Alejandra Cardenas |      |       | 30.19 |
| Itzel Palma        |      |       | 30.43 |
| Cheyenne Vogt      |      |       | 30.65 |
| Michelle Palma     |      |       | 31.37 |
| Alexa Santos       |      |       | 32.39 |

| 400 Meter Hurdles |      |       |         |
|-------------------|------|-------|---------|
| Name              | Time | Place | PR      |
| Lola Mendlik      |      |       | 1:13.41 |

| 1500 Meter Run |      |       |         |
|----------------|------|-------|---------|
| Name           | Time | Place | PR      |
| Chloe Galvin   |      |       | 6:31.41 |
| Anna Galvin    |      |       | 6:50.14 |

| 4 X 100 Meter Relay |       |       |       |
|---------------------|-------|-------|-------|
| Name                | Split | Place | PR    |
| Piomo Okwer         |       |       |       |
| Lauryn Turin        |       |       |       |
| Claire Olsen        |       |       |       |
| Kyia Clark          |       |       |       |
| Total               |       |       | 53.28 |

| 4 X 400 Meter Relay  |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Charlotte Schrum     |       |       |         |
| Kysa Neddermeyer     |       |       |         |
| Brooklyn Schneckloth |       |       |         |
| Jenna Meadows        |       |       |         |
| Total                |       |       | 4:38.55 |

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

| Shot Put       |          |       |         |
|----------------|----------|-------|---------|
| Name           | Distance | Place | PR      |
| Mayah Slater   |          |       | 33-10   |
| Lauren Lambert |          |       | 31-5    |
| Gracen Plagge  |          |       | 29-5.75 |
| Kara Korner    |          |       | 26-10.5 |
| Kazandra Ochoa |          |       | 25-7.75 |

| Discus         |          |       |        |
|----------------|----------|-------|--------|
| Name           | Distance | Place | PR     |
| Mayah Slater   |          |       | 113-11 |
| Lauren Lambert |          |       | 89-9   |
| Gracen Plagge  |          |       | 83-8   |
| Kara Korner    |          |       | 67-5   |
| Kazandra Ochoa |          |       | 54-11  |

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

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, jogging**

Meet Schedule

All Field Events - 4:30 pm

High Jump

Shot

Long Jump

Discus

Running Events- 4:50 pm

800m sprint medley relay

3000 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 meter hurdles

800 meter run

200 meter dash

400 meter hurdles

1500 meter run

4 X 100 meter relay

4 X 400 meter relay