

Evans doubles his fun at Forwald Relays

Written by Metro Sports Report
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IOWA CITY - Linn-Mar High School sophomore Josh Evans dominated the distance races at the Forwald Relays in Iowa City Thursday.

Evans broke the meet record and became the state leader in the 3200 meter run when he toured the Iowa City High track in 9:20.64. He also won the 1600 meter run in 4:25.05.

The Lions set another meet record and became the state leader in the 4x800 relay with a swift performance of 7:52.82 with Chase Grabau, Duggan Trenary, Jabez Walker and Matt Simon doing the honors.

Walker won the 400 meter low hurdles for Linn-Mar in 56.57 seconds. The Lions also won the sprint medley in 3:34.92 with Jake Luerkens, Tristan Freese, Simon and Grabau running the legs.

Brandon Ophoff, the state leader in the 110 high hurdles and 400 meter low hurdles for Linn-Mar, attended a church conference in St. Louis Thursday and did not compete.

Iowa City West ran away with the team championship with 175 points. Iowa City High finished second with 123 points and Linn-Mar placed third with 82.

FORWALD/COLEMAN RELAYS

Team Standings

1. Iowa City West 175, 2. Iowa City High 123, 3. Linn-Mar 82, 4. West Des Moines Valley 69, 5. Pleasant Valley 56, 6. Southeast Polk 24, 7. Des Moines East 21, 8. Muscatine 8.

Winners

4x800 relay - Linn-Mar 7:52.82 (meet record)
3200 - Josh Evans, Linn-Mar, 9:20.64 (meet record)
Shuttle hurdle relay - IC High 57.01 (meet record)
100 - Armando Williams, IC West, 11.04.
100 wheelchair - Jordan Houdeshell, Linn-Mar, 21.48 (meet record)

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400 - Ryan Dorman, IC High, 50.44.
400 wheelchair - Jordan Houdeshell 1:25.28.
4x200 relay - IC West 1:28.45.
110 hurdles - Dan Roemerman, IC High, 14.84.
1600 - Josh Evans, Linn-Mar, 4:25.05.
200 - Armando Williams, IC West, 22.35.
400 hurdles - Jabez Walker, Linn-Mar, 56.57.
Sprint medley - Linn-Mar 3:34.92.
800 - Bailey Wetherell, IC West, 2:00.17.
4x100 relay - IC West 42.31.
4x400 relay - WDM Valley 3:23.91.
Discus - Nick Kleppe, Pleasant Valley 162-6.
Shot put - Jacob Campos, WDM Valley, 52-11.
Long jump - Richard Bryant, IC West, 21-4 1/2.
High jump - Dondre Alexander, IC West, 6-2.

Linn-Mar Placewinners (Top 6)

1st - 4x800 relay (Chase Grabau, Duggan Trenary, Jabez Walker, Matt Simon) 7:52.82 (meet record: old 7:57.68).
1st - Josh Evans, 3200, 9:20.64 (meet record: old 9:24.53).
1st - Josh Evans, 1600, 4:25.05.
1st - Jabez Walker, 400 hurdles, 56.57.
1st - Sprint medley (Jake Luerkens, Tristan Freese, Matt Simon, Chase Grabau) 3:34.92.
3rd - Tommy Feller, 200, 23.35.
4th - 4x200 relay (Austin Fleider, Tristan Freese, Tim Wolf, Jake Luerkens) 1:31.75.
4th - 4x100 relay (Austiin Fleider, Jake Luerkens, Travis Kvach, Tristan Freese) 44.87.
4th - 4x400 relay (Jabez Walker, Duggan Trenary, Will Fuhrmann, Ryan Wirth) 3:28.60.
4th - Jake Halupnik, shot put, 46-3.
5th - Keegan Cook, 400, 53.31.
5th - Ellis McBrayer, 400 hurdles, 58.89.
5th - Keegan Cook, 800, 2:03.97.
6th - Tyler Chlystun, 3200, 10:05.39.
6th - Shuttle hurdle relay (Mike Keiser, Tristan Freese, Perion Scott, Colton Sanchez) 1:01.36.
6th - Devin Bettmann, 800, 2:04.58.
6th - Colton Sanchez, long jump, 19-9 3/4.