

## **Prairie wins relay at Pleasant Valley**

Written by Metro Sports Report

Friday, 29 March 2013 21:30 - Last Updated Friday, 29 March 2013 21:46

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BETTENDORF -- Cedar Rapids Prairie captured the 4x200 relay at the Pleasant Valley boys track meet Thursday for its only victory.

The Hawks won the race in 1:31.98.

Haakon Wilz placed second in the 110 hurdles and long jump for Prairie.

Demetrius Harper finished second in the 100-meter dash, and Josh Williams took second in the shot put.

## **PLEASANT VALLEY INVITATIONAL**

### **WINNERS**

100 - James Grell, Central Clinton, 11.25

200 - Deshond Robinson, Clinton, 22.32

400 - Jason Banker, Clinton, 51.04

800 - Caleb Drake, Pleasant Valley, 1:58.15

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1600 - Caleb Drake, Pleasant Valley, 4:22.13

3200 - Sam McElhiney, Pleasant Valley, 9:40.62

110 hurdles - Jon Rus, North Scott, 14.69

400 hurdles - Jason Banker, Clinton, 57.11

4x100 relay - North Scott 45.03

4x100 relay weightman - Muscatine 50.03

4x200 relay - Prairie 1:31.98

4x400 relay - Central Clinton 3:28.03

4x800 relay - Dubuque Senior 8:12.75

Distance medley - Dubuque Senior 3:44.98

High jump - Will Carr, Clinton, 1.83 meters

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Long jump - Jon Rus, North Scott, 20-11

Shot put - Joseph Weiner, Hempstead, 47-7 1/4

Discus - Joseph Weiner, Hempstead, 150-9

## **PRAIRIE PLACEWINNERS**

### **Top 8**

1st - 4x200 relay 1:31.98

2nd - Demetrius Harper, 100, 11.30

2nd - Haakon Wilz, 110 hurdles, 15.37

2nd - Haakon Wilz, long jump, 20-0 3/4

2nd - Josh Williams, shot put, 45-10

3rd - Jake Moore, 1600, 4:31.80

3rd - Mitch Dellamuth, 110 hurdles, 15.53

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3rd - 4x100 relay 45.42

3rd - 4x400 relay 3:29.49

4th - Mitch Pritts, 800, 2:04.93

4th - Haakon Wilz, 400 hurdles, 58.95

4th - 4x100 relay weightman 56.10

4th - 4x800 relay 8:32.45

5th - Isaiah Vlasek, 1600, 4:37.35

5th - Distance medley 3:55.50

5th - Seth Rinderknecht, high jump, 1.80 meters

7th - Jalen Rima, 200, 23.70

7th - Alex Nelson, 400, 54.80

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7th - Demetrius Harper, high jump, 1.72 meters