

Lions, Cougars win races in Iowa City

Written by Metro Sports Report
Thursday, 18 April 2013 22:30 -

IOWA CITY - The Linn-Mar boys and the Kennedy girls came home with a pair of victories Thursday night at the Forwald/Coleman Relays in Iowa City.

Linn-Mar won the shuttle hurdle relay with Perrion Scott, Rhys Davis, Tristan Freese and Mike Keiser sharing the baton. The Lions also won the 4x100 relay with Scott, Freese, Brandon Jeffries and Tim Wolfe speeding around the track.

Kathia Wampole won the 800 meter run for Kennedy. The Cougars also took the 4x800 relay with Wampole, Carolyn Stone, Lauren Meyer and Kristen Siebenga forming the quartet.

Iowa City West won the boys title. Linn-Mar finished fourth out of eight teams.

Iowa City West also took the girls title. Kennedy placed fifth out of eight squads.

FORWALD/COLEMAN RELAYS

BOYS TEAM STANDINGS

1. Iowa City West 168, 2. Iowa City High 141, 3. Pleasant Valley 85, 4. Linn-Mar 57, 5. West Des Moines Valley 55, 6. Muscatine 26, 7. Des Moines East 17, 8. Southeast Polk 9.

WINNERS

4x800 relay - Iowa City West 8:11.83
3200 - Brook Price, IC High, 9:35.59
Shuttle hurdle relay - Linn-Mar 59.62
100 - Tavian Smith, IC West, 10.93
400 - Ryan Dorman, IC High, 50.91
4x200 relay - Muscatine 1:33.27
110 hurdles - Kole Butler, IC High, 15.43
1600 - Caleb Drake, Pleasant Valley, 4:24.47
200 - Tavian Smith, IC West, 22.80

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400 hurdles - Andrew Gilbaugh, IC West, 57.19
Sprint medley - Pleasant Valley 3:41.91
800 - Bailey Wetherell, IC West, 2:01.42
4x100 relay - Linn-Mar 43.49
4x400 relay - Iowa City West 3:33.83
Discus - Jacob Campos, WDM Valley, 143-4
Shot put - Jacob Campos, WDM Valley, 51-0
Long jump - Tavian Smith, IC West, 21-1
High jump - Jeremy Morgan, IC West, 6-0 1/4

LINN-MAR PLACEWINNERS

Top 3

1st - Shuttle hurdle relay (Perrion Scott, Rhys Davis, Tristan Freese, Mike Keiser) 59.62
1st - 4x100 relay (Perrion Scott, Tristan Freese, Brandon Jeffries, Tim Wolfe) 43.49
3rd - Mike Keiser, 110 hurdles, 15.45
3rd - Chase Grabau, 800, 2:01.70
3rd - 4x400 relay 3:37.30

GIRLS TEAM STANDINGS

1. Iowa City West 132, 2. Iowa City High 120, 3. Waukee 112, 4. Des Moines Roosevelt 70, 5. Kennedy 58, 6. Muscatine 26, 7. Des Moines East 17, 8. Southeast Polk 9.

WINNERS

3000 - Ashlynn Yokom, IC West, 10:24.62
4x800 relay - Kennedy 9:50.32
Shuttle hurdle relay - Waukee 1:07.06
100 - Briyana Carter, DM Roosevelt, 12.86
Distance medley - Iowa City West 4:28.08
400 - Sarah Plock, IC High, 59.45
4x200 relay - Des Moines Roosevelt 1:44.52
100 meter hurdles - Mallory Smith, Waukee, 15.69
800 - Kathia Wampole, Kennedy, 2:21.69
200 - McKennan Cronbaugh, IC West, 26.50
400 hurdles - Sarah Plock, IC High, 1:07.09
Sprint medley - Waukee 1:56.16
1500 - Ashlynn Yokom, IC West, 4:54.40
4x100 relay - Iowa City West 51.09
4x400 relay - Iowa City West 4:10.78
Discus - Taylor Wells, DM Roosevelt, 119-9
Shot put - Alexa Hunt, DM Roosevelt, 40-10

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Long jump - McKennan Cronbaugh, IC West, 17-11 1/2

High jump - Kelli DeGeorge, Pleasant Valley, 5-1 1/4

KENNEDY PLACEWINNERS

Top 3

1st - 4x800 relay (Kathia Wampole, Carolyn Stone,
Lauren Meyer, Kristen Siebenga) 9:50.32

1st - Kathia Wampole, 800, 2:21.69

2nd - Shuttle hurdle relay 1:08.18

2nd - Marissa Estelle, 100 hurdles, 16.04

3rd - Emma Moss, 400 hurdles, 1:12.35