



Denison COED  
Friday, April 5



| Sprint Medley Relay (100-100-200-400) |       |       |    |
|---------------------------------------|-------|-------|----|
| Name                                  | Split | Place | PR |
| Claire Olsen                          |       |       |    |
| Brooklyn Schneckloth                  |       |       |    |
| Cheyenne Vogt                         |       |       |    |
| Charlotte Schrum                      |       |       |    |
| Total                                 |       |       |    |

| 3000 Meter Run |      |       |          |
|----------------|------|-------|----------|
| Name           | Time | Place | PR       |
| Heidi Duarte   |      |       | 16:48.18 |

| 4 X 800 Meter Relay  |       |       |          |
|----------------------|-------|-------|----------|
| Name                 | Split | Place | PR       |
| Ann Wessel           |       |       |          |
| Anna Galvin          |       |       |          |
| Chloe Galvin         |       |       |          |
| Addison Schillerberg |       |       |          |
| Total                |       |       | 12:55.36 |

| Shuttle Hurdle Relay |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Piomo Okwer          |       |       |         |
| Kysa Neddermeyer     |       |       |         |
| Rylan Ipsen          |       |       |         |
| Alejandra Cardenas   |       |       |         |
| Total                |       |       | 1:23.16 |

| 100 Meter Dash   |      |       |       |
|------------------|------|-------|-------|
| Name             | Time | Place | PR    |
| Piomo Okwer      |      |       |       |
| Lauryn Turin     |      |       | 14.37 |
| Angie Rivera     |      |       |       |
| Alexa Santos     |      |       |       |
| Kimberly Ramirez |      |       |       |
| Hailey Galvin    |      |       |       |

| 100 Meter Dash    |      |       |    |
|-------------------|------|-------|----|
| Name              | Time | Place | PR |
| Katherine Ramirez |      |       |    |
| Alondra Rodriguez |      |       |    |
| Dyanara Magana    |      |       |    |
| Itzel Palma       |      |       |    |
| Karen Hernandez   |      |       |    |
| Monica Garza      |      |       |    |
| Michelle Palma    |      |       |    |

| Distance Medley Relay (200-200-400-800) |       |       |    |
|-----------------------------------------|-------|-------|----|
| Name                                    | Split | Place | PR |
| Natalie Arellano                        |       |       |    |
| Sara Mun                                |       |       |    |
| Charlotte Schrum                        |       |       |    |
| Jenna Meadows                           |       |       |    |
| Total                                   |       |       |    |

| 400 Meter Dash       |      |       |         |
|----------------------|------|-------|---------|
| Name                 | Time | Place | PR      |
| Lola Mendlik         |      |       | 1:07.29 |
| Lauryn Turin         |      |       |         |
| Addison Schillerberg |      |       |         |
| Alexa Garcia         |      |       |         |
| Karen Hernandez      |      |       |         |
| Lisset Lara          |      |       |         |

| 4 X 200 Meter Relay  |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Brooklyn Schneckloth |       |       |         |
| Cheyenne Vogt        |       |       |         |
| Claire Olsen         |       |       |         |
| Alexa Santos         |       |       |         |
| Total                |       |       | 1:54.58 |

| 100 Meter Hurdles  |      |       |       |
|--------------------|------|-------|-------|
| Name               | Time | Place | PR    |
| Kysa Neddermeyer   |      |       | 20.64 |
| Alejandra Cardenas |      |       | 21.57 |
| Rylan Ipsen        |      |       |       |
| Dyanara Magana     |      |       |       |
| Itzel Palma        |      |       |       |
| Michelle Palma     |      |       |       |
| Monica Garza       |      |       |       |

| 800 Meter Run |      |       |         |
|---------------|------|-------|---------|
| Name          | Time | Place | PR      |
| Lola Mendlik  |      |       | 2:37.06 |
| Anna Galvin   |      |       | 3:42.46 |
| Chloe Galvin  |      |       |         |
| Alexa Garcia  |      |       |         |
| Heidi Duarte  |      |       |         |
| Lisset Lara   |      |       |         |

| 200 Meter Dash     |      |       |       |
|--------------------|------|-------|-------|
|                    | Time | Place | PR    |
| Piomo Okwer        |      |       |       |
| Lauryn Turin       |      |       | 29.00 |
| Angie Rivera       |      |       |       |
| Sara Mun           |      |       |       |
| Kysa Neddermeyer   |      |       |       |
| Alejandra Cardenas |      |       |       |
| Natalie Arellano   |      |       |       |
| Alondra Rodriguez  |      |       |       |
| Hailey Galvin      |      |       |       |
| Itzel Palma        |      |       |       |
| Karen Hernandez    |      |       |       |
| Katherine Ramirez  |      |       |       |
| Kimberly Ramirez   |      |       |       |
| Michelle Palma     |      |       |       |



