

Foreman, Gorman lead all-Metro track team

Written by Metro Sports Report

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Brooke Foreman and Shannon Gorman of Cedar Rapids Washington High School have been named to the all-Metro girls track team in two individual events apiece.

Foreman topped the all-Metro selections in the 100 meter hurdles and 400 meter hurdles. Gorman led the honor squad in the 1500 meter run and 3000 meter run.

Bill Calloway of Jefferson was named the Metro Coach of the Year.

The all-Metro teams were selected by the coaches.

2012 ALL-METRO GIRLS TRACK

Discus

1. Emma Edelen, Jefferson, 125-3.

2. Alex Malloy, Prairie, 116-0.

Shot Put

1. Rachel Griffin, Prairie, 37-7.

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2. Natalie Rumer, Prairie, 36-4.

Long Jump

1. Callie Stone, Washington, 17-2 3/4.

2. McKenzie Drahn, Kennedy, 16-1 3/4.

High Jump

1. Rachel Harder, Prairie, 5-3.

2. Alex Bartz, Xavier, 5-3.

3000 Meter Run

1. Shannon Gorman, Washington, 10:27.00.

2. Alyssa Averhoff, Kennedy, 10:45.80.

4x800 Relay

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1. Kennedy (Megan Terukina, Jessica Rodman, Lauren Meyer, Katie Wampole) 9:37.75.

2. Marion (Ellen Cannon, Sam Livingston, Natalie Ertz, Allison Scott) 9:56.29.

Shuttle Hurdle Relay

1. Jefferson (Maddy Ranschau, Allison Gruwell, Taylor Jacobson, Summer Carber) 1:05.63.

2. Linn-Mar (Meghan Holdgrafer, Maleta Montague, Ashley Jones, Mallory Young) 1:07.46.

Distance Medley Relay

1. Kennedy (Megan Terukina, Jasmine Raue, Aarionna Craig-Dothard, Katie Wampole) 4:10.83.

2. Washington (Brooke Foreman, Jasmyne Jones, Taylor Vogel, Shannon Gorman) 4:11.80.

100 Meter Dash

1. Molly Breitbach, Xavier, 12.36.

2. Kadejah Sanders, Washington, 12.40.

400 Meter Dash

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1. Rachel Perry, Linn-Mar, 58.27.

2. Capria Davis, Kennedy, 60.94.

4x200 Relay

1. Jefferson (Maliya Rattliffe, Rachel Broghammer, Taylor Jacobson, Summer Carber) 1:43.41.

2. Kennedy (McKenzie Drahn, Capria Davis, Jasmine Raue, Aarionna Craig-Dothard) 1:45.52.

100 Meter Hurdles

1. Brooke Foreman, Washington, 15.02.

2. Summer Carber, Jefferson, 15.33.

800 Meter Run

1. Katie Wampole, Kennedy, 2:19.94.

2. Kayla Torson, Xavier, 2:20.09.

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200 Meter Dash

1. Courtney Major, Linn-Mar, 26.45.
2. Maliya Rattliffe, Jefferson, 26.48.

400 Meter Hurdles

1. Brooke Foreman, Washington, 1:03.28.
2. Kelsie Coates, Kennedy, 1:06.77.

Sprint Medley

1. Jefferson (Rachel Broghammer, Lucy Schneekloth, Maliya Rattliffe, Taylor Jacobson) 1:50.75.
2. Linn-Mar (Halley Morgan, Lauren Dalecky, Courtney Major, Rachel Perry) 1:51.39.

1500 Meter Run

1. Shannon Gorman, Washington, 4:52.63.
2. Kayla Torson, Xavier, 4:59.03.

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4x100 Relay

1. Jefferson (Rachel Broghammer, Maliya Rattliffe, Lucy Schneekloth, Summer Carber) 48.92.
2. Washington (Brooke Foreman, Jasmyne Jones, Megan Muller, Kadejah Sanders) 49.48.

4x400 Relay

1. Linn-Mar (Maddie Saville, Kennedy Japenga, Audra Schminke, Rachel Perry) 4:01.82.
2. Kennedy (Jasmine Raue, Katie Wampole, Capria Davis, Aarionna Craig-Dothard) 4:01.99.

HONORABLE MENTION:

Jefferson: Michelle Zikes, Lauren Hovey

Kennedy: Courtney Strait, Sarah Manders

Prairie: Hannah Kousheh, Alison Speltz

Washington: Jazz Royster, Anna Kline

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Xavier: Rachel Sigman, Hannah Rochford

Linn-Mar: Sara Strauel, Olivia Miller

Marion: Abby Kolarik, Morgan Kolarik