

200 Meter Dash			
Name	Time	Place	PR
Kaitlyn Bruhn	29.68		
Brianna Musgrave	32.10		
Atong Agang	32.41		
Jessica Cabrera	35.16		
Harmony Holt	35.23		
Yadira Menendez-Anaya	36.38		

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

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:24.44	1st	5:27.40
Emily Bahnsen	6:16.46		6:19.36
Tiffany Ramirez	7:34.90		

4x100 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig	13.58		
Samantha Chandler	14.26		
Savannah Steinkuehler	14.29		
Lauren Bowker	13.58		
Total	56.19	2nd	

4x400 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Hannah Harris			
Kamden Bruhn			
Lauryn Turin			
Total			

Shot Put			
Name	Distance	Place	PR
Norah Huebert	25-03.75		23-8
Adriana Lupian	23-11		

Discus			
Name	Distance	Place	PR
Adriana Lupian	64-8.5		
Norah Huebert	56-1		

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 4:00 P.M

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

RUNNING EVENTS 4:30 P.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