

Metro Spotlight honors track athletes

Written by Jim Ecker
Sunday, 25 May 2014 18:45



Athletes from the Metro area enjoyed a fabulous weekend at the state track meets in Des Moines with 10 gold medals, 11 silver medals, seven bronze medals and two handsome trophies.

As a result, the Metro Sports Report is honoring all of these track stars as the Metro Spotlight Athletes of the Week.

Josh Evans of Linn-Mar collected four gold medals in the 800, 1600, 3200 and distance medley with Austin Fielder, Tim Wolfe and Duggan Trenary.

Stephanie Jenks of Linn-Mar claimed two gold medals in the 1500 and 3000. Curtis McCrary of Linn-Mar won the long jump, giving the Lions seven titles overall.

The Cedar Rapids Jefferson girls captured the 4x200 relay and sprint medley relay. And the Cedar Rapids Prairie boys won the 4x800 relay as part of the Metro's golden haul.

In addition to all that gold, Evans ran the fastest 1600 in state history (4:06.32) and set a Class 4A state meet record in the 3200 (9:00.97). The Lions also set a 4A state meet record in the distance medley in 3:24.39 with Evans on the anchor.

Jenks ran an Iowa all-time best of 9:24.67 in the 3000. The Kennedy boys set a Class 4A state meet record in the shuttle hurdle relay in the

Metro Spotlight honors track athletes

Written by Jim Ecker
Sunday, 25 May 2014 18:45

preliminaries, but Waukee broke that record and beat the Cougars in the finals.

Mitch Pritts, Matt Lorenz, Ross Adams and Tysen VanDraska won the 4x800 relay for Prairie.

Abbie Ranschau, Jasmine Blue, Morgan Meese and Lucy Schneekloth captured the 4x200 relay for Jefferson. Maddie Ranschau, Abbie Ranschau, Schneekloth and Blue won the sprint medley.

The Linn-Mar boys finished second in the Class 4A team standings and the Kennedy boys finished third, earning handsome trophies for their schools.
The Prairie boys placed eighth in the standings.

The Jefferson girls finished fourth in the Class 4A team standings and the Linn-Mar girls placed sixth.

The Metro Sports Report normally salutes one male and one female with the Metro Spotlight Awards, but this was a special week that deserved special honors.

GOLD MEDALS (10) Champions

1. Josh Evans, Linn-Mar, 3200, 9:00.97 (4A state meet record)
2. Josh Evans, Linn-Mar, 1600, 4:06.32 (fastest 1600 in state history)

Metro Spotlight honors track athletes

Written by Jim Ecker
Sunday, 25 May 2014 18:45

3. Josh Evans, Linn-Mar, 800, 1:50.98
4. Stephanie Jenks, Linn-Mar, 3000, 9:24.67 (Iowa all-time best)
5. Stephanie Jenks, Linn-Mar, 1500, 4:31.10
6. Curtis McCrary, Linn-Mar, long jump (23-1)
7. Linn-Mar boys, distance medley, 3:24.39 (4A state meet record)
8. Jefferson girls, 4x200 relay, 1:41.12 (Abbie Ranschau, Jasmine Blue, Morgan Meese, Lucy Schneekloth)
9. Jefferson girls, sprint medley, 1:45.94 (Maddie Ranschau, Abbie Ranschau, Lucy Schneekloth, Jasmine Blue)
10. Prairie boys, 4x800 relay, 7:49.52 (Mitch Pritts, Matt Lorenz, Ross Adams, Tysen VanDraska)

SILVER MEDALS (11) Second Place

1. Mitch Pritts, Prairie, 3200, 9:12.07
2. Famiek Cook, Kennedy, long jump, 22-3 1/4

Metro Spotlight honors track athletes

Written by Jim Ecker
Sunday, 25 May 2014 18:45

3. Stephanie Jenks, Linn-Mar, 800, 2:10.20
4. Maddie Ranschau, Jefferson, 100 hurdles, 15.00
5. Lucy Schneekloth, Jefferson, 200, 25.17
6. Kennedy boys, 4x200 relay, 1:27.83 (Jacob Shannon, Derek Jacobus, Marcus Perkins, Famiek Cook)
7. Jefferson girls, shuttle hurdle relay, 1:04.65 (Abbie Ranschau, Sam Kitterman, Ellie Trosky, Maddie Ranschau)
8. Kennedy boys, shuttle hurdle relay, 56.20 (Famiek Cook, Derek Jacobus, Marcus Perkins, Shaun Beyer)
9. Jefferson girls, 4x100 relay, 48.22 (Lucy Schneekloth, Abbie Ranschau, Morgan Meese, Jasmine Blue)
10. Kennedy boys, 4x100 relay, 42.49 (Marcus Perkins, Famiek Cook, Jacob Shannon, Derek Jacobus)
11. Linn-Mar girls, 4x400 relay, 3:58.74 (Hanna Saville, Maddie Saville, Rachel Perry, Amber Decker)

BRONZE MEDALS (7)
Third Place

Metro Spotlight honors track athletes

Written by Jim Ecker
Sunday, 25 May 2014 18:45

1. Shaun Beyer, Kennedy, high jump, 6-4
2. Daniel Murphy, Linn-Mar, 3200, 9:12.46
3. Landen Akers, Washington, 400, 48.91
4. Derek Jacobus, Kennedy, long jump, 22-2 1/4
5. Jasmine Blue, Jefferson, 100, 12.53
6. Linn-Mar boys, 4x200, 1:28.06 (Austin Flieder, Tristan Freese, Tim Wolfe, Daniel Gorsich)
7. Linn-Mar boys, 4x100, 42.50 (Austin Flieder, Tristan Freese, Tim Wolfe, Daniel Gorsich)