

Linn-Mar girls go dancing in the rain

Written by Jim Ecker

Thursday, 14 May 2015 22:04 - Last Updated Thursday, 14 May 2015 22:13



Linn-Mar junior Stephanie Jenks is accustomed to getting wet in sports events from her training as a swimmer and triathlete, but running long distances in a downpour is not her cup of tea.

"Sure! I love it," Jenks said sarcastically Thursday night. "I love being wet and heavy and not being able to see. All that fun stuff."

It didn't seem to bother her, however.

Jenks captured the 800, 1500 and 3000 meter runs at the Class 4A district track meet as the Lions won the title and qualified a large contingent of athletes for the state meet next week.

Jenks also finished a strong second in the 400 hurdles, her new event, and undoubtedly qualified for that race at the state meet as well.

Linn-Mar freshman Payton Wensel, a budding star for the Lions, claimed the 400 hurdles and ran impressive anchor legs on the triumphant 4x800 relay and 4x400 relay. She dealt with the inclement weather by simply trying to

Linn-Mar girls go dancing in the rain

Written by Jim Ecker

Thursday, 14 May 2015 22:04 - Last Updated Thursday, 14 May 2015 22:13

ignore it.

"Honestly, I like being able to challenge myself mentally and just focus on my race," she said. "All the other teams are complaining about how it's wet and the track is slippery. I just want to be able to focus on my race and not whether the track is slippery or not."

Wensel began the day with the second-fastest time in the state in the 400 meter dash. And despite the rain, she clipped another tenth of a second off her personal best with a 56.15 clocking.

"I was just beyond belief when I found out my time," she remarked. "It was amazing to me. I'm just so happy to be able to come out here and do this kind of stuff."

Wensel will be one of the favorites at the Class 4A state meet in the 400. Jenks will be the heavy favorite in the 800, 1500 and 3000, giving Linn-Mar a shot at four individual titles. The Lions also have strong relays and other top individuals.

Ariana Rolle won the long jump, Lannie Nietert took the shot put and Brooke Lorenz won the high jump Thursday as Linn-Mar won nine of 19 events in the meet.

The Linn-Mar girls will be aiming for the team championship in Des Moines next weekend.

"I think we're in pretty good shape right now," said Jenks. "It's just being able to see how the team actually prepares for state. It will be interesting."

Linn-Mar girls go dancing in the rain

Written by Jim Ecker

Thursday, 14 May 2015 22:04 - Last Updated Thursday, 14 May 2015 22:13

The Jefferson girls won all five of their specialties at the district meet. Jasmine Blue captured the 100 meter dash, Lucy Schneekloth claimed the 200 meter dash and the J-Hawks won all three of the sprint relays in the 4x100, 4x200 and 800 medley with Blue, Schneekloth, Abbie Ranschau and Morgan Meese on all three units.

Blue said the J-Hawks are ready for the state meet.

"I feel good. I'm excited," she said after anchoring the 4x100 to victory. "The times may not be showing it today with the weather, but they will."

The boys track teams from Kennedy and Linn-Mar also frolicked in the rain Thursday night at Linn-Mar Stadium. Both squads won six events, but the Cougars trimmed the Lions for the district title 166 to 156.5.



Willie Rhoads captured the high jump and long jump for Kennedy. Jackson Coker won the discus, Dalles Jacobus claimed the shot put, Shaun Beyer took the 110 hurdles and Mark Schulz won the 800.

Ryan Murphy was a double-winner for Linn-Mar in the 1600 and 3200. The Lions also claimed the 4x800 relay, shuttle hurdle relay, 4x100 relay and 4x400 relay.

The Washington Warriors won three events. Landen Akers took the 400, Isaiah Nimmers won the 400 hurdles and the Warriors notched the 4x200 relay.

Linn-Mar girls go dancing in the rain

Written by Jim Ecker

Thursday, 14 May 2015 22:04 - Last Updated Thursday, 14 May 2015 22:13

Dan Larson won the 200 meter dash for Jefferson.

The state track meet will be held in Des Moines next Thursday, Friday and Saturday.

GIRLS TEAM STANDINGS

1. Linn-Mar 169, 2. Iowa City West 143.5, 3. Iowa City High 102.5, 4. Jefferson 101.5, 5. Washington 62, 6. Ottumwa 55, 7. Kennedy 54.5, 8. Marshalltown 46.

GIRLS WINNERS

Long jump - Ariana Rolle, Linn-Mar, 17-5 3/4

Shot put - Lannie Nietert, Linn-Mar, 38-11 1/4

3000 - Stephanie Jenks, Linn-Mar, 10:39.84

4x800 relay - Linn-Mar (Maddie Saville, Ally Hicks, Hanna Saville, Payton Wensel) 9:35.57

Shuttle hurdle relay - Iowa City West 1:07.90

100 - Jasmine Blue, Jefferson, 12.56

High jump - Brooke Lorenz, Linn-Mar, 5-2

Distance medley - Iowa City West 4:13.43

400 - Payton Wensel, Linn-Mar, 56.15

4x200 relay - Jefferson (Abbie Ranschau, Jasmine Blue, Morgan Meese, Lucy Schneekloth) 1:41.95

Discus - Leah Dusterhoft, Iowa City West, 124-5

100 hurdles - Valerie Welch, Iowa City West, 15.49

800 - Stephanie Jenks, Linn-Mar, 2:15.89

200 - Lucy Schneekloth, Jefferson, 26.39

400 hurdles - Sarah Plock, Iowa City High, 1:03.46

800 sprint medley - Jefferson (Lucy Schneekloth, Morgan Meese, Abbie Ranschau, Jasmine Blue) 1:49.20

1500 - Jenks, Linn-Mar, 4:44.66

4x100 - Jefferson (Lucy Schneekloth, Abbie Ranschau, Morgan Meese, Jasmine Blue) 49.37

4x400 - Linn-Mar (Maddie Saville, Amber Decker, Hanna Saville, Payton Wensel) 4:01.96

Linn-Mar girls go dancing in the rain

Written by Jim Ecker

Thursday, 14 May 2015 22:04 - Last Updated Thursday, 14 May 2015 22:13

BOYS TEAM STANDINGS

1. Kennedy 166, 2. Linn-Mar 156.5, 3. Washington 99, 4. Iowa City West 89,
5. Iowa City High 82, 6. Jefferson 58.5, 7. Marshalltown 28, 8. Ottumwa 22.

BOYS WINNERS

4x800 relay - Linn-Mar (Joe A'Hearn, Michael Mather, Bryan Fogerty, Greyson Dolezal) 8:01.64

3200 - Ryan Murphy, Linn-Mar, 9:48.50

Discus - Jackson Coker, Kennedy, 168-5

Shuttle hurdle relay - Linn-Mar (Zeal Baker, Gavren Dochterman, Nick House, Daniel Gorsich)
57.54

High jump - Willie Rhoads, Kennedy, 6-5

100 - Bryson Runge, Iowa City High, 11.24

Long jump - Willie Rhoads, Kennedy, 21-10

400 - Landen Akers, Washington, 50.19

Shot put - Dalles Jacobus, Kennedy, 52-3

4x200 relay - Washington (Isaiah Nimmers, Andrew Dostal, Mason Taylor, Alex Herzog)
1:29.81

110 hurdles - Shaun Beyer, Kennedy, 15.15

1600 - Ryan Murphy, Linn-Mar, 4:34.51

200 - Dan Larson, Jefferson, 22.64

400 hurdles - Isaiah Nimmers, Washington, 54.54

Distance medley - Iowa City West 3:35.41

800 - Mark Schulz, Kennedy, 1:59.77

4x100 relay - Linn-Mar (Perrion Scott, Tristan Freese, Griffin Freese, Daniel Gorsich) 43.28

4x400 relay - Linn-Mar (Austin Flieder, Joe A'Hearn, Dalton Gosch, Sean Zimmerman) 3:27.13