



# SBL Warrior Relays

Tuesday, April 8



| Sprint Medley Relay (100-100-200-400) |       |       |         |
|---------------------------------------|-------|-------|---------|
| Name                                  | Split | Place | PR      |
| Claire Olsen                          |       |       |         |
| Cheyenne Vogt                         |       |       |         |
| Piomo Okwer                           |       |       |         |
| Lauryn Turin                          |       |       |         |
| Total                                 |       |       | 2:05.57 |

| 3000 Meter Run |      |       |    |
|----------------|------|-------|----|
| Name           | Time | Place | PR |
| Lola Mendlik   |      |       |    |

| 4 X 800 Meter Relay |       |       |          |
|---------------------|-------|-------|----------|
| Name                | Split | Place | PR       |
| Charlotte Schrum    |       |       |          |
| Jenna Meadows       |       |       |          |
| Ann Wessel          |       |       |          |
| Anna Galvin         |       |       |          |
| Total               |       |       | 12:55.36 |

| Shuttle Hurdle Relay |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Piomo Okwer          |       |       |         |
| Rylan Ipsen          |       |       |         |
| Alejandra Cardenas   |       |       |         |
| Kysa Neddermeyer     |       |       |         |
| Total                |       |       | 1:19.09 |

| 100 Meter Dash       |      |       |       |
|----------------------|------|-------|-------|
| Name                 | Time | Place | PR    |
| Lauryn Turin         |      |       | 13.92 |
| Brooklyn Schneckloth |      |       |       |

| Distance Medley Relay (200-200-400-800) |       |       |         |
|-----------------------------------------|-------|-------|---------|
| Name                                    | Split | Place | PR      |
| Alexa Santos                            |       |       |         |
| Angie Rivera                            |       |       |         |
| Addison Schillerberg                    |       |       |         |
| Chloe Galvin                            |       |       |         |
| Total                                   |       |       | 4:43.57 |

| Distance Medley Relay (200-200-400-800) |       |       |         |
|-----------------------------------------|-------|-------|---------|
| Name                                    | Split | Place | PR      |
| Claire Olsen                            |       |       |         |
| Piomo Okwer                             |       |       |         |
| Lauryn Turin                            |       |       |         |
| Lola Mendlik                            |       |       |         |
| Total                                   |       |       | 4:43.57 |

| 400 Meter Dash   |      |       |         |
|------------------|------|-------|---------|
| Name             | Time | Place | PR      |
| Charlotte Schrum |      |       | 1:08.31 |
| Ann Wessel       |      |       | 1:19.25 |

| 4 X 200 Meter Relay  |       |       |         |
|----------------------|-------|-------|---------|
| Name                 | Split | Place | PR      |
| Alejandra Cardenas   |       |       |         |
| Cheyenne Vogt        |       |       |         |
| Brooklyn Schneckloth |       |       |         |
| Sara Mun             |       |       |         |
| Total                |       |       | 1:54.58 |

| 100 Meter Hurdles |      |       |       |
|-------------------|------|-------|-------|
| Name              | Time | Place | PR    |
| Kysa Neddermeyer  |      |       | 19.38 |
| Piomo Okwer       |      |       |       |

| 800 Meter Run        |      |       |         |
|----------------------|------|-------|---------|
| Name                 | Time | Place | PR      |
| Rylan Ipsen          |      |       | 3:09.19 |
| Addison Schillerberg |      |       |         |

| 200 Meter Dash |      |       |       |
|----------------|------|-------|-------|
| Name           | Time | Place | PR    |
| Angie Rivera   |      |       | 31.77 |
| Alexa Santos   |      |       |       |

| 1500 Meter Run |      |       |         |
|----------------|------|-------|---------|
| Name           | Time | Place | PR      |
| Anna Galvin    |      |       | 7:03.12 |
| Chloe Galvin   |      |       |         |

| 4 X 100 Meter Relay  |       |       |       |
|----------------------|-------|-------|-------|
| Name                 | Split | Place | PR    |
| Alejandra Cardenas   |       |       |       |
| Cheyenne Vogt        |       |       |       |
| Brooklyn Schneckloth |       |       |       |
| Claire Olsen         |       |       |       |
| Total                |       |       | 54.58 |

| 4 X 400 Meter Relay |       |       |         |
|---------------------|-------|-------|---------|
| Name                | Split | Place | PR      |
| Lauryn Turin        |       |       |         |
| Charlotte Schrum    |       |       |         |
| Lola Mendlik        |       |       |         |
| Jenna Meadows       |       |       |         |
| Total               |       |       | 4:56.87 |

| Shot Put       |          |       |         |
|----------------|----------|-------|---------|
| Name           | Distance | Place | PR      |
| Mayah Slater   |          |       | 33-10   |
| Lauren Lambert |          |       | 29-6    |
| Gracen Plagge  |          |       | 28-2.25 |

| Discus         |          |       |       |
|----------------|----------|-------|-------|
| Name           | Distance | Place | PR    |
| Mayah Slater   |          |       | 108-6 |
| Gracen Plagge  |          |       | 78-5  |
| Lauren Lambert |          |       | 74-11 |

| High Jump |        |       |      |
|-----------|--------|-------|------|
| Name      | Height | Place | PR   |
| Sara Mun  |        |       | 4-10 |

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 - 4:00 pm**

High Jump (Girls First)

Shot (Girls First)

Long Jump (Boys First)

Discus (Boys First)

**Running Events- 4:30 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