



MVAOCOU Invitational
Thursday, May 1



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Cheyenne Vogt			
Michelle Palma			
Alejandra Cardenas			
Charlotte Schrum			
Total			2:02.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:44.72
Anna Galvin			

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

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Itzel Palma			
Rylan Ipsen			
Piomo Okwer			
Total			1:14.79

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			12.90
Lauryn Turin			13.85
Michelle Palma			14.42
Alejandra Cardenas			14.62

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Piomo Okwer			
Kyia Clark			
Lauryn Turin			
Lola Mendlik			
Total			4:35.43

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum			1:08.31
Sara Mun			

4 X 200 Meter Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Cheyenne Vogt			
Kysa Neddermeyer			
Itzel Palma			
Total			1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer			16.42
Rylan Ipsen			19.2

800 Meter Run			
Name	Time	Place	PR
Addison Schillerberg			3:09.56
Anna Galvin			3:20.03

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark			27.05
Alejandra Cardenas			30.19
Itzel Palma			30.43
Michelle Palma			31.37

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

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin			7:03.12

4 X 100 Meter Relay			
Name	Split	Place	PR
Piomo Okwer			
Lauryn Turin			
Cheyenne Vogt			
Kyia Clark			
Total			52.59

4 X 400 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Charlotte Schrum			
Ann Wessel			
Jenna Meadows			
Total			4:38.55

Shot Put			
Name	Distance	Place	PR
Mayah Slater			33-10
Lauren Lambert			31-5

Discus			
Name	Distance	Place	PR
Mayah Slater			113-11
Gracen Plagge			83-8

High Jump			
Name	Height	Place	PR
Sara Mun			5-2

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

Girls Running Events First, Followed by Boys

All Field Events - 4:30 pm

High Jump (Girls First)

Shot (Girls First)

Long Jump (Boys First)

Discus (Boys First)

Running Events- 4:45 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