



Carroll Early Bird Meet

Thursday, March 27



4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows			
Ann Wessel			
Chloe Galvin			
Anna Galvin			
Total			

Shuttle Hurdle Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Kysa Neddermeyer			
Rylan Ipsen			
Piomo Okwer			
Total			

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			
Lauryn Turin			
Claire Olsen			

400 Meter Dash			
Name	Time	Place	PR
Charlotte Schrum			
Lola Mendlik			

4 X 200 Meter Relay			
Name	Split	Place	PR
Cheyenne Vogt			
Brooklyn Schneckloth			
Sara Mun			
Natalie Arellano			
Total			

4 X 200 Meter Relay			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Claire Olsen			
Piomo Okwer			
Total			

100 Meter Hurdles			
Name	Time	Place	PR
Alejandra Cardenas			
Kysa Neddermeyer			

800 Meter Run			
	Time	Place	PR
Lola Mendlik			
Charlotte Schrum			

200 Meter Dash			
	Time	Place	PR
Kyia Clark			
Lauryn Turin			

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			
Anna Galvin			

4 X 100 Relay			
Name	Split	Place	PR
Cheyenne Vogt			
Brooklyn Schneckloth			
Sara Mun			
Natalie Arellano			
Total			

4 X 100 Relay			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Claire Olsen			
Piomo Okwer			
Total			

4 X 400 Relay			
Name	Split	Place	PR
Ann Wessel			
Jenna Meadows			
Rylan Ipsen			
Chloe Galvin			
Total			

High Jump			
Name	Distance	Place	PR
Sara Mun			
Claire Olsen			
Chloe Galvin			

Long Jump			
Name	Distance	Place	PR
Kysa Neddermeyer			
Piomo Okwer			

Shot Put			
Name	Distance	Place	PR
Mayah Slater			
Lauren Lambert			
Gracen Plagge			
Kazandra Ochoa			

Discus			
Name	Distance	Place	PR
Mayah Slater			
Gracen Plagge			
Lauren Lambert			
Kara Korner			

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

Girls Running Events First, Followed by Boys

All Field Events - 4:30 pm

High Jump (Girls First)

Shot (Girls First)

Shot Wheelchair

Long Jump (Boys First)

Discus (Boys First)

Running Events- 5:00 pm

800m sprint medley relay

3000/3200 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

100/110 meter hurdles

800 meter run

200 meter dash

400 meter hurdles

1500/1600 meter run

4 X 100 meter relay

4 X 400 meter relay