Denison COED  
Friday, April 5



| 1500 Meter Run |      |       |         |
|----------------|------|-------|---------|
| Name           | Time | Place | PR      |
| Lola Mendlik   |      |       | 5:31.23 |

| 4 X 100 Relay        |       |       |       |
|----------------------|-------|-------|-------|
| Name                 | Split | Place | PR    |
| Brooklyn Schneckloth |       |       |       |
| Cheyenne Vogt        |       |       |       |
| Claire Olsen         |       |       |       |
| Alexa Santos         |       |       |       |
| Total                |       |       | 54.58 |

| 4 X 400 Relay    |       |       |         |
|------------------|-------|-------|---------|
| Name             | Split | Place | PR      |
| Charlotte Schrum |       |       |         |
| Jenna Meadows    |       |       |         |
| Ann Wessel       |       |       |         |
| Rylan Ipsen      |       |       |         |
| Total            |       |       | 5:14.13 |

| High Jump |        |       |      |
|-----------|--------|-------|------|
| Name      | Height | Place | PR   |
| Sara Mun  |        |       | 4-10 |

| Long Jump        |          |       |         |
|------------------|----------|-------|---------|
| Name             | Distance | Place | PR      |
| Piomo Okwer      |          |       | 14-1.5  |
| Kysa Neddermeyer |          |       | 11-2.25 |

| Shot Put        |          |       |         |
|-----------------|----------|-------|---------|
| Name            | Distance | Place | PR      |
| Mayah Slater    |          |       | 33-0.75 |
| Lauren Lambert  |          |       | 29-6    |
| Gracen Plagge   |          |       | 28-2.25 |
| Kazandra Ochoa  |          |       | 25-7.75 |
| Nyalad Koang    |          |       |         |
| Guadalupe Ramos |          |       |         |

| Discus         |          |       |       |
|----------------|----------|-------|-------|
| Name           | Distance | Place | PR    |
| Mayah Slater   |          |       | 108-6 |
| Gracen Plagge  |          |       | 78-5  |
| Lauren Lambert |          |       | 64-8  |
| Kara Korner    |          |       | 61-5  |
| Belinda Garcia |          |       |       |
| Vanessa Flores |          |       |       |

- Jogging
- Toe Walk In, Out <10-15m x2
- Heel Walk <10-15m x2
- Heel Walk Sides <10-15m x2
- Skip <20m x2
- Skip Arm Circles Forward/Backward <20m x2
- Side Jacks Right/Left <20m x2
- High Knee Carioca Right/Left <20m x2
- Leg Swings Right/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

Girls: 800 Sprint Medley

Boys: 800 Sprint Medley

Girls: 3000 Meter Run

Boys: 3200 Meter Run

Girls: 4 x 800 Meter Relay

Boys: 4 x 800 Meter Relay

Girls: Shuttle Hurdle Relay

Boys: Shuttle Hurdle Relay

Girls: 100 Meter Dash

Boys: 100 Meter Dash

Girls: 1600 Distance Medley Relay

Boys: 1600 Distance Medley Relay

Girls: 400 Meter Dash

Boys: 400 Meter Dash

Girls: 4 x 200 Meter Relay

Boys: 4 x 200 Meter Relay

Girls: 100 Meter Hurdles

Boys: 110 Meter High Hurdles

Girls: 800 Meter Run

Boys: 800 Meter Run

Girls: 200 Meter Dash

Boys: 200 Meter Dash

Girls: 400 Meter Hurdles

Boys: 400 Meter Hurdles

Girls: 1500 Meter Run

Boys: 1600 Meter Run

Girls: 4 x 100 Meter Relay

Boys: 4 x 100 Meter Relay

Girls: 4 x 400 Meter Relay

Boys: 4 x 400 Meter Relay