

# Dickinson Relays @ Cedar Falls - 03/10/14

12:15 Bus leaves from gym parking lot

Tuesday: Weights 3:15 - 4:00

Wednesday: Kingston 2:30 - 4:00

Shot Put	3:00	Bolden	Kuba	Stodala	
		<b>30-03.00</b>	<b>30-05.00</b>	<b>25-06.00</b>	
High Jump	3:00	Prohaska			
		<b>N/H</b>			
Long Jump	3:00		Autumn		
			<b>14-05.50</b>		
3000 M Run	3:00				
4x200 M	3:35	Abilene	Blue	Meese	Schneekloth
<b>1:46.95 -- 1st place</b>		<b>*26.42</b>	<b>25.84</b>	<b>27.73</b>	<b>26.49</b>
4x800 M	4:10	Hanna	Meyer	Robinson	Koenigsfeld
<b>11:04.82</b>		<b>76/2:42.3</b>	<b>78/2:46.1</b>	<b>82/2:58.00</b>	<b>76/2:37.9</b>
60 M Hurdles (pre)	5:00	Madison	Abilene	Kitterman	
		<b>9.07</b>	<b>10.32</b>	<b>10.39</b>	
60 M Dash (pre)	5:30	Blue	Meese	Autumn	
		<b>8.07</b>	<b>8.37</b>	<b>8.71</b>	
1500 M Run	6:10	Hanna	Ely		
		<b>5:36.18</b>	<b>5:42.48</b>		
400 M Dash	6:25	Parke	Jenna	Belew	
		<b>66.94</b>	<b>75.24</b>	<b>67.41</b>	
60 M Hurdles (final)	7:00	Madison			
		<b>9.00 - 2nd pl.</b>			
60 M Dash (final)	7:10	Blue	<b>Meese</b>		
		<b>8.12 - 6th</b>	8.40 - 14th		
200 M Dash	7:15	Schneekloth	Meese	Autumn	
		<b>26.86 - 4th</b>	<b>27.79 - 12th</b>	<b>28.67</b>	
800 M Run	7:40	Ely	Netz	Meyer	
		<b>80/2:47.67</b>	<b>3:09.34</b>	<b>79/2:44.76</b>	
4x400 M	8:20	Kitterman	Schneekloth	Koenigsfeld	Blue
<b>4:18.80 - 6th place</b>		<b>*63.73</b>	<b>66.24</b>	<b>64.34</b>	<b>64.12</b>

The bus leaves on time. Be in your uniform and sweats on bus 10 minutes prior to departure!

No Jewelry!!! No texting at meet site.

Bring food (low fat: fruits, bagels, sport drinks, energy bars) Have food for after meet.

WARM-UP BEFORE EACH EVENT and cool down immediately after each event.

Pay attention to reporting for your event. Times for events are only approximate. If the meet gets ahead it will stay ahead of schedule.

Warm-up is 800-1600 meters before first event and drills: Askip/Bskip - Quad pull/toy soldier - skipHop/lunges - high knee/butt kick -- 4x50 meter build ups. (2 in spikes)

After arrival and easy lap we all will meet in center of infield.

At end of meet we will always meet in the center of the infield and do a lap together.