

Foreman takes a break, still wins

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Just three days after Brooke Foreman placed in three events in the Drake Relays, she was back at it with Washington at the Prairie Relays on Tuesday.

Foreman ran well again, although she didn't run her usual slate of races.

"After Drake, I am very tired so my coach just wanted to put me in some 100's to see if I could get my time down," Foreman said.

Foreman picked up two victories, one in the 100 meter dash and one in the 100 hurdles. She also helped the 4x100 relay team to a second place finish.

Last season Foreman placed seventh in the state in the 100 meter dash, but this year, she hasn't run it much, focusing instead on hurdles.

"My time hasn't been where I've wanted it to be, but I have found other races that I can be much better at this season," she said.

In the 100 meter race at the Prairie Relays, Foreman was credited with the win, running a 12.53, .02 seconds faster than teammate Kadejah Sanders, though Foreman is fairly sure Sanders edged her out in the end.

"I haven't run the 100 since early in the season," Foreman said. "I got out well, but I think my teammate caught me at the end, Kadejah, but they announced me as first so I was a little confused."

There was no doubt about who won the 100 meter hurdles, however, as Foreman pulled away from the field with a time of 15.25, a full 1.03 seconds ahead of the next closest runner. Despite the sizeable win, Foreman was less than pleased with her time. She missed fellow Warrior Layloni Beard, who did not run Tuesday, pushing her across the finish line.

"There was nothing really there to push me," she said. "I like dropping time because I'm thinking about running that race at state. I guess after Drake it wasn't that bad to have a little bit of a break."

After the Drake Relays, Foreman didn't run in her best race, the 400 meter hurdles, though she was excited about how she ran the race at Drake over the weekend.

"I clipped the last hurdle, but I was still really close to getting third, and I dropped an entire second off my PR, so I was really proud of that," She said. "Now I am down to 1:03."

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Washington finished second overall with 124.5 points, 16 points behind Iowa City West. Linn-Mar (88 points) and Prairie (85.5 points) came in third and fourth. Xavier finished sixth with 47.5 points.

"This meet is just kind of a workout for us, we aren't trying to go out and give it our all," Foreman said. "We always try to win, but we are looking to do really well on Friday. We have a really tough division but hopefully we will pull it out."

The Warriors and Linn-Mar are running in the Mississippi Valley Conference Mississippi Division meet at Loras College in Dubuque on Friday. Prairie and Xavier will compete in the MVC Valley meet Friday at Cedar Falls.

PRAIRIE RELAYS

Team Standings -- 1. Iowa City West 140.5, 2. Washington 124.5, 3. Linn-Mar 88, 4. Prairie 85.5, 5. Davenport West 64, 6. Waterloo West 58.5, 7. Xavier 47.5, 8. North Scott 34.

High Jump -- 1. Layloni Beard (Wash) 5-02.00, 2. Leslie Harder (Prairie) 5-01.00, 3. (tie) Meghan Payne (W West), Caroline Van Voorhis (IC West), Alex Bartz (Xavier), Jasmine Teague (Wash), Jessica Harris (Prairie) 4-10.00.

Long Jump -- 1. McKennan Cornbaugh (IC West) 17-01.5, 2. Tanner Werthmann (D West) 15-01.00, 3. Meghan Payne (W West) 15-00.00, 4. Chelsey Montgomery (Prairie) 14-10.00, 5. Courtney Dauber (IC West) 14-09.75, 6. Jessica Jarris (Prairie) 14-08.75.

Discus -- 1. Amanda Piche (Linn-Mar) 127-04, 2. Katie Carver (Prairie) 112-11, 3. Ranae Stock (D West) 104-03, 4. Tydel Jones (Wash) 102-11.5, 5. Briannie Kraft (IC West) 101-05, 6. Cara Jansen (IC West) 96-11.

Shot Put -- 1. Jadyn Spencer (W West) 40-00.00, 2. Cara Jansen (IC West) 38-05.00, 3. Sam Butlett (North Scott) 38-04.00, 4. DaBryana Miller (Prairie) 36-03.50, 5. Shelia Johnson (IC West) 36-03.00, 6. Ranae Stock (D West) 35-11.00.

3000 meters -- 1. Kritstin Rogers (Wash) 10:59.31, 2. Pombie Silverman (IC West) 11:09.19, 3. Brett Guerra