



Denison COED
Friday, April 5



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Alejandra Cardenas			
Kamden Bruhn			
Kyia Clark			
Lauryn Turin			
Total			1:59.72

3000 Meter Run			
Name	Time	Place	PR
Christell Salazar			

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows			
Analuisa Cruz Nieto			
Anna Galvin			
Rylan Ipsen			
Total			11:40.72

Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Kysa Neddermeyer			
Alejandra Cardenas			
Kamden Bruhn			
Total			

100 Meter Dash			
Name	Time	Place	PR
Alexa Santos			
Nyamun Koang			
Hailey Galvin			
Kimberly Ramirez			
Katherine Ramirez			

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Alejandra Cardenas			
Kyia Clark			
Lauryn Turin			
Lola Mendlik			
Total			4:35.29

400 Meter Dash			
Name	Time	Place	PR
Piomo Okwer			1:08.93
Charlotte Schrum			

4 X 200 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Hannah Harris			
Atong Agang			
Ann Wessel			
Total			2:00.07

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			
Kamden Bruhn			
Kysa Neddermeyer			
Hannah Harris			
Atong Agang			
Rylan Ipsen			

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:32.00
Alexa Tremblay			
Jenna Meadows			
Christell Salazar			
Heidi Duarte			

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark			28.7
Lauryn Turin			28.76
Alexa Santos			
Ann Wessel			
Hailey Galvin			
Nyamun Koang			
Kimberly Ramirez			
Katherine Ramirez			

400 Meter Hurdles			
Name	Time	Place	PR
Kamden Bruhn			

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Annaluisa Cruz Nieto			7:06.77
Anna Galvin			
Christell Salazar			
Heidi Duarte			

4 X 100 Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Avery Bock			
Hannah Harris			
Piomo Okwer			
Total			55.34

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Alexa Tremblay			
Atong Agang			
Kysa Neddermeyer			
Total			4:42.82

High Jump			
Name	Distance	Place	PR
Charlotte Schrum			J4-6

Long Jump			
Name	Distance	Place	PR
Avery Bock			16-3
Kyia Clark			15-7

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-10
Ann Wessel			27-0
Gracen Plagge			
Adrianna Lupian			
Diana Medina			
Belinda Garcia			

Discus			
Name	Distance	Place	PR
Mayah Slater			
Ann Wessel			
Adrianna Lupian			
Gracen Plagge			
Diana Medina			
Belinda Garcia			

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, jogging

Meet Schedule

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