



Tiger Relays Thursday, April 21



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Ashlyn Herrig			
Lauren Bowker			
Total			2:01.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:15.81

Shuttle Hurdle Relay			
Name	Split	Place	PR
Taya Adams			
Jordyn Linn			
Claire Miller			
Kaitlyn Bruhn			
Total			1:13.47

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig			13.66
Samantha Chandler			

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kamden Bruhn			
Savannah Steinkuehler			
Brianna Musgrave			
Emily Bahnsen			
Total			

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			1:08.20
Alexa Tremblay			1:09.51

4x200 Meter Relay			
Name	Split	Place	PR
Ashlyn Herrig			
Lauren Bowker			
Hannah Harris			
Samantha Chandler			
Total			1:55.84

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller			17.25
Taya Adams			18.66

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:28.35
Emily Bahnsen			2:54.04

200 Meter Dash			
Name	Time	Place	PR
Kaitlyn Bruhn			29.68
Savannah Steinkuehler			29.90

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn			1:17.16

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:14.91
Emily Bahnsen			6:08.37

4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller			
Samantha Chandler			
Lauren Bowker			
Ashlyn Herrig			
Total			54.02

4x400 Meter Relay			
Name	Split	Place	PR
Turyn or Bruhn or Bruhn			
Alexa Tremblay			
Brianna Musgrave			
Hannah Harris			
Total			4:42.49

Long Jump			
Name	Distance	Place	PR
Lauren Bowker			15-11
Hannah Harris			12-5

Shot Put			
Name	Distance	Place	PR
Norah Huebert			27-6.5
Adriana Lupian			26-4

Discus			
Name	Distance	Place	PR
Adriana Lupian			79-3
Norah Hubert			65-1

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 4:30 P.M

High Jump (G/B)
 Discus (B/G)
 Shot Put (G/B)
 Long Jump (B/G)

RUNNING EVENTS 5:00 P.M.

Sprint Medley Relay
 3000 Meter Run
 4 X 800 Meter Relay
 10 Minute Break
 Shuttle Hurdle Relay
 100 Meter Dash
 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