

Cougars, Lions battling for 4A state title

Written by Jim Ecker

Friday, 17 May 2013 17:56 - Last Updated Friday, 17 May 2013 21:03



DES MOINES - The Kennedy Cougars and Linn-Mar Lions have banged heads many times over the years for bragging rights in the Mississippi Valley Conference in a variety of sports.

Now they're banging heads for top honors at the Class 4A boys state track meet in Des Moines.

The surging Cougars got a sweet victory from Derek Jacobus in the long jump Friday and lead the 4A standings with 37 points heading into the final day on Saturday.

The talented Lions got impressive victories in the 4x200 relay and 1600 medley and stand in second place with 31 points with eight more events to be settled Saturday.

Kennedy has been building and improving all season. Now the Cougars are peaking at the perfect time, giving themselves a chance to come home with the big trophy.

"That would be great. That was our goal," said Jacobus, who soared a personal best 22 feet, 10.25 inches to claim the long jump. "As a team, that would be great to get a banner up there (at Kennedy)."

Jacobus, a junior, has finished 2nd, 3rd and 4th in a variety of events at the Drake Relays and state meets the last two years, coming close a few times but never making the victory circle.

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"I don't have a gold in my trophy case yet," he said. "I've been dreaming of that."



Jacobus suffered a torn labrum in his left shoulder during preseason football drills. He missed the entire football season and most of the basketball campaign, and when he finally cracked the basketball lineup in February he sprained an ankle and missed the rest of the year.

He's healthy now. "I felt good today," he said. "Today it felt great."

Jacobus plans to be in uniform Monday night when Kennedy opens the 2013 baseball season in the Metro Tournament at Marion High School.

Linn-Mar claimed the 4x200 relay with Austin Flieder, Tristan Freese, Tim Wolfe and Perrion Scott sprinting to victory in 1:27.52. Later in the day, the Lions captured the 1600 medley with Flieder, Wolfe, Chase Grabau and Josh Evans sharing the baton.

Linn-Mar and Kennedy both have considerable firepower for Saturday, but the Lions may have an edge with Evans in the 1600 and Scott in the 100 and 200 meter dashes. Kennedy is strong in the shuttle hurdle relay, so it could be a fight to the finish along with Iowa City West and Iowa City High.

"I think things are looking good, but there's no way we can get cocky yet," said Evans, who lifted Linn-Mar to victory in the 1600 medley with a 1:54.1 anchor on the 800 leg.

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Linn-Mar also won the medley at the Drake Relays last month, thanks to another strong anchor by Evans.

"My teammates were counting on me, the guys up in the stands, my coaches," said Evans, who won the 3200 on Thursday.



Grabau ran a 49.8 leg on the 400 part of the medley before giving the baton to Evans, who came from third place to win the race. "I'd bet my life on him," said Grabau.

Scott, just a sophomore at Linn-Mar, missed most of the 2012 season while battling academic problems. He thought he let everybody down last year and used that as motivation.

"I thought about that every night. Every night," he said after the Lions won the 4x200 relay. "It paid off and now we're state champs."

Kennedy captured second place in the 4x200 relay with John Koelling, Famiek Cook, Jacob Shannon and Jacobus timed in 1:28.01, about a half-second behind Linn-Mar.

Cook placed third in the long jump at 22 feet, 1.75 inches, giving the Cougars the gold and bronze in that event with Jacobus. Cook and Jacobus had to take a break from the long jump to

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compete in the 4x200 relay, making for a busy stretch.

Haakon Wilz of Prairie took sixth place in the 400 low hurdles in 54.59.

The Washington Warriors finished sixth in the 4x200 relay with Alex Herzog, Nick Corbett, Mason Taylor and Mitch Bredeson timed in 1:28.74. Razadon Taylor of Washington finished seventh in the long jump at 21-2.25.

Drew Heitland of Kennedy placed eighth in the shot put at 49-4.25.

The Marion Indians finished eighth in the Class 3A 4x200 relay with Khaleal Walker, Isaac Smith, Cedrick Williams and Devin LeBeau clocked in 1:31.54.

Prairie is 14th in the team standings with 11 points. Washington is 15th with 10 points and Xavier is 20th with eight points.

