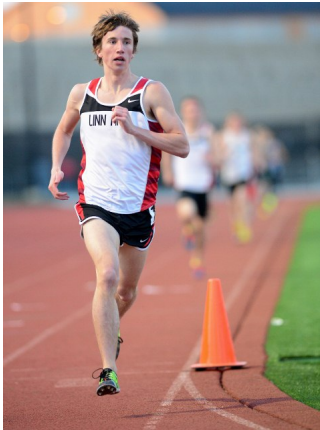


Evans puts on show for Linn-Mar fans

Written by Jim Ecker

Tuesday, 08 April 2014 22:44 - Last Updated Wednesday, 09 April 2014 00:28



Linn-Mar High School distance star Josh Evans wanted to put on a special show at the Clark Weaver Lion Relays Tuesday on Senior Recognition Night.

He succeeded admirably.

Evans sped to victory in the 1600 meter run in 4 minutes, 16.95 seconds and lifted the Lions to victory in the 4x800 relay with a sizzling anchor leg.

Evans already owned the best time in the state in the 1600 this spring at 4:22.06, and he lowered that mark by more than five seconds at the Linn-Mar track.

Evans can win just about any race he runs — the 800, 1600 or 3200 — but he wanted to treat the home crowd to a special showing in the 1600.

"I kind of talked to my coach earlier about this," he said. "The 1600 is kind of my thing. It's my favorite event."

Evans puts on show for Linn-Mar fans

Written by Jim Ecker

Tuesday, 08 April 2014 22:44 - Last Updated Wednesday, 09 April 2014 00:28

"To me, it just seems like the nicest mix of speed and endurance. It's simple to run, but not simple. I like it. It's a nice mix of mental and physical strength."

Evans said he plans to run the 1600 in a special prep event at the Kansas Relays on Saturday, April 19. He'll have to leave his teammates for a few days, but said they support the venture.

"I'm going down there and run in the team uniform," he said. "I can't wait for it. I'm so nervous. It's going to be fast."

A week after going to Kansas, he plans to defend his title in the 1600 at the Drake Relays. He set a meet record in the 1600 at Drake a year ago.



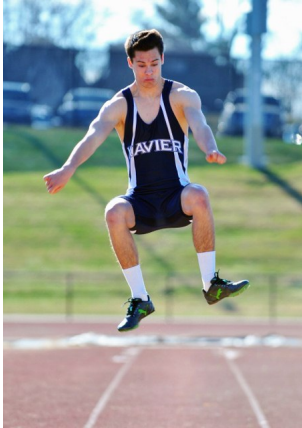
The Kennedy Cougars won the team championship at the Lion Relays with 106 points. Linn-Mar finished fourth, Jefferson fifth, Xavier seventh and Washington eighth.

Kennedy got victories from Shaun Beyer in the high jump, the shuttle hurdle relay and the 1600 medley relay. Derek Jacobus, the state champion in the long jump last year, did not compete Tuesday because of minor tightness in a hamstring muscle.

Evans puts on show for Linn-Mar fans

Written by Jim Ecker

Tuesday, 08 April 2014 22:44 - Last Updated Wednesday, 09 April 2014 00:28



Linn-Mar sprinter Perrion Scott, one of the fastest men in the state, also did not compete Tuesday. The Gazette has reported that Scott is academically ineligible, but Linn-Mar coaches and officials declined comment.

Evans trailed by 35 yards when he got the baton in the 4x800 relay, but he closed ground in a hurry and won the race by about 35 yards with a strong kick.

Nick Stark of Xavier won the long jump with a healthy effort of 21 feet, 7 1/2 inch.

Landon Akers of Washington claimed the 400 meter dash and Isaiah Nimmers of Washington won the 400 hurdles.

Savaun Bounds of Jefferson captured the 110 high hurdles.

TEAM STANDINGS

1. Kennedy 106, 2. Dubuque Senior 89.5, 3. Waterloo West 84, 4. Linn-Mar 81, 5. Jefferson 62.5, 6. Iowa City High 57, 7. Xavier 44, 8. Washington 34.

Evans puts on show for Linn-Mar fans

Written by Jim Ecker

Tuesday, 08 April 2014 22:44 - Last Updated Wednesday, 09 April 2014 00:28

WINNERS

Discus - Lucas LeGrand, Dubuque Senior, 146-6

Shot put - Lajashiene Williams, Waterloo West, 48-6 1/2 (meet record)

Long jump - Nick Stark, Xavier, 21-7 1/2

High jump - Shaun Beyer, Kennedy, 6-0

3200 - Mark Fairley, Dubuque Senior, 9:57.37 (meet record)

4x800 relay - Linn-Mar (Greyson Dolezal, Tanner Rathje, Joe A'Hearn, Josh Evans) 8:22.57

Shuttle hurdle relay - Kennedy (Famiek Cook, Austin Coats, Marcus Perkins, Shaun Beyer) 59.59 (meet record)

100 - Bryson Runge, Iowa City High, 10.96

400 - Landen Akers, Washington, 50.81 (meet record)

4x200 relay - Iowa City High 1:31.70 (meet record)

110 hurdles - Savaun Bounds, Jefferson, 15.68

Evans puts on show for Linn-Mar fans

Written by Jim Ecker

Tuesday, 08 April 2014 22:44 - Last Updated Wednesday, 09 April 2014 00:28

1600 - Josh Evans, Linn-Mar, 4:16.95 (meet record)

200 - Lance Dunn, Waterloo West, 22.71 (meet record)

400 hurdles - Isaiah Nimmers, Washington, 57.27

1600 medley relay - Kennedy (Cody Burke, Triston Christopher, Mitchell Gaffey, Mark Schultz)
3:42.26

800 - Mark Fairley, Dubuque Senior, 2:05.42

4x100 relay - Waterloo West 44.25 (meet record)

4x400 relay - Dubuque Senior 3:30.97 (meet record)