

J-Hawks ranked 9th in mat polls

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The Jefferson J-Hawks climbed to No.9 in the high school wrestling rankings this week by The Predicament and the Iowa Wrestling Coaches Association.

The J-Hawks are ranked ninth in both Class 3A polls, giving the Metro three teams in the top 10.

Linn-Mar is ranked No.4 by The Predicament and No.5 by the IWCA. Prairie is ranked No.6 by The Predicament and No.4 by the IWCA.

Three Metro wrestlers are ranked No. 1 in Class 3A with Brenden Baker of Jefferson at 106 pounds, Alijah Jeffery of Linn-Mar at 120 pounds and Ross Lembeck of Linn-Mar at 152 pounds.

THE PREDICAMENT

Class 3A Team Rankings

1. Bettendorf, 2. Waverly-Shell Rock, 3. Southeast Polk, 4. Linn-Mar, 5. Pleasant Valley, 6. Prairie, 7. Mason City, 8. North Scott, 9. Jefferson, 10. Waterloo West.

Class 3A Individual Rankings

Linn-Mar

113 - Noah Ajram, 6th

120 - Alijah Jeffery, 1st

126 - Matt Wempen, 4th

132 - Damon Griffin, 6th

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145 - Toby Northrup, 5th
152 - Ross Lembeck, 1st
160 - Shea Hartzler, 9th
195 - Andrew Holladay, 3rd

Prairie

120 - Sam Uthoff, 5th
138 - Josh Wenger, 2nd
152 - Trey Blaha, 3rd
160 - Skyler St.John, 2nd

Jefferson

106 - Brenden Baker, 1st
120 - Kyle Briggs, 6th
132 - Michael Moncivais, 7th
145 - Tavian Rashed, 9th
152 - Kelly May, 10th
182 - Josh Allen, 10th
220 - Dalton Kuehl, 9th

Xavier

132 - Clint Lembeck, 4th
170 - Sean Ickes, 7th
285 - Cole Turner, 7th

Kennedy

113 - Nolan Hromidko, 5th

IOWA WRESTLING COACHES ASSOCIATION

Dual Meet Rankings

1. Southeast Polk (7-0), 2. Bettendorf (5-2), 3. Waverly-Shell Rock (3-0), 4. Prairie (7-1), 5. Linn-Mar (5-2), 6. Iowa City West (5-3), 7. North Scott (8-1), 8. Pleasant Valley (4-0), 9. Jefferson (4-0), 10. West Des Moines Valley (2-1), 11. Mason City (7-4), 12. Dowling Catholic (8-2), 13. Western Dubuque (6-2), 14. Fort Dodge (2-2), 15. Dubuque Hempstead (2-2), 16. Clinton (1-4).

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