BOYS STATE TRACK MEET
At Des Moines (Drake Stadium)
Friday

CLASS 4A

Team standings (through 10 events)

1. CR Kennedy 37, 2. Linn-Mar 31, 3. Iowa City West 28, 4. Iowa City High 24, 5. Waukee 23, 6. Cedar Falls 20, 7. Waterloo West 18, 8. Pleasant Valley 17, 9. (tie) Clinton, WDM Dowling 16
11. DM Roosevelt 14, 12. Dubuque Hempstead 13, 13. Johnston 12, 14. CR Prairie 11, 15. (tie) CR Washington, Urbandale, Burlington, Indianola, WDM Valley 10, 20. (tie) DM Lincoln, Newton, CR Xavier 8
23. Lewis Central 6, 24. (tie) Bettendorf, Ames, Davenport Central 5, 27. (tie) Marshalltown, CB

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Abe Lincoln 4, 29. (tie) Mason City, Fort Dodge 2, 31. (tie) Ankeny, DM East, Muscatine 1

Finals

Long Jump

1. Derek Jacobus (CR Kennedy) 22-10.25, 2. Dequayvious Martin (Waterloo West) 22-4.5, 3. Famiek Cook (CR Kennedy) 22-1.75, 4. Tavian Smith (IC West) 22-1.5, 5. Jason Millett (Waterloo West) 22-0.5, 6. Chase Dowell (Dowling) 21-2.25, 7. Razadon Taylor (CR Washington) 21-2.25, 8. Tyler Hunke (Waukee) 20-8
Also - 18. Haakon Wilz (CR Prairie) 19-7.75

Shot Put

1. Shaquille Wells (Urbandale) 59-7.5, 2. Derrick Hurt (Newton) 55-0.75, 3. Jacob Campos (WDM Valley) 55-0, 4. Keegan Render (Indianola) 51-0, 5. Pedro Gomez (Marshalltown) 50-7, 6. Larenz Abston (DM Roosevelt) 50-5.25, 7. Nick Tweeten (Waukee) 50-4.25, 8. Drew Heitland (CR Kennedy) 49-4.5
Also - 12. Craig Murtha (CR Xavier) 47-11, 24. Josh Williams (CR Prairie) 43-4.5

400 Meter Hurdles

1. Sydne Davis (DM Roosevelt) 53.42, 2. Jack Bergstrom (Johnston) 53.71, 3. Noah Larrison (Waukee) 54.10, 4. Zach Weiss (Ames) 54.49, 5. Elijah Young (DM Lincoln) 54.50, 6. Haakon Wilz (CR Prairie) 54.59, 7. Neal Conn (Dowling) 54.95, 8. Matt Feeley (IC West) 54.96
Also - 13. Noah Clasen (CR Xavier) 56.02, 16. Keegan Cook (Linn-Mar) 57.55, 20. Lucas Vanous (CR Jefferson) 58.28, 23. Isaiah Nimmers (CR Washington) 59.79

4x200 Relay

1. Linn-Mar (Austin Flieder, Tristan Freese, Tim Wolfe, Perrion Scott) 1:27.52, 2. CR Kennedy (John Koelling, Famiek Cook, Jacob Shannon, Derek Jacobus) 1:28.01, 3. Waterloo West 1:28.28, 4. Waukee 1:28.64, 5. DM Lincoln 1:28.68, 6. CR Washington (Alex Herzog, Nicolas Corbett, Mason Taylor, Mitch Bredeson) 1:28.74, 7. Iowa City West 1:28.85, 8. Davenport Central 1:29.93
Also - 9. CR Prairie (Tristan Beyer, Jalen Rima, Demetrius Harper, Jarred Edmonds) 1:30.17, 13. CR Jefferson (Shq Harbor, Jordan Shelby, Dan Larson, Dylan Chittick) 1:31.01

Distance Medley Relay

1. Linn-Mar (Austin Flieder, Tim Wolfe, Chase Grabau, Josh Evans) 3:29.94, 2. Iowa City High 3:30.24, 3. WDM Dowling 3:30.60, 4. Pleasant Valley 3:30.67, 5. Iowa City West 3:31.21, 6.

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Cedar Falls 3:31.76, 7. Indianola 3:32.86, 8. Ankeny 3:32.96

Also - 10. CR Washington (Jason Oney, Mitch Bredeson, Landen Akers, Trevor Luebe)

3:34.49, 15. CR Prairie (Tristan Beyer, Demetrius Harper, Mitchell Christensen, Jake Moore)

3:37.39

Preliminaries

Metro qualifiers

(DNQ - Did not qualify)

110 Hurdles

6. Tom Kaiser (CRK) 15.19

DNQ - 13. Mike Keiser (LM) 15.58, 15. Haakon Wilz (CRP) 15.61, 19. Savaun Bounds (CRJ) 15.73, 22. Mitch Dellamuth (CRP) 16.02

4x100 Relay

1. Linn-Mar (Perrion Scott, Tristan Freese, Brandon Jeffries, Tim Wolfe) 42.14

DNQ - 9. CR Xavier (Miles Sullivan, Nick Stark, Trey Sampson, Cal Stovie) 43.476, 10. CR Kennedy (John Koelling, Derek Jacobus, Jacob Shannon, Famiek Cook) 43.49, 18. CR Prairie (Mitch Dellamuth, Dylan Kuchemann, Jesse Vizzini, Jalen Rima) 44.42, 20. CR Jefferson (Shaq Harbor, Jacob Beaton, Savaun Bounds, Dylan Chittick) 44.54

