

Evans, Jenks lead parade to Drake

Written by Jim Ecker

Sunday, 21 April 2013 21:33 - Last Updated Monday, 22 April 2013 11:38

Linn-Mar High School distance runners Josh Evans and Stephanie Jenks could turn the Drake Relays into their own distance carnival this week.

Evans, a junior, ranks first in the state in the 3200 meter run, second in the 1600 and second in the 800.

Jenks, a freshman and the 2012 state cross country champion, ranks first in the 3000 meter run, second in the 1500 and third in the 800.

All three distance races will be held on different days at the Drake Relays this Thursday, Friday and Saturday, but it remains to be seen if Evans and Jenks will push themselves to compete in all three events.

Evans also could run in the 1600 sprint medley and Jenks could run in the 4x800 relay.

Evans, who battled injuries during the cross country season, has been picking his spots this spring, trying to stay healthy in the rain and cold.

"I don't think we want to run Josh in all four events, even though it's three days," said Linn-Mar boys track coach Ken Hopkins. "Josh has not run in too many multi-event meets this year.

"We want Josh to be healthy and ready to go in the postseason that is coming up," he said.

Nate Hopp, who coaches the Linn-Mar girls track team, said they have not made a final decision on what Jenks will do in Des Moines. "I will know by Wednesday in regards to Stephanie," he reported.

Evans, Jenks lead parade to Drake

Written by Jim Ecker

Sunday, 21 April 2013 21:33 - Last Updated Monday, 22 April 2013 11:38

All seven Metro boys and girls track teams will be represented at the Drake Relays.

The Linn-Mar boys rank second in the 4x100 relay, 4x400 relay and shuttle hurdle relay. They rank fifth in the 4x200 relay, seventh in the 4x800 relay and eighth in the 1600 sprint medley.

Willie Rhoads of Kennedy ranks third in the high jump. Derek Jacobus ranks seventh in the long jump for the Cougars. Kennedy ranks seventh in the 4x100 relay and ninth in the 4x200 relay.

Timauntay Jones of Jefferson ranks fifth in the 800 meter run. The J-Hawks rank fourth in the 1600 sprint medley.

The Xavier Saints rank fifth in the 4x100 relay. Craig Murtha is sixth in the standings in the discus and Nick Steingreaber stands ninth in the 100 meter dash.

Isaac Frazier of Marion ranks ninth in the high jump and Zach Borens is 10th in the shot put.

Prairie ranks 10th in the shuttle hurdle relay.

The Cedar Rapids Jefferson girls will be looking to do some damage in Des Moines. They rank second in the 4x200 relay, third in the 4x100 relay, fourth in the shuttle hurdle relay, fifth in the 800 sprint medley and sixth in the 4x400 relay. Madison Ranschau ranks 10th in the 100 high hurdles.

Breyana Cooper of Kennedy ranks sixth in the long jump and Marisa Estelle is ninth in the 100 high hurdles.

Washington stands seventh in the 4x100 relay and ninth in the 4x200 relay.

Evans, Jenks lead parade to Drake

Written by Jim Ecker

Sunday, 21 April 2013 21:33 - Last Updated Monday, 22 April 2013 11:38

Amber Decker of Linn-Mar ranks fourth in the 800. The Lions rank ninth in the 800 sprint medley.

BOYS QUALIFIERS

LINN-MAR: Josh Evans (800, 1600, 3200), Tanner Rathje (1600), Mike Keiser (110 hurdles), 4x100, 4x200, 4x400, 4x800, sprint medley, shuttle hurdle relay.

MARION: Devin LeBeau (100), Quinn Cannoy (110 hurdles), Isaac Frazier (high jump), Zach Borens (shotput), Justin Dolley (discus), 4x100, 4x400, shuttle hurdle relay.

KENNEDY: Willie Rhoads (high jump), Derek Jacobus (long jump), Famiek Cook (long jump), 4x100, 4x200, shuttle hurdle relay.

XAVIER: Nick Steingreaber (100), Craig Murtha (discus), 4x100.

JEFFERSON: Timauntay Jones (800), 4x100, 4x200, sprint medley.

WASHINGTON: Trevor Luebe (800), 4x100, 4x200, sprint medley.

PRAIRIE: Isaiah Vlasek (3200), Haakon Wilz (110 hurdles), 4x100, 4x400, shuttle hurdle relay.

GIRLS QUALIFIERS

Evans, Jenks lead parade to Drake

Written by Jim Ecker

Sunday, 21 April 2013 21:33 - Last Updated Monday, 22 April 2013 11:38

LINN-MAR: Stephanie Jenks (800, 1500, 3000), Amber Decker (800, 1500), Sara Strauel (high jump), Brooke Lorenz (long jump), 4x100, 4x400, 4x800, sprint medley.

KENNEDY: Kathia Wampole (1500), Alyssa Averhoff (3000), Allison Culver (3000), Marisa Estelle (100 hurdles), Breyana Cooper (long jump), 4x100, 4x800, sprint medley, shuttle hurdle relay.

JEFFERSON: Madison Ranschau (100 hurdles), Taylor Jacobson (100 hurdles), 4x100, 4x200, 4x400, sprint medley, shuttle hurdle relay.

PRAIRIE: Hailee Montgomery (100 hurdles), Leslie Harder (high jump), Natalie Rumer (shot put), 4x100.

WASHINGTON: Kadejah Sanders (100), Shannon Gorman (3000), 4x100, 4x200.

XAVIER: 4x100.

MARION: 4x100.