

Linn-Mar girls take Mount Vernon Relays

Written by Metro Sports Report
Sunday, 31 March 2013 23:17 -

MOUNT VERNON - Amber Decker captured the 800 meter run Saturday to help the Linn-Mar Lions win the Mount Vernon Relays.

Decker circled the track in 2:20.19 for her victory.

Linn-Mar also won the distance medley and sprint medley.

Sara Strauel placed second in the high jump and 400 hurdles. Lannie Nietert (discus), Abby Sourwine (3000) and Brittany Sefton (100) also finished second for the Lions. Linn-Mar also took second in the 4x400 relay.

Linn-Mar finished with 136.5 points to trim Solon by 11.5 points.

The Lions did not compete with a full team.

MOUNT VERNON RELAYS

TEAM STANDINGS

1. Linn-Mar 136.5, 2. Solon 125, 3. Davenport Assumption 97.5, 4. Clear Creek Amana 85, 5. Mount Vernon 47, 6. Center Point-Urbana 43, 7. Iowa City Regina 32, 8. Dyersville Beckman 22.

WINNERS

Shot put - Kara Misel, Solon, 39-1 1/2
Discus - Jordyn Lehman, Regina, 109-6
Long jump - Blakely Martin, Mount Vernon, 15-5
High jump - Kelsey Cave, Solon, 5-0
3000 - Adriana Kammerer, Regina, 11:52.14
4x800 relay - Davenport Assumption 9:58.40
Shuttle hurdle relay - Clear Creek Amana 1:09.85

Linn-Mar girls take Mount Vernon Relays

Written by Metro Sports Report
Sunday, 31 March 2013 23:17 -

100 - Megan Hall, Clear Creek Amana, 12.88
Distance medley - Linn-Mar 4:19.40
400 - Jadyn Milleer, Solon, 1:03.79
4x200 relay - Clear Creek Amana 1:50.15
100 hurdles - Rylee Smith, Solon, 15.72
800 - Amber Decker, Linn-Mar, 2:20.19
200 - Rose Ripslinger, Assumption, 25.93
400 hurdles - Sydnie Gengler, Assumption, 1:15.65
Sprint medley - Linn-Mar 1:54.50
1500 - Lauren Benzing, Solon, 4:59.62
4x100 relay - Assumption 49.56
4x400 relay - Assumption 4:05.56

LINN-MAR PLACEWINNERS

Top 6

1st - Distance medley 4:19.40
1st - Amber Decker, 800, 2:20.19
1st - Sprint medley 1:54.50
2nd - Sara Strauel, high jump, 5-0
2nd - Lannie Nietert, discus, 106-9
2nd - Abby Sourwine, 3000, 12:10.52
2nd - Brittany Sefton, 100, 13.28
2nd - Sara Strauel, 400 hurdles, 1:17.00
2nd - 4x400 relay 4:21.96
3rd - Brooke Lorenz, long jump, 15-2
3rd - 4x800 relay 10:30.84
3rd - Shelby Ham, 100, 13.29
3rd - Danielle Cook, 400, 1:05.71
4th - Lannie Nietert, shot put, 34-5
4th - Sarah Renner, long jump, 14-7
4th - Nikita Sharma, 400, 1:08.12
4th - 4x200 relay 1:54.01
4th - Morgan Garcia, 800, 2:30.30
4th - Sydney Johnston, 1500, 5:24.46
4th - 4x100 relay 53.90
5th - Shuttle hurdle relay 1:25.02
5th - Rachel Perry, 200, 27.62
5th - Payton Gries, 400 hurdles, 1:18.81
6th - Brooklyn Ophoff, high jump, 4-6
6th - Bailee Seger, 400 hurdles, 1:22.28