

Cougars, Lions roar at IC track

Written by Metro Sports Report
Saturday, 04 April 2015 22:37 -

IOWA CITY - Dalles Jacobus of Cedar Rapids Kennedy won the shot put and the discus at the Hollingsworth Relays in Iowa City Saturday.

Jacobus captured the shot put with a toss of 51 feet. He claimed the discus with a fling of 154 feet, 11 inches.

Willie Rhoads of Kennedy won the high jump at 6 feet, 4 inches. Shaun Beyer also cleared 6-4 for the Cougars, but Rhoads won the title with fewer misses.

The Linn-Mar Lions set a meet record in the 4x200 relay with Austin Flieder, Tristan Freese, Griffin Freese and Daniel Gorsich timed in 1:29.58. It was the only meet record for the day.

The Lions also claimed the 4x400 relay and the shuttle hurdle relay.

Ames won the meet with 103 points. Kennedy placed second out of 10 teams with 92.5 points. Linn-Mar finished fifth with 53.5 points.

TEAM STANDINGS

1. Ames 103, 2. Kennedy 92.5, 3. Cedar Falls 71, 4. Pleasant Valley 69, 5. Linn-Mar 53.5, 6. Johnston 49, 7. Muscatine 42.5, 8. Iowa City West 30, 9. Davenport Central 27.5, 10. Ankeny Centennial 20.

WINNERS

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100 - Darrius Martin, Ames, 11.22
200 - Darrius Martin, Ames, 23.06
400 - Josh Jamison, Cedar Falls, 50.76
800 - Daniel Chan, Ames, 1:59.48
1600 - Daniel Chan, Ames, 4:34.23
3200 - Atem Akok, Ames, 9:47.80
110 hurdles - Jack Bergstrom, Johnston, 14.88
400 hurdles - Gage Eller, Ames, 56.46
4x100 relay - Cedar Falls 43.52
* 4x200 relay - Linn-Mar (Austin Flieder, Tristan Freese, Griffin Freese, Daniel Gorsich) 1:29.58
4x400 relay - Linn-Mar (Austin Flieder, Dalton Gorsich, Greyson Dolezal, Joe A'Hearn) 3:26.77
4x800 relay - Pleasant Valley 8:09.42
Sprint medley - Johnston 3:35.39
Shuttle hurdle relay - Linn-Mar (Daniel Gorsich, Gavern Dochterman, Griffin Freese, Zeal Baker) 59.64
High jump - Willie Rhoads, Kennedy, 6-4
Long jump - CJ Carter, Pleasant Valley, 20-11 1/4
Shot put - Dalles Jacobus, Kennedy, 51-0
Discus - Dalles Jacobus, Kennedy, 154-11

METRO PLACEWINNERS

Top 3

KENNEDY

2. Shaun Beyer, 110 hurdles, 15.22
2. Austin Coats, 400 hurdles, 57.58
2. Shaun Beyer, high jump, 6-4
2. Jackson Coker, discus, 146-4
3. Hunter Schoenauer, 400, 51.98
3. Jay Blank, long jump, 20-2 3/4

LINN-MAR

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2. 4x100 relay 43.53
3. Daniel Gorsich, 110 hurdles, 15.30