

## Lions, Hawks shine at Prairie Relays

Written by Jim Ecker

Tuesday, 15 April 2014 21:57 -

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Josh Evans has a small dilemma.

He's qualified for the Drake Relays in five events and could win all of them with a little help from his teammates in the relays, but he'll be limited to four races at the Blue Oval in Des Moines next week.

Those are the rules.

"We'll figure out what I'm going to run and what's going to be best to benefit the team," he said Tuesday after putting on another show at the 49th Prairie Hawkins Relays. "We'll figure all that out once everything is in."

Qualifying for the Drake Relays ends Thursday.

Evans owns some of the fastest times in the state in the 800 (1:57.53), 1600 (4:16.95) and 3200 (9:14.95), but he added some extra pzazz to the list Tuesday with blistering anchors on the 4x800 relay and the 1600 sprint medley at Prairie.

Evans ran a 1:54.99 anchor in the 4x800 relay and had a near-identical time in the medley. He did not enter any individual races Tuesday, but greatly enjoyed running the relays with his teammates.

"Running with the team is so much better. You get that camaraderie," he said. "You're all going for the same exact thing. You need all four guys to run well to really get the time you want."

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Tanner Rathje, Greyson Dolezal and Daniel Murphy joined Evans on the 4x800 relay. Daniel Gorsich, Tristan Freese and Dalton Gosch were his teammates on the medley.

The Lions set meet records in both relays and took over the No.1 times in the state, clocking 7:55.65 in the 4x800 and 3:33.17 in the sprint medley.

Linn-Mar had the two best performances in the meet, but the host Prairie Hawks won eight out of 18 events and ran away with the championship with 171 points. The Lions finished second in the nine-team field with 110 points.

Jefferson won the shuttle hurdle relay and finished in sixth place. The Xavier Saints placed seventh in the standings.

Mitch Pritts was a double-winner for Prairie. He captured the 800 in 2:00.78 and set a meet record in the 3200 in 9:40.16.

Michael Lamparek also was a double-champ for the Hawks in the discus (144-11 1/2) and shot put (50-2). Luke Howes took the 400 (52.47), Jalen Rima claimed the 200 (23.37) and Trevor Northrup captured the 100 (11.09) for Prairie. The Hawks also won the 4x200 relay.

Curtis McCrary won the long jump for Linn-Mar at 20 feet, 9 inches. The Lions also took the 4x100 relay.

## **49TH PRAIRIE HAWKINS RELAYS**

## **TEAM STANDINGS**

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1. Prairie 171, 2. Linn-Mar 110, 3. Pleasant Valley 70, 4. Iowa City West 64, 5. Center Point-Urbana 50, 6. Jefferson 49, 7. Xavier 44, 8. North

Scott 39, Springville 8.

### WINNERS

High jump - Ricky Grimes, North Scott, 6-2

Long jump - Curtis McCrary, Linn-Mar, 20-9

Discus - Michael Lamparek, Prairie, 144-11 1/2

Shot put - Michael Lamparek, Prairie, 50-2

3200 - Mitch Pritts, Prairie, 9:40.16 (meet record)

4x800 relay - Linn-Mar (Tanner Rathje, Greyson Dolezal, Daniel Murphy, Josh Evans) 7:55.65 (meet record)

400 - Luke Howes, Prairie, 52.47

4x200 - Prairie (Mitch Dellamuth, Ty Bolden, Jalen Rima, Tristan Beyer) 1:31.80

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110 hurdles - Andrew Gilbaugh, IC West, 15.61

Shuttle hurdle relay - Jefferson (Michael Moncivais, Mason Furnish, Dakota Tomkins, Savaun Bounds) 1:02.23

1600 - Josh Yeager, Center Point-Urbana, 4:24.76

200 - Jalen Rima, Prairie, 23.37

400 hurdles - Nick Thibault, Center Point-Urbana, 56.01

100 - Trevor Northrup, Prairie, 11.09

Sprint medley - Linn-Mar (Daniel Gorsich, Tristan Freese, Dalton Gosch, Josh Evans) 3:33.17 (meet record)

800 - Mitch Pritts, Prairie, 2:00.78

4x100 relay - Linn-Mar (Zach Luehring, Tristan Freese, Griffin Freese, Daniel Gorsich) 45.08

4x400 relay - Center Point-Urbana 3:28.84

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