

## Scott helps Lions win track title

Written by Mike Condon  
Thursday, 09 May 2013 22:37 -

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Perrion Scott said he tried to treat the Class 4A state qualifying meet as just another meet.

He was not altogether successful.

Oh, the results were what Scott wanted. The speedy Linn-Mar sophomore won the 100 and 200 meter dashes and was a part of winning efforts in the 4x100 and 4x200 relays as the Lions took the team title Thursday night at Linn-Mar Stadium.

Linn-Mar won seven events and scored 136 points, outdistancing Iowa City High (117), Cedar Rapids Prairie (112) and Cedar Rapids Kennedy (106).

All event winners and runners-up in each of the six state qualifying meets earn automatic spots at state. The next 12 best performances from the six meets also earn state berths.

Weather postponed meets at Dubuque and North Scott, so the final list of qualifiers won't be known until those meets are run.

The soft-spoken Scott said the day could not have gone better for the Lions.

"We just went out and executed," he said. "We try to treat every practice, every meet the same way. Nothing too high, nothing too low."

Try as he might, Scott could not treat the state qualifier just like any other day.

"I didn't get too much sleep last night," he admitted. "All I could think about is what I could do to help my teammates make it to state."

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"Last year wasn't so good for us. I wanted to make a change out of that as an athlete and a teammate."

Scott did his share to make that happen. He held off Cedar Rapids Xavier's Nick Steingreaber to win the 100 in 10.84 seconds, then outraced Cedar Rapids Kennedy's John Koelling to win the 200 in 22.47.

Scott anchored the winning effort in the 4x200 relay and his strong first leg on the 4x100 led to another win.

"Everyone on our team are like brothers," Scott said. "We all stick together and work hard. It's a blessing to have the kind of day we did as a team."

Linn-Mar junior Josh Evans won just one of the three individual races he entered, finishing impressively in the 1600 to win in 4:21.90. He was edged at the tape in the 3200 by Iowa City High's Brook Price and finished fourth in a tightly packed 800.

It was Evans' first meet in which he ran three events, coming off an injury-plagued cross country season. Even though he was fourth in the 800, it's likely he will draw one of the 12 next-best time spots after all the results are in.

"My main goal today was to try and qualify in all three events," he said. "I was trying to stay as fresh as I could because I knew (the 800) would be the race of the night."

The top five in the race finished under the two-minute mark. Cedar Rapids Jefferson's Timauntay Jones won in 1:56.81. Evans' teammate Tanner Rathje was third (1:58.94) followed by Evans (1:59.09).

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"It was just a great day for the entire team," Rathje said. "Running with a guy like Josh just makes you so much better."

Evans believes the Lions are in great position to make a run at a state title next week in Des Moines.

"Everybody did a great job today," he said. "Our sprinters were just outstanding and our distance guys did great as well. I think we are going to end up having a lot of guys qualify."

The Lions also got a win from Mike Keiser in the 110 hurdles and the 4x800 relay.

Prairie got three wins. Haakon Wilz won the 400 hurdles, Tristan Beyer captured the 400 and the Hawks took top honors in the 4x400 relay.

Kennedy won three of the four field events. Drew Heitland won the shot put, Willie Rhoads took the high jump and Famiek Cook won the long jump. The Cougars also won the shuttle hurdle relay.

Cedar Rapids Xavier's Craig Murtha took the discus.

### TEAM STANDINGS

1. Linn-Mar 136, 2. Iowa City High 117, 3. Prairie 112, 4. Kennedy 106, 5. Washington 71, 6. Jefferson 58, 7. Xavier 55, 8. Marshalltown 46.

### 100 METER DASH

1. Perrion Scott (LM) 10.84, 2. Nick Steingreaber (CRX) 10.95, 3. Bryson Runge (ICH) 11.12, 4. Mitch Bredeson (CRW) 11.19, 5. Demetrius Harper (CRP) 11.21, 6. Brandon Jeffries (LM) 11.29.

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### 200 METER DASH

1. Perrion Scott (LM) 22.15, 2. John Koelling (CRK) 22.47, 3. Dylan Chittick (CRJ) 22.64, 4. Jacob Shannon (CRK) 23.09, 5. Jalen Rima (CRP) 23.19, 6. Dylan Eller (CRX) 23.40.

### 400 METER DASH

1. Tristan Beyer (CRP) 49.77, 2. Ryan Dorman (ICH) 50.06, 3. John Koelling (CRK) 50.14, 4. Nick Corbett (CRW) 50.74, 5. Timauntay Jones (CRJ) 51.17, 6. Noah Dostal (CRW) 52.96.

### 800 METER RUN

1. Timauntay Jones (CRJ) 1:56.81, 2. Ryan Dorman (ICH) 1:58.83, 3. Tanner Rathje (LM) 1:58.94, 4. Josh Evans (LM) 1:59.09, 5. Mohamed Traore (ICH) 1:59.14, 6. Tysen VanDraska (CRP) 2:00.13.

