

Decker steers Lions to 2nd in MVC

Written by Metro Sports Report
Monday, 06 May 2013 23:13 -

CEDAR FALLS - Amber Decker captured the 400 meter dash and 800 meter run Monday to help the Linn-Mar Lions finish in second place at the MVC Valley Division track meet in Cedar Falls.

Maleta Montague won the 100 hurdles for Linn-Mar. The Lions also claimed the distance medley.

Halle Lueck won the long jump and Leslie Harder captured the high jump to help the Prairie Hawks finish third in the team standings.

The Washington Warriors won the sprint medley and finished fourth in the standings.

Cedar Falls won the meet with 166 points, topping Linn-Mar by 25.5 points.

Stephanie Jenks, who won the 1500 and 3000 at the Drake Relays, did not compete for Linn-Mar Monday after placing second at a triathlon in Virginia on Sunday.

TEAM STANDINGS

1. Cedar Falls 166, 2. Linn-Mar 140.5, 3. Prairie 90, 4. Washington 83.5, 5. Wahlert 63, 6. Waterloo West 25, 7. Xavier 19.

WINNERS

Long jump - Halle Lueck, Prairie, 15-8
High jump - Leslie Harder, Prairie, 5-1
Discus - Maddie Nilles, Wahlert, 132-2
Shot put - Blaire Thomas, Waterloo West, 40-0.75
3000 - Allison Gregg, Cedar Falls, 10:223.28
4x800 - Wahlert 9:57.29
Shuttle hurdle relay - Cedar Falls 1:09.50
100 - Alicia Harrington, Cedar Falls, 12.53

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Distance medley - Linn-Mar 4:22.38
400 - Amber Decker, Linn-Mar, 1:00.04
4x200 relay - Cedar Falls 1:46.03
100 hurdles - Maleta Montague, Linn-Mar, 16.20
800 - Amber Decker, Linn-Mar, 2:23.01
200 - Alicia Harrington, Cedar Falls, 26.25
400 hurdles - Haley Alexander, Cedar Falls, 1:11.58
Sprint medley - Washington 1:54.14
1500 - Allison Gregg, Cedar Falls, 4:55.68
4x100 relay - Cedar Falls 50.50
4x400 relay - Cedar Falls 4:11.00

LINN-MAR PLACEWINNERS

Top 3

1st - Amber Decker, 400, 1:00.04
1st - Maleta Montague, 100 hurdles, 16.20
1st - Amber Decker, 800, 2:23.01
2nd - Sara Strauel, high jump, 5-1
2nd - Morgan Garcia, 3000, 11:28.12
2nd - Shuttle hurdle relay 1:12.01
2nd - Rachel Perry, 400, 1:00.36
2nd - Halley Morgan, 200, 26.69
2nd - Sprint medley 1:54.76
3rd - Brooke Lorenz, long jump, 15-3.5
3rd - 4x800 relay 10:31.30
3rd - Maddie Saville, 800, 2:27.98
3rd - Brooke Lorenz, 200, 27.62
3rd - Maleta Montague, 400 hurdles, 1:12.60

PRAIRIE PLACEWINNERS

Top 3

1st - Hally Lueck, long jump, 15-8
1st - Leslie Harder, high jump, 5-1
2nd - Alex Malloy, discus, 116-9
2nd - Natalie Rumer, shot put, 38-0.5
3rd - Maddie Baetsle, high jump, 4-10
3rd - Rachel Griffin, discus, 114-5
3rd - Shuttle hurdle relay 1:12.02
3rd - Distance medley 4:27.48
3rd - 4x200 relay 1:49.56
3rd - 4x100 relay 51.67

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WASHINGTON PLACEWINNERS

Top 3

1st - Sprint medley 1:54.14

2nd - Kadejah Sanders, 100, 12.64

2nd - Distance medley 4:22.98

2nd - 4x200 relay 1:49.34

2nd - Shannon Gorman, 1500, 4:58.79

2nd - 4x100 relay 50.83

3rd - Jasmine Raue, 400, 1:01.65

XAVIER PLACEWINNERS

Top 3

3rd - 4x400 relay 4:13.10