4x400 Relay

4. CR Prairie (Tristan Beyer, Lucas Howes, Jarred Edmonds, Demetrius Harper) 3:23.13

6. Linn-Mar (Austin Flieder, Chase Grabau, Ryan Wirth, Tristan Freese) 3:24.70

8. CR Washington (Landen Akers, Noah Dostal, Trevor Luebe, Nicolas Corbett) 3:25.06

DNQ - 11. CR Xavier (Ben Valentine, Trey Sampson, Noah Clasen, Brandon Gradoville) 3:26.53, 23. CR Jefferson (Dylan Chittick, Dan Parson, Dylan Paddy, Lucas Vanous) 3:34.51, 24. CR Kennedy (Donovan Kosman, Cody Burke, Mitchell Gaffey, Zach Tinkey) 3:37.41

CLASS 3A

Team standings (through 10 events)

1. Fort Madison 27, 2. Glenwood 25, 3. Mount Pleasant 24, 4. Pella 21, 5. Decorah 20, 6. Boone 19.5, 7. SC Heelan 18.5, 8. Knoxville 17, 9. (tie) Waverly-Shell Rock, Solon 15

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11. Waukon 13, 12. (tie) Perry, Clear Creek Amana, Centerville, Iowa Falls-Alden 12, 16. (tie) LeMars, Spirit Lake Park, MOC-Floyd Valley, Fairfield 11, 20. (tie) Clear Lake, Storm Lake 10 22. (tie) South Tama, Keokuk 8, 24. Gilbert 7, 25. Crestwood 6, 26. (tie) Charles City, Algona 5, 28. Center Point-Urbana 4.5, 29. Denison-Schleswig 4, 30. (tie) Oskaloosa, DeWitt Central 3 32. (tie) Atlantic, Winterset, Carroll 2, 35. Dallas Center-Grimes 1.5, 36. (tie) Marion, Spencer 1

Finals

Long Jump

1. Chandler Diercks (Clear Lake) 22-6.5, 2. Darrion Sanders (Keokuk) 22-2.5, 3. Will Whiton (Perry) 22-2.25, 4. Ben Daniels (Perry) 21-10.75, 5. Grant May (Glenwood) 21-7.25, 6. Drew Richmond (Oskaloosa) 20-11, 7. Sam Kuhter (South Tama) 20-10, 8. Eli Engbretson (LeMars) 20-9.25

Shot Put

1. Emmett Wester (Mount Pleasant) 58-1.5, 2. Dalton Ferguson (Solon) 55-6, 3. Ryan Krietzer (Crestwood) 53-4.75, 4. Seth Snitker (Waukon) 52-8.5, 5. Justin Dunn (Mount Pleasant) 51-8, 6. Dane Salow (Center Point-Urbana) 51-2.5, 7. Alex Stenbo (Carroll) 50-10.25, 8. JJ Hahn (Glenwood) 50-7
Also - 20. Zach Borens (Marion) 44-8

400 Meter Hurdles

1. Raheem Black (Fort Madison) 52.31, 2. Derek Jones (Glenwood) 52.51, 3. Trey Achterhoff (MOC-FV) 53.53, 4. Ryan Douglas (Knoxville) 54.03, 5. Tommy Thorne (Mount Pleasant) 54.51, 6. Jordan Pingel (Pella) 55.34, 7. Jake Auerbach (Atlantic) 55.40, 8. Jonny Swanson (Fairfield) 55.58

4x200 Relay

1. LeMars 1:29.52, 2. Pella 1:29.58, 3. South Tama 1:29.78, 4. SC Heelan 1:30.50, 5. Solon 1:30.80, 6. DeWitt Central 1:31.10, 7. Clear Creek Amana 1:31.50, 8. Marion (Khaleal Walker, Isaac Smith, Cedrick Williams, Devin LeBeau) 1:31.54

Distance Medley Relay

1. Centerville 3:31.38, 2. Decorah 3:31.95, 3. Knoxville 3:32.66, 4. Glenwood 3:33.46, 5. SC Heelan 3:33.89, 6. Waverly-SR 3:34.55, 7. Spirit Lake Park 3:36.93, 8. Perry 3:37.18
Also - 24. Marion (Nathan Scherbaum, Ethan Herren, Quinn Cannoy, Dru Brecht) 3:53.40

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Preliminaries

Metro qualifiers

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110 Hurdles

8. Quinn Cannoy (Marion) 15.36

4x100 Relay

No qualifiers

4x400 Relay

4. Marion (Isaac Smith, Peter Rethwisch, Jordan Garthwaite, Trevor Hardman) 3:23.67