### 1600 METER RUN

1. Josh Evans (LM) 4:21.90, 2. Brook Price (ICH) 4:24.30, 3. Tanner Rathje (LM) 4:26.47, 4. Mitch Pritts (CRP) 4:30.78, 5. Isaiah Vlasek (CRP) 4:32.08, 6. Joe Berry (CRW) 4:38.28.

### 3200 METER RUN

1. Brook Price (ICH) 9:25.17, 2. Josh Evans (LM) 9:25.25, 3. Mitch Pritts (CRP) 9:28.78, 4. Isaiah Vlasek (CRP) 9:35.32, 5. Chris Ohrt (ICH) 9:53.84, 6. Joe Berry (CRW) 10:02.18.

### 110 HIGH HURDLES

1. Mike Keiser (LM) 15.06, 2. Haakon Wilz (CRP) 15.09, 3. Tom Kaiser (CRK) 15.39, 4. Savaun Bounds (CRJ) 15.53, 5. Mitch Dellamuth (CRP) 15.56, 6. Kole Butler (ICH) 15.57.

### 400 LOW HURDLES

1. Haakon Wilz (CRP) 54.52, 2. Mohamed Traore (ICH) 55.52, 3. Keegan Cook (LM) 55.95, 4. Noah Clasen (CRX) 56.07, 5. Lucas Vanous (CRJ) 56.23, 6. Isaiah Nimmers (CRW) 57.07.

### 4X100 METER RELAY

1. Linn-Mar (Perrion Scott, Tristan Freese, Brandon Jeffries, Tim Wolfe) 42.24, 2. Iowa City High 42.98, 3. Kennedy 43.23, 4. Jefferson 43.98, 5. Xavier 44.15, 6. Prairie 44.43.

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### 4X200 METER RELAY

1. Linn-Mar (Austin Flieder, Tristan Freese, Tim Wolfe, Perrion Scott) 1:27.57, 2. Kennedy 1:29.32, 3. Iowa City High 1:30.77, 4. Jefferson 1:30.88, 5. Prairie 1:31.74, 6. Washington 1:32.18.

### 4x400 METER RELAY

1. Prairie (Tristan Beyer, Lucas Howes, Jarred Edmonds, Demetrius Harper) 3:24.56, 2. Linn-Mar 3:25.91, 3. Washington 3:26.51, 4. Jefferson 3:28.24, 5. Xavier 3:28.31, 6. Kennedy 3:31.11.

### 4X800 METER RELAY

1. Linn-Mar (Chase Grabau, Greyson Dolezal, Duggan Trenary, Daniel Murphy) 8:04.70, 2. Iowa City High 8:06.37, 3. Prairie 8:18.66, 4. Washington 8:21.96, 5. Xavier 8:26.74, 6. Kennedy 8:28.27.

### DISTANCE MEDLEY

1. Iowa City High 3:33.37, 2. Linn-Mar 3:33.42, 3. Washington 3:35.99, 4. Prairie 3:43.45, 5. Xavier 3:47.65, 6. Jefferson 3:54.70.

### SHUTTLE HURDLE RELAY

1. Kennedy (Tom Kaiser, Derek Jacobus, Marcus Perkins, Famiek Cook) 56.79, 2. Linn-Mar 57.77, 3. Prairie 58.37, 4. Jefferson 1:01.43, 5. Marshalltown 1:03.56, 6. Washington 1:04.69.

### HIGH JUMP

1. Willie Rhoads (CRK) 6-5.25, 2. Brady Arment (MAR) 6-2, 3. Shaun Beyer (CRK) 6-0, 4. Cam Spears (ICH) 6-0, 5. Keegan Cook (LM) 5-10, 6. Seth Rinderknecht (CRP) 5-8.

### LONG JUMP

1. Famiek Cook (CRK) 22-4.5, 2. Derek Jacobus (CRK) 22-2, 3. Razadon Taylor (CRW) 21-11, 4. Haakon Wilz (CRP) 20-4, 5. Blake Bernauer (CRJ) 19-7, 6. Brady Arment (MAR) 18-10.5.

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### SHOT PUT

1. Drew Heitland (CRK) 49-9.75, 2. Pedro Gomez (MAR) 49-5.5, 3. Craig Murtha (CRX) 48-10.5, 4. Tanner Odle (ICH) 48-0.5, 5. Josh Williams (CRP) 47-1, 6. Royal Silver (CRW) 45-10.

### DISCUS

1. Craig Murtha (CRX) 156-7.5, 2. Wesley Ennis (CRW) 139-0, 3. Austin Butcher (MAR) 136-0, 4. Jake Leohr (ICH) 133-3.5, 5. Pedro Gomez (MAR) 131-7, 6. Tanner Odle (ICH) 129-6.5.

WHEELCHAIR 100: Jordan Houdeshell (LM) 18.59.

WHEELCHAIR 200: Jordan Houdeshell (LM) 35.88

WHEELCHAIR 400: Jordan Houdeshell (LM) 1:08.78

WHEELCHAIR SHOT PUT: Jordan Houdeshell (LM) 15-11.