



Denison COED

Friday, April 5



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Olsen	14.09		
Brooklyn Schneckloth	13.80		
Cheyenne Vogt	30.44		
Charlotte Schrum	1:07.10		
Total	2:05.57	5th	

3000 Meter Run			
Name	Time	Place	PR
Heidi Duarte	14:00.15	4th	

4 X 800 Meter Relay			
Name	Split	Place	PR
Ann Wessel	3:14.70		
Anna Galvin	3:16.87		
Chloe Galvin	3:17.94		
Addison Schillerberg	3:19.89		
Total	13.09.62	5th	12:55.36

Shuttle Hurdle Relay			
Name	Split	Place	PR
Piomo Okwer	18.03		
Rylan Ipsen	20.00		
Alejandra Cardenas	21.73		
Kysa Neddermeyer	19.08		
Total	1:19.09	4th	1:23.16

100 Meter Dash			
Name	Time	Place	PR
Piomo Okwer	13.92	8th	
Lauryn Turin	13.92	8th	14.37
Michelle Palma	14.47		
Itzel Palma	14.78		
Angie Rivera	15.24		
Dyanara Magana	15.28		

100 Meter Dash			
Name	Time	Place	PR
Alexa Santos	15.54		
Karen Hernandez	15.96		
Hailey Galvin	16.66		
Monica Garza	16.83		
Kimberly Ramirez	16.88		
Alondra Rodriguez	17.24		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Natalie Arellano	29.34		
Sara Mun	32.04		
Charlotte Schrum	1:07.83		
Jenna Meadows	2:59.01		
Total	5:08.39	6th	

400 Meter Dash			
Name	Time	Place	PR
Lauryn Turin	1:04.48	1st	
Lola Mendlik	1:07.51	3rd	1:07.29
Alexa Garcia	1:16.63		
Addison Schillerberg	1:18.47		
Karen Hernandez	1:21.75		
Lisset Lara	1:29.33		

4 X 200 Meter Relay			
Name	Split	Place	PR
Brooklyn Schneckloth	30.96		
Cheyenne Vogt	30.01		
Claire Olsen	28.79		
Alexa Santos	34.40		
Total	2:04.29	7th	1:54.58

100 Meter Hurdles			
Name	Time	Place	PR
Kysa Neddermeyer	19.38	8th	20.64
Rylan Ipsen	20.79		
Alejandra Cardenas	20.95		21.57
Dyanara Magana	21.48		
Itzel Palma	22.05		
Michelle Palma	23.25		
Monica Garza	DQ		

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:38.54	6th	2:37.06
Chloe Galvin	3:16.20		
Anna Galvin	3:23.57		3:42.46
Alexa Garcia	3:25.76		
Heidi Duarte	3:27.28		
Lisset Lara	4:01.01		

200 Meter Dash			
	Time	Place	PR
Piomo Okwer	28.66	3rd	
Lauryn Turin	29.62		29.00
Alejandra Cardenas	30.19		
Itzel Palma	30.83		
Angie Rivera	31.77		
Michelle Palma	31.84		
Natalie Arellano	32.07		
Kysa Neddermeyer	32.22		
Karen Hernandez	33.78		
Kimberly Ramirez	35.55		
Hailey Galvin	37.13		
Alondra Rodriguez	37.30		



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1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:28.35	7th	5:31.23

4 X 100 Relay			
Name	Split	Place	PR
Brooklyn Schneckloth	14.76		
Cheyenne Vogt	15.16		
Claire Olsen	12.97		
Alexa Santos	16.15		
Total	59.85	8th	54.58

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum	1:07.53		
Jenna Meadows	1:12.37		
Ann Wessel	1:17.62		
Rylan Ipsen	1:17.48		
Total	4:56.87	7th	5:14.13

High Jump			
Name	Height	Place	PR
Sara Mun	J4-10	1st	4-10

Long Jump			
Name	Distance	Place	PR
Piomo Okwer	14-4	6th	14-1.5
Kysa Neddermeyer	11-10		11-2.25

Shot Put			
Name	Distance	Place	PR
Mayah Slater	33-10	4th	33-0.75
Lauren Lambert	28-6.5	8th	29-6
Gracen Plagge	27-2.5		28-2.25
Kazandra Ochoa	24-6.25		25-7.75
Nyalad Koang	17-3.5		
Guadalupe Ramos	13-1		

Discus			
Name	Distance	Place	PR
Mayah Slater	101-3	2nd	108-6
Gracen Plagge	76-2		78-5
Lauren Lambert	74-11		64-8
Kara Korner	67-5		61-5
Belinda Garcia	54-9		
Vanessa Flores	44-6		

Final Team Standings	Personal Records 12
Atlantic - 140	
Lewis Central - 130.5	
Harlan - 122	
LeMars - 95	
Denison - 86	
PAC - 54	
West Monona - 45.5	
Woodbine - 35	

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