



Tri Center Invitational

Thursday, April 14



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

4 X 800 Meter Relay			
Name	Time	Place	PR
Emily Bahnsen			
Tiffany Ramirez			
Juliana Barajas			
Magaly Salgado			

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

100 Meter Dash			
Name	Time	Place	PR
Ashlyn Herrig			13.66
Savannah Steinkuehler			14.26

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kaitlyn Bruhn			
Samantha Chandler			
Lauren Bowker			
Lola Mendlik			
Total			4:59.27

400 Meter Dash			
Name	Time	Place	PR
Alexa Tremblay			1:11.55
Tiffany Ramirez			1:18.32

4x200 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Kamden Bruhn			
Brianna Musgrave			
Savannah Steinkuehler			
Total			1:55.84

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller			17.25
Kaitlyn Bruhn			18.68

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:28.35
Emily Bahnsen			3:04.72

200 Meter Dash			
Name	Time	Place	PR
Lauren Bowker			28.82
Savannah Steinkuehler			

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

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:14.91
Juliana Barajas			6:49.64

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

4x400 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Brianna Musgrave			
Kamden Bruhn			
Lauryn Turin			
Total			4:42.73

High Jump			
Name	Height	Place	PR
Hannah Harris			4-4

Long Jump			
Name	Distance	Place	PR
Lauren Bowker			14-8.5
Brianna Musgrave			11-6.75

Shot Put			
Name	Distance	Place	PR
Norah Huebert			27-0.25
Adriana Lupian			26-4

Discus			
Name	Distance	Place	PR
Adriana Lupian			69-4
Norah Hubert			61-8

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
 Discus
 Shot Put
 Long Jump

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