

## **Prairie wins 3 races in Washington**

Written by Metro Sports Report

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WASHINGTON, Iowa — Isaiah Vlasek, Tysen VanDraska and Jalen Rima won races Friday for Cedar Rapids Prairie at the Washington Relays.

Vlasek claimed the 3200 in 10 minutes, 3.11 seconds. VanDraska captured the 1600 in 4:28.58. Rima won the 200 in 23.42 seconds.

Prairie got second-place showings from Michael Lamparek in the shot put (47-3), Trevor Northrup in the 100 (11.72), Jake Moore in the 1600 (4:30.17) and the 4x800 relay (8:54.51).

The Hawks received third-place finishes from Mitch Pritts in the 3200 (10:09.77), Ty Bolden in the 200 (24.22) and Preston LaGrange in the 800 (2:10.62).

West Burlington/Notre Dame won the championship with 146 points. Prairie finished ninth out of 23 teams with 83.5 points.