

## **J-Hawks ranked 9th in mat polls**

Written by Metro Sports Report  
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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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