

## Foreman turns in fastest 400 hurdles time

Written by Jim Ecker

Saturday, 09 April 2011 19:39 - Last Updated Saturday, 09 April 2011 20:03

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Brooke Foreman clipped a hurdle and struggled at the end of her favorite race Saturday afternoon at the 25th Annual J-Hawk Relays, but it hardly mattered.

Foreman smashed a 23-year-old meet record in the 400 meter hurdles and ran the fastest time in the state this year, posting a 1:04.831 at Kingston Stadium.

She knew it was a meet record, but had no idea it was the fastest time in Iowa this spring. "Wow!" she exclaimed when told the news, breaking into a big smile.

Foreman, a junior at Cedar Rapids Washington, has been winning races all spring and was aiming for the record. "My coach was telling me I could get it," she said, but added, "I kind of died at the end."

Foreman clipped the next-to-last hurdle, undoubtedly costing her a few tenths of a second.

"Yeah, because when I land (after hitting a hurdle), I'm completely off-balance," she said. "I have to regain my stride, and it's just hard.

"I've never felt so bad on the last stretch. I just had to give it my all."

Foreman broke the old record of 1:06.1 set in 1988 by Leslie Brown of Iowa City High. It was the oldest meet record on the books, and she shattered it by 1.269 seconds.

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Foreman's clocking of 1:04.831 gave her a slight edge on the state leaderboard over Holly Salzbrenner of Mount Vernon, who has submitted a 1:05 effort this spring. The 1:04.831 also topped Foreman's own personal best of 1:04.99, set when she finished fifth in the 400 hurdles at the Class 4A state meet last May.

Foreman accomplished all that Saturday despite a few bobbles, which suggests she can go even this faster this year. "I definitely could," she said. "We'll see where the season takes me."

Foreman set her record on a gorgeous afternoon for track. It was breezy, but the temperatures reached the mid-70s and was the best weather for track this spring.

"By far," she said. "The meets have been cold and windy. Today was perfect."



The Jefferson J-Hawks also broke a meet record in their own Relays, running a swift 1:45.612 in the 4x200 relay with Maliya Rattliffe, Summer Carber, Taylor Jacobson and Rachel Broghammer doing the honors. They snapped the old mark of 1:46.641 set by Cedar Rapids Washington in 2005 by more than a second.

"We feel really good about setting the record. That's exciting," Jefferson Coach Bill Calloway remarked.

"That's the fastest we've ever run this time of year," he said. "Now, what we want to do is carry it to the end (of the season). We've worked really hard all season, harder than we have in quite a while."

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Iowa City West captured the team title with 114 points. Cedar Falls finished second with 100 points and Washington was third with 96 in a good three-team race. Linn-Mar placed fourth (50.5), Jefferson fifth (37), Prairie seventh (29.5), Kennedy ninth (14) and and Xavier 10th (12 points) in the 11-team field.

Washington won four individual events with Foreman in the 400 hurdles, Layloni Beard in the 110 hurdles, Megan Muller in the 400 and Jasmine Teague in the high jump. The Warriors also claimed the 4x100 relay with Foreman, Jazz Royster, Alissa Oney and Beard touring the oval in 50.290 seconds.

Amanda Piche won the discus for Linn-Mar with a toss of 124 feet, 7 inches.

Molly Breitbach of Xavier claimed the 200 meter dash in 27.099 seconds.

### 25th ANNUAL J-HAWK RELAYS At Kingston Stadium

#### Team Standings

1. Iowa City West 114, 2. Cedar Falls 100, 3. Washington 96, 4. Linn-Mar 50.5, 5. Jefferson 37, 6. Marshalltown 33.5, 7. Prairie 29.5, 8. Waterloo West 14.5, 9. Kennedy 14, 10. Xavier 12, 11. Waterloo East 4.

High Jump -- 1. Jasmine Teague (CRW) 4-10; 2. Eisha Oden (MTOWN) 4-10; 3. Hannah Riebkes (CF) 4-10; 4. (tie) Leslie Harder (CRP) 4-8; Sara Strauel (LM) 4-8; 6. Caroline VanVoorhis (ICW) 4-8.

Long Jump -- 1. McKennan Cronbaugh (ICW) 17-4; 2. Molly Youde (CF) 15-5 3/4; 3. Melanie Stoss (CF) 15-5 1/4; 4. Chelsey Montgomery (CRP) 15-3 1/2; 5. Jaclyn Riggins (WE) 15-0 3/4; 6. Courtney Dauber (ICW) 14-11.

Discus -- 1. Amanda Piche (LM) 124-7; 2. Tydel Jones (CRW) 101-9; 3. Katie Carver (CRP) 100-7; 4. Cara Jansen (ICW) 99-9; 5. Amanda Schremf (MTOWN) 95-8; 6. Briannie Kraft (ICW) 95-7.

Shot Put -- 1. Jadyn Spencer (WW) 39-3; 2. Cara Jansen (ICW) 39-2 3/4; 3. SheShe Bullock (CF) 34-8 1/4; 4. (tie) Blaire Thomas (WW) 33-0; Amanda Schremf (MTOWN) 33-0; 6.

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DaBryana Miller (CRP) 32-8.

3000 -- 1. Molly Leveille (ICW) 10:41.987; 2. Pombie Silverman (ICW) 11:01.273; 3. Kristin Rogers (CRW) 11:07.630; 4. Allison Culver (CRK) 11:24.647; 5. Morgan Gerdes (WW) 11:33.939; 6. Molly Gettman (CF) 11:46.235.

4x800 -- 1. Cedar Falls 9:42.518; 2. Linn-Mar 10:00.370; 3. Marshalltown 10:07.126; 4. Iowa City West 10:11.114; 5. Xavier 10:24.761; 6. Washington 10:33.052.

Shuttle Hurdle Relay -- 1. Cedar Falls 1:08.805; 2. Iowa City West 1:09.139; 3. Linn-Mar 1:11.436; 4. Jefferson 1:13.171; 5. Washington 1:18.895; 6. Xavier 1:21.982.

100 -- 1. Shahana Williams (ICW) 12.933; 2. Rachel Broghammer (CRJ) 13.033; 3. Brooke Foreman (CRW) 13.217; 4. Cassie Crotty (CF) 13.484; 5. Courtney Major (LM) 13.521; 6. Jazz Royster (CRW) 13.538.

Distance Medley -- 1. Iowa City West 4:23.007; 2. Prairie 4:30.865; 3. Cedar Falls 4:35.036; 4. Linn-Mar 4:35.653; 5. Kennedy 4:43.127; 6. Washington 4:43.163.

400 -- 1. Megan Muller (CRW) 1:03.940; 2. Annie Schaeckenbach (ICW) 1:04.150; 3. Katie Anstreicher (ICW) 1:05.920; 4. Sarah Witt (CRW) 1:06.050; 5. Leah Kremer (LM) 1:06.511; 6. Brinesha McKinney (WE) 1:06.561.

4x200 Relay -- 1. Jefferson (Maliya Rattliffe, Summer Carber, Taylor Jacobson, Rachel Broghammer) 1:45.612 (meet record: old, 1:46.641, Washington, 2005); 2. Iowa City West 1:46.463; 3. Washington 1:46.730; 4. Cedar Falls 1:50.067; 5. Prairie 1:52.252; 6. Marshalltown 1:53.353.

100 Hurdles -- 1. Layloni Beard (CRW) 15.980; 2. Brooke Foreman (CRW) 16.626; 3. Stacey Howes (CRP) 17.033; 4. Maddy Ranschau (CRJ) 17.048; 5. Molly Youde (CF) 17.064; 6. Kaitlyn Gillett (CF) 17.281.

800 -- 1. Pombie Silverman (ICW) 2:26.891; 2. Hannah Savage (CF) 2:28.209; 3. Sarah Shirar (MTOWN) 2:28.543; 4. Shannon Gorman (CRW) 2:29.811; 5. Megan Terukina (CRK) 2:30.478; 6. Olive Carrollhach (ICW) 2:30.812.

200 -- 1. Molly Breitbach (CRX) 27.099; 2. Maliya Rattliffe (CRJ) 27.632; 3. Bre McPherson (CRW) 28.200; 4. Madison Hersom (CF) 28.316; 5. Melissa Dakala (WW) 28.398; 6. Symone Robinson (WE) 28.434.

400 Hurdles -- 1. Brooke Foreman (CRW) 1:04.831; 2. Emily Neff (CF) 1:10.053; 3. Lauren Bobst (ICW) 1:10.720; 4. Madison Esker (LM) 1:11.538; 5. Kate Anstreicher (ICW) 1:13.139; 6. Stacey Howes (CRP) 1:13.907.

Sprint Medley -- 1. Iowa City West 1:50.911; 2. Washington 1:51.580; 3. Cedar Falls 1:52.412; 4. Linn-Mar 1:55.182; 5. Marshalltown 1:55.749; 6. Kennedy 1:57.620.

1500 -- 1. Hannah Savage (CF) 4:55.044; 2. Molly Leveille (ICW) 4:56.429; 3. Lydia Martin (MTOWN) 4:58.114; 4. Carolyn Newhouse (LM) 4:59.415; 5. Shannon Gorman (CRW) 5:12.228; 6. Kristin Rogers (CRW) 5:14.797.

4x100 Relay -- 1. Washington (Brooke Foreman, Jazz Royster, Alissa Oney, Layloni Beard) 50.290; 2. Jefferson 52.376; 3. Cedar Falls 52.501; 4. Prairie 52.859; 5. Marshalltown 53.276; 6. Xavier 54.561.

4x400 Relay -- 1. Cedar Falls 4:06.902; 2. Linn-Mar 4:13.502; 3. Kennedy 4:16.222; 4. Marshalltown 4:17.963; 5. Washington 4:17.997; 6. Iowa City West 4:18.647.