



Tri Center Invitational
Thursday, April 17



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Dyanara Magana			
Claire Olsen			
Brooklyn Schneckloth			
Alexa Garcia			
Total			2:02.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			12:00.68

Shuttle Hurdle Relay			
Name	Split	Place	PR
Piomo Okwer			
Rylan Ipsen			
Dyanara Magana			
Kysa Neddermeyer			
Total			1:16.04

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			13.00
Lauryn Turin			13.92

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Karen Hernandez			
Brooklyn Schneckloth			
Addison Schillerberg			
Chloe Galvin			
Total			4:41.21

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			1:04.48
Anna Galvin			

4 X 200 Meter Relay			
Name	Split	Place	PR
Cheyenne Vogt			
Ann Wessel			
Claire Olsen			
Kysa Neddermeyer			
Total			1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer			16.62
Rylan Ipsen			19.86

800 Meter Run			
Name	Time	Place	PR
Alexa Garcia			3:25.76

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark			27.68
Piomo Okwer			28.02

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

1500 Meter Run			
Name	Time	Place	PR
Anna Galvin			6:31.41
Chloe Galvin			7:03.12

4 X 100 Meter Relay			
Name	Split	Place	PR
Kyia Clark			
Cheyenne Vogt			
Lauryn Turin			
Piomo Okwer			
Total			53.28

4 X 100 Meter Relay			
Name	Split	Place	PR
Dyanara Magana			
Karen Hernandez			
Claire Olsen			
Brooklyn Schneckloth			
Total			53.28

4 X 400 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Rylan Ipsen			
Ann Wessel			
Addison Schillerberg			
Total			4:38.55

Shot Put			
Name	Distance	Place	PR
Lauren Lambert			29-6

Discus			
Name	Distance	Place	PR
Lauren Lambert			78-9

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

All Field Events - 4:30 pm

High Jump

Shot

Long Jump

Discus

Running Events- 5:00 pm

800m sprint medley relay

3000 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 meter hurdles

800 meter run

200 meter dash

400 meter hurdles

1500 meter run

4 X 100 meter relay

4 X 400 meter relay