

Wenger tops all-Metro wrestling team

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Josh Wenger of Cedar Rapids Prairie has been named the Outstanding Wrestler on the all-Metro wrestling team.

Wenger captured the Class 3A state title at 138 pounds in Des Moines Saturday night and helped Prairie finish fourth in the team standings.

Dick Briggs and Matt Orton of Jefferson were named the Coaches of the Year.

The All-Metro teams were selected by the Metro coaches.

ALL-METRO WRESTLING

First Team

106 - Marcus England (Prairie)
113 - Brenden Baker (Jefferson)
120 - Nolan Hromidko (Kennedy)
126 - Sam Uthoff (Prairie)
132 - Clint Lembeck (Xavier)
138 - Josh Wenger (Prairie)
145 - Matt Wempen (Linn-Mar)
152 - Toby Northrup (Linn-Mar)
160 - Shea Hartzler (Linn-Mar)
170 - Nick Dreckman (Jefferson), Garrett Kubovec (Kennedy), Nick Hogan (Prairie)
182 - Kelly May (Jefferson), Jarod Cadena (Prairie)
195 - Taylor Mehmen (Prairie)
220 - Jonah Manson (Prairie), Dalles Jacobus (Kennedy)
285 - Dalton Kuehl (Jefferson)

Second Team

106 - Jeff Vipond (Xavier)
113 - Trenten Wennermark (Prairie)
120 - Noah Ajram (Linn-Mar)

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126 - Josh Gerke (Xavier)
132 - Kyle Briggs (Jefferson)
138 - Ben Sarasin (Kennedy)
145 - Logen Rodriguez (Kennedy)
152 - Tavian Rashed (Jefferson)
160 - Luke Sedlacek (Jefferson)
195 - Erik Hovey (Jefferson)
285 - Tyler Pasker (Prairie)

Honorable Mention

106 - Zach Main (Jefferson)
113 - Will Foreman (Washington)
120 - Joseph Sibomana (Jefferson)
126 - Seth Jellison (Jefferson)
132 - Seth Wennermark (Prairie)
138 - AJ Geers (Linn-Mar)
145 - Caleb Conway (Marion), Matt Culver (Jefferson)
152 - Morgan Hood (Prairie)
160 - Jack Serbousek (Marion)
182 - Manny Jeffery (Linn-Mar)
195 - Shaun Beyer (Kennedy)
220 - Alex Francois (Xavier)
285 - Michael Maher (Xavier)

Outstanding Wrestler - Josh Wenger (Prairie)

Coaches of the Year - Matt Orton & Dick Briggs (Jefferson)