



Denison COED
Friday, April 11



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Charlotte Schrum			
Lola Mendlik			
Total			2:02.49

4 X 800 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum			
Jenna Meadows			
Ann Wessel			
Chloe Galvin			
Total			12:28.36

Shuttle Hurdle Relay			
Name	Split	Place	PR
Piomo Okwer			
Kysa Neddermeyer			
Rylan Ipsen			
Alejandra Cardenas			
Total			1:18.82

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			13.50
Lauryn Turin			13.92
Michelle Palma			14.47
Itzel Palma			14.78
Dyanara Magana			15.28
Alexa Santos			15.54
Brooklyn Schneckloth			15.55
Karen Hernandez			15.96
Hailey Galvin			16.66

100 Meter Dash			
Name	Time	Place	PR
Monica Garza			16.83
Kimberly Ramirez			16.88
Alondra Rodriguez			17.24
Katherine Ramirez			
Cheyenne Vogt			

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Alexa Santos			
Ann Wessel			
Addison Schillerberg			
Anna Galvin			
Total			4:43.29

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin			1:04.48
Lola Mendlik			1:07.29
Alexa Garcia			1:16.63
Karen Hernandez			1:21.75
Lisset Lara			1:29.33
Heidi Duarte			

4 X 200 Meter Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Brooklyn Schneckloth			
Charlotte Schrum			
Cheyenne Vogt			
Total			1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer			17.93
Kysa Neddermeyer			19.38
Rylan Ipsen			20.79
Dyanara Magana			21.48
Itzel Palma			22.05
Michelle Palma			23.25
Monica Garza			

800 Meter Run			
Name	Time	Place	PR
Rylan Ipsen			3:05.45
Anna Galvin			3:23.57
Alexa Garcia			3:25.76
Heidi Duarte			3:27.28
Lisset Lara			4:01.01

200 Meter Dash			
Name	Time	Place	PR
Kyia Clark			28.38
Piomo Okwer			28.66
Itzel Palma			30.83
Michelle Palma			31.84
Kysa Neddermeyer			32.22
Alexa Santos			32.39
Karen Hernandez			33.78
Kimberly Ramirez			35.55
Hailey Galvin			37.13
Alondra Rodriguez			37.30
Brooklyn Schneckloth			
Katherine Ramirez			
Cheyenne Vogt			
Dayanara Magana			
Monica Garza			



Denison COED

Friday, April 5



400 Meter Hurdles			
Name	Time	Place	PR
Lola Mendlik			

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin			6:56.22
Heidi Duarte			

4 X 100 Relay			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Alejandra Cardenas			
Piomo Okwer			
Total			54.58

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Jenna Meadows			
Ann Wessel			
Addison Schillerberg			
Total			4:38.55

High Jump			
Name	Height	Place	PR
Sara Mun			4-10

Discus			
Name	Distance	Place	PR
Mayah Slater			113-11
Gracen Plagge			83-8
Lauren Lambert			75-5
Kazandra Ochoa			
Nyalad Koang			
Guadalupe Ramos			

Shot Put			
Name	Distance	Place	PR
Mayah Slater			33-10
Lauren Lambert			29-6
Gracen Plagge			28-2.25
Kara Korner			
Belinda Garcia			
Vanessa Flores			

Jogging
 Toe Walk In, Out <10-15m x2
 Heel Walk <10-15m x2
 Heel Walk Sides <10-15m x2
 Skip <20m x2
 Skip Arm Circles Forward/Backward <20m x2
 Side Jacks Right/Left <20m x2
 High Knee Carioca Right/Left <20m x2
 Leg Swings Right/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

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