

## Coaches pick All-Metro boys track

Written by Metro Sports Report

Saturday, 07 June 2014 17:25 - Last Updated Saturday, 07 June 2014 17:26

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Here is the 2014 All-Metro boys track team, as selected by the Metro coaches.

### DISCUS

Dallas Jacobus (Kennedy)

Michael Lamparek (Prairie)

### SHOT PUT

Drew Heitland (Kennedy)

Michael Lamparek (Prairie)

### LONG JUMP

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Curtis McCrary (Linn-Mar)

Derek Jacobus (Kennedy)

Famiek Cook (Kennedy)

Nick Stark (Xavier)

## HIGH JUMP

Willie Rhoads (Kennedy)

Shaun Beyer (Kennedy)

## 3200

Josh Evans (Linn-Mar)

Mitch Pritts (Prairie)

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Daniel Murphy (Linn-Mar)

### 110 HURDLES

Quinn Cannoy (Marion)

Shaun Beyer (Kennedy)

Joah Wallace (Prairie)

### 100

Nick Stark (Xavier)

Nate Karlan (Jefferson)

Trevor Northrup (Prairie)

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### 4x800 RELAY

Prairie (Mitch Pritts, Matt Lorenz, Ross Adams, Tysen VanDraska)

Linn-Mar (Tanner Rathje, Daniel Murphy, Greyson Dolezal, Bryan Fogerty)

### 200

Nate Karlan (Jefferson)

Landen Akers (Washington)

### 1600

Josh Evans (Linn-Mar)

Mitch Pritts (Prairie)

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### 4x200 RELAY

Kennedy (Jacob Shannon, Derek Jacobus, Marcus Perkins, Famiek Cook)

Linn-Mar (Austin Flieder, Tristan Freese, Tim Wolfe, Daniel Gorsich)

Jefferson (Jacob Beaton, Nate Karlan, Dan Larson, Dylan Chittick)

### 400

Landon Akers (Washington)

Jalen Rima (Prairie)

### 400 HURDLES

Marcus Perkins (Kennedy)

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Keagan Pinter (Prairie)

1600 MEDLEY

Linn-Mar (Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans)

Prairie (Trevor Northrup, Joah Wallace, Jalen Rima, Tysen VanDraska)

800

Josh Evans (Linn-Mar)

Tysen VanDraska (Prairie)

4x100 RELAY

Kennedy (Jacob Shannon, Marcus Perkins, Famiek Cook, Derek Jacobus)

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Linn-Mar (Austin Flieder, Tristan Freese, Tim Wolfe, Daniel Gorsich)

Jefferson (Alphonso Soko, Jacob Beaton, Dylan Chittick, Nate Karlan)

### **4x400 RELAY**

Jefferson (Dan Larson, Dylan Chittick, Tayvian May, Alphonso Soko)

Linn-Mar (Dalton Gosch, Duggan Trenary, Joe A'Hearn, Bryce Miller)

### **SHUTTLE HURDLE RELAY**

Kennedy (Famiek Cook, Derek Jacobus, Marcus Perkins, Shaun Beyer)

Linn-Mar (Zeal Baker, Daniel Gorsich, Tristan Freese, Nick House)

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### HONORABLE MENTION

Jefferson

Shuttle hurdle relay (Savaun Bounds, Mason Furnish, Dakota Tomkins,

Michael Moncivais)

Jared Eivins (shot put)

Kennedy

4x400 relay (Mark Schulz, Nick Duehr, Mitch Gaffey, Zach Tinkey)

Jackson Coker (discus)

Prairie



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Isaiah Vlasek (3200)

Matt Hilligas (shot put)

Washington

4x100 relay (Reid Snitker, Landen Akers, Mason Taylor, Alex Herzog)

Carlos Nelson (long jump)

Xavier

4x100 relay (Chris Ball, Nick Stark, Sean Murphy, Miles Sullivan)

Jacob Schmitt (3200)

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Linn-Mar

Kyle Hayek (shot put)

Tanner Rathje (800)

Marion

Trevor Hardman (400)

Colton Forster (3200)

COACHES OF THE YEAR: Ken Hopkins (Linn-Mar), Brian White (Kennedy)