

Decker wins Metro Spotlight Award

Written by Metro Sports Report
Sunday, 05 April 2015 17:45



Linn-Mar junior Amber Decker is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Decker has been a fixture in track and cross country for the Lions since she was a freshman and she's gotten off to a fast start this spring.

Linn-Mar has run the fastest times in the state this year in the 4x400 relay and the 4x800 relay with Decker running the anchor on both units.

The Lions are five seconds faster than anyone else in the 4x400 and nine seconds faster than anyone in the 4x800.

Maddie Saville, Payton Wensel, Hanna Saville and Decker are the runners on both of the top-ranked relays. The Lions also rank No. 4 in the state in the 800 sprint medley with Arianna Rolle, Kira Ramsey, Decker and Wensel on the team.

Individually, Decker ranks 10th in the state in the open 800.

Decker, who typically runs herself to exhaustion and then comes back for more, finished fifth in the 800 at the Class 4A state meet last year and placed 10th in the 400. She ran the anchor on the 4x400 relay that finished second.

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Decker is a rare runner who has been successful in sprints, middle distances and long distances.