

Gimpy Dunn wins 400 meter hurdles

Written by Michael Schmidt

Thursday, 12 May 2011 21:55 - Last Updated Thursday, 12 May 2011 22:38

DUBUQUE – After four grueling events, Kyle Dunn sprawled out on the Field Turf at the Rock Bowl.

You couldn't blame the Linn-Mar standout for needing a breather.

Dunn, an Arkansas signee, had to battle through pain and exhaustion to claim one individual title Thursday at the Class 4A district track meet at Loras College.

The Lions scored 134 points to finish second in the team race. Cedar Falls won the meet with 164 points.

Individual and relay winners are guaranteed a spot in the Class 4A field. The remaining qualifiers will be decided Friday.

Dunn has been wearing a walking boot for about a week after bruising the ball of his left foot. He couldn't stand on the foot over the weekend, but the swelling finally subsided around mid-week.

The injury changed Dunn's outlook about districts. Instead of trying to dominate, Dunn was simply looking to qualify and buy extra time.

"Hopefully, I can bust out a few good times at state," Dunn said.

Dunn captured the 400-meter hurdles in a time of 54.84, thanks to a strong finishing kick that pushed him into the lead in the final 100.

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Earlier, Dunn finished second to Cedar Falls' Marshall Hill in the 400-meter dash. Dunn responded about 20 minutes later with a runner-up showing in the 110 hurdles. Dunn's teammate, Brandon Ophoff, edged Dunn at the finish line, 14.49 to 14.53, to win the title.

"There's no way I'm as good as I am without (Dunn) pushing me at practice and meets," Ophoff said. "I got out of the blocks really, really well and didn't make any huge mistakes."

Dunn would be OK with the possibility of Ophoff edging him for a state title next week in the 110 highs.

"If I get silver to Brandon, it's as good as gold," Dunn said.

Dunn's fourth event, the 800, was a first for him. The Linn-Mar coaching staff decided to enter Dunn into the 800 in hopes of qualifying him and stealing a few extra points at state.

It didn't work out as planned. Dunn was disqualified after winning the first heat of the 800 due to inappropriate post-race comments.

"But, nothing always goes by plan," Linn-Mar Coach Ken Hopkins said. "Overall, we're happy. We had some people on the bubble that will probably get in."

Linn-Mar posted titles in two relay events – the 4x800 and the shuttle hurdle. The Lions' 4x800 team of Aaron Razo, Nick Gentzler, Jabez Walker and Chase Grabau finished in a time of 8:00.72.

Ophoff, Colton Sanchez, Rami Amr and Mike Keiser teamed to win the shuttle hurdle relay in a time of 59.43.

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The Lions received second-place finishes from Josh Evans in the 3200, Jack Halupnick in the shot put, Mac Mahmens in the discus and their distance medley relay team of Aaron Hunter, Jake Luerkens, Jordan Kremer and Matt Simon.

The Linn-Mar coaching staff is faced with many decisions about its state meet lineup, the biggest being Dunn's fourth event.

Dunn will compete in the 400 hurdles and likely the 110 hurdles and the 400. Hopkins said he will have to decide whether to put Dunn in the shuttle hurdle or the medley relay.

"We have potential in both (relay) events," Hopkins said. "We're going to look at state and see where we can put individuals in order to win (the team title). We think we have the firepower to win it."

CLASS 4A DISTRICT MEET At Dubuque Hempstead

Teams -- 1. Cedar Falls 164, 2. Linn-Mar 134, 3. Waterloo West 103.5, 4. Mason City 78, 5. Dubuque Senior 66, 6. Dubuque Hempstead 62.5, 7. Western Dubuque 59, 8. Waterloo East 32

100 Meters

1. James Harrington (CF) 10.73, 2. Luke Toyosi (CF) 10.98, 3. Tyrell Martin (WW) 11.08, 4. Haris Nuhanovic (WW) 11.39, 5. Dajon Taylor (WE) 11.48, 6. Brandon Jeffries (LM) 11.73

200 Meters

1. James Harrington (CF) 22.07, 2. Luke Toyosi (CF) 22.32, 3. Aaron Taylor (WE) 22.32, 4. Corey Harris (WDub) 22.83, 5. Antonio Milons (WDub) 23.09, 6. Rashon Burrell (WW) 23.66

400 Meters

1. Marshall Hill (CF) 48.86, 2. Kyle Dunn (LM) 51.01, 3. Nick Gary (CF) 51.40, 4. Logan Pitz (WDub) 52.84, 5. Jacob Salwolke (DH) 53.33, 6. Keenan Brown (DH) 53.82

800 Meters

1. Ben Loeffelholz (DH) 1:59.32, 2. Bryant Sanchez (MC) 2:00.22, 3. Chase Grabau (LM) 2:01.22, 4. Jakob Stoner (CF) 2:03.04, 5. Cesar Marquez (CF) 2:05.11, 6. Dylan James (WDub) 2:05.93

1600 Meters

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1. Coty Thompson (MC) 4:28.07, 2. Tanner Reyhons (CF) 4:28.30, 3. Josh Evans (LM) 4:30.86, 4. Andrew Halloran (CF) 4:36.86, 5. Aaron O'Leary (WW) 4:42.72, 6. Andrew Brimeyer (DS) 4:47.42

3200 Meters

1. Andrew Brimeyer (DS) 9:43.29, 2. Josh Evans (LM) 9:49.60, 3. Jaime Zarate (CF) 9:49.77, 4. Adam Streicher (CF) 9:54.01, 5. Blake Whalen (DS) 10:26.42, 6. Zach Freund (DH) 10:42.71

110 Meter Hurdles

1. Brandon Ophoff (LM) 14.49, 2. Kyle Dunn (LM) 14.53, 3. Nick Lenstra (WDub) 15.45, 4. Zach Newell (WW) 15.68, 5. Wesley Akin (WW) 15.94, 6. Kalund Brown (CF) 16.08

400 Meter Hurdles

1. Kyle Dunn (LM) 54.84, 2. Nick Lenstra (WDub) 55.91, 3. Nick Lucas (LM) 56.35, 4. Trevor Hein (DS) 56.41, 5. Tyler Donovan (WDub) 58.13, 6. Jamie Medina (WW) 58.39

4x100 Meter Relay

1. Cedar Falls 42.42, 2. Waterloo West 42.99, 3. Linn-Mar (Brandon Jeffries, Tommy Feller, Aaron Hunter, Jake Luerkens) 43.80, 4. Waterloo East 44.16, 5. Mason City 46.20, 6. Dubuque Senior 46.74

4x200 Meter Relay

1. Cedar Falls 1:28.81, 2. Waterloo West 1:29.73, 3. Western Dubuque 1:30.52, 4. Dubuque Hempstead 1:31.17, 5. Mason City 1:31.47, 6. Linn-Mar (Brandon Jeffries, Tommy Feller, Jake Luerkens, Aaron Hunter) 1:32.22

4x400 Meter Relay

1. Cedar Falls 3:22.66, 2. Dubuque Senior 3:26.69, 3. Mason City 3:26.79, 4. Dubuque Hempstead 3:26.93, 5. Linn-Mar (Brandon Ophoff, Aaron Razo, Jordan Kremer, Duggan Trenary) 3:27.86, 6. Waterloo West 3:29.76

4x800 Meter Relay

1. Linn-Mar (Aaron Razo, Nick Gentzler, Jabez Walker, Chase Grabau) 8:00.72, 2. Dubuque Hempstead 8:02.05, 3. Mason City 8:05.05, 4. Waterloo West 8:06.51, 5. Western Dubuque 8:11.44, 6. Cedar Falls 8:30.22

100 Meter Wheelchair

1. Jon Litzkow (WW) 20.39, 2. Jordan Houdeshell (LM) 23.44

200 Meter Wheelchair

1. Jordan Houdeshell (LM) 48.02, 2. Jon Litzkow (WW) 1:00.00

400 Meter Wheelchair

1. Jordan Houdeshell (LM) 1:31.80, 2. Jon Litzkow (WW) 2:05.61

Distance Medley Relay

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1. Mason City 3:35.51, 2. Linn-Mar (Aaron Hunter, Jake Luerkens, Jordan Kremer, Matt Simon) 3:36.07, 3. Dubuque Hempstead 3:37.78, 4. Waterloo West 3:38.51, 5. Western Dubuque 3:40.77, 6. Dubuque Senior 3:42.06

High Jump

1. Barley Hill (CF) 6-4, 2. Tylor White (WE) 6-3, 3. Danny Larsen (MC) 6-3, 4. Kalund Brown (CF) 6-3, 5. AJ Rier (MC) 6-2, 6. Wesley Akin (WW) 6-2, 6. Christopher Francis (DH) 6-2

Long Jump

1. Marcus Hughes (MC) 20-11.5, 2. Dequayvious Martin (WW) 20-8.75, 3. Calvin Bahl (DH) 20-7, 4. Barkley Hill (CF) 20-5, 5. Colton Sanchez (LM) 20-2.25, 6. Jason Millett (WW) 19-11

Discus

1. Dan Behning (DS) 139-1, 2. Mac Mahmens (LM) 136-11, 3. Mitch Berendes (DH) 135-2, 4. Tre Keller (WW) 132-6, 5. Mitch Powers (DS) 127-1, 6. Andrew Martin (WW) 121-6

Shot Put

1. Tre Keller (WW) 48-4, 2. Jack Halupnick (LM) 48-3.5, 3. Brady Waskow (CF) 47-8.25, 4. Ross Pierschbacher (CF) 46-2, 5. Dan Behning (DS) 45-2, 6. Cameron Winters (WE) 44-9.5

Shot Put Wheelchair

1. Alex Gudenkauf (DS) 29-1.5, 2. Jon Litzkow (WW) 13-1, 3. Jordan Houdeshell (LM) 12-1

Shuttle Hurdle Relay

1. Linn-Mar (Brandon Ophoff, Colton Sanchez, Rami Amr, Mike Keiser) 59.43, 2. Mason City 1:00.32, 3. Waterloo West 1:00.61, 4. Cedar Falls 1:01.36, 5. Dubuque Senior 1:01.52, 6. Western Dubuque 1:02.24