

Jeff girls win 9 events at Sherwood

Written by Metro Sports Report
Saturday, 30 March 2013 19:38

IOWA CITY -- The Cedar Rapids Jefferson girls track team captured nine events at the Sherwood Relays in Iowa City on Saturday.

The J-Hawks dominated the relay events with victories in the shuttle hurdle relay, distance medley, 4x200, sprint medley, 4x100 and 4x400.

Rachel Broghammer won the 100-meter dash for Jefferson, Madison Ranschau took the 100 hurdles and Brianna Prohaska won the high jump.

Abbie Ranschau, Sam Kitterman, Maliya Ratliffe, Morgan Meese and Broghammer came home with three gold medals for the J-Hawks. Taylor Jacobson, Madison Ranschau, Meredith Koenigsfeld, Lucy Schneekloth and Jasmine Blue were double-winners for Jefferson.

Shannon Gorman won the 1500-meter run for Cedar Rapids Washington. The Warriors also captured the 4x800 relay.

Iowa City High won the team championship with 144 points. Jefferson placed second with 99 markers. Washington finished third in the five-team field with 57 points.

SHERWOOD RELAYS

TEAM STANDINGS

1. Iowa City High 144, 2. Jefferson 99, 3. Washington 57, 4. Davenport Central 47, 5. Muscatine

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31.

WINNERS

3000 - Reyna Melendez, Muscatine, 12:01.31

4x800 relay - Washington (Madison Stuckenschneider, Morgan Stuckenschneider, Megan Kelly, Anaelle Corbett) 11:01.58

Shuttle hurdle relay - Jefferson (Taylor Jacobson, Abbie Ranschau, Sam Kitterman, Madison Ranschau) 1:08.12

100 - Rachel Broghammer, Jefferson, 13.41

Distance medley - Jefferson (Sam Kitterman, Jessica Ohrnstein, Maliya Rattliffe, Meredith Koenigsfeld) 4:28.09

400 - Claire Crew, Iowa City High, 1:00.73

4x200 relay - Jefferson (Lucy Schneekloth, Jasmine Blue, Morgan Meese, Rachel Broghammer) 1:46.95

100 hurdles - Madison Ranschau, Jefferson, 16.43

800 - Ellen Carman, Iowa City High, 2:26.65

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200 - Tadaisha Thornton, Davenport Central, 27.97

400 hurdles - Sarah Plock, Iowa City High, 1:06.79

Sprint medley - Jefferson (Maliya Rattliffe, Abbie Ranschau, Morgan Meese, Sam Kitterman)
1:57.43

1500 - Shannon Gorman, Washington, 5:03.35

4x100 relay - Jefferson (Maliya Rattliffe, Abbie Ranschau, Morgan Meese, Jasmine Blue) 51.37

4x400 relay - Jefferson (Taylor Jacobson, Lucy Schneekloth, Meredith Koenigsfeld, Rachel Broghammer) 4:05.31

Long jump - Kiera Washpun, Iowa City High, 17-7 1/4

High jump - Brianna Prohaska, Jefferson, 4-10

Shot put - Aliyah Gustafson, Iowa City High, 39-8

Discus - Aliyah Gustafson, Iowa City High, 114-4

JEFFERSON PLACEWINNERS

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Top 6

1st - Shuttle hurdle relay 1:08.12

1st - Rachel Broghammer, 100, 13.41

1st - Distance medley 4:28.09

1st - 4x200 relay 1:46.95

1st - Madison Ranschau, 100 hurdles, 16.43

1st - Sprint medley 1:57.43

1st - 4x100 relay 51.37

1st - 4x400 relay 4:05.31

1st - Brianna Prohaska, high jump, 4-10

2nd - Megan Ely, 800, 2:40.40

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2nd - Emma Edelen, discus, 111-11 1/2

3rd - Michelle Zikes, 1500, 5:27.90

4th - Jessica Ohrnstein, 200, 29.59

4th - Brenna Parke, 400 hurdles, 1:16.61

4th - Jasmine Blue, long jump, 15-7 1/4

4th - Emma Edelen, shot put, 31-7

5th - Madison Ranschau, 200, 29.63

5th - Morgan Ely, 1500, 5:39.81

5th - Morgan Meese, long jump, 15-3 1/2

6th - Olivia Howard, 400, 1:08.72

6th - Jenna Anderson, 400 hurdles, 1:27.37

6th - Molly Evans, shot put, 30-7 1/2

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6th - Molly Evans, discus, 76-3 1/2

CEDAR RAPIDS WASHINGTON PLACEWINNERS

Top 6

1st - 4x800 relay 11:01.58

1st - Shannon Gorman, 1500, 5:03.35

2nd - Distance medley 4:29.80

2nd - Sprint medley 2:01.87

3rd - Shuttle hurdle relay 1:23.73

3rd - Megan Muller, 200, 29.47

3rd - 4x400 relay 4:43.95

3rd - Logan Eckhardt, high jump, 4-8

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4th - Kristin Mackenburg, 3000, 12:29.09

4th - Jasmyne Jones, 100, 13.98

4th - Mikayla Frye, 400, 1:05.89

4th - Madison Stuckenschneider, 800, 2:43.16

4th - Brianna Andrews, discus, 87-4 1/2

5th - Carly Rickey, 3000, 13:50.28

5th - Megan Muller, 100, 14.65

5th - Anne Visser, 100, 1:07.67

5th - Brianna Andrews, shot put, 31-2 1/2

6th - Keitasha Arnold, 100 hurdles, 19.89

6th - Morgan Stuckenschneider, 800, 2:47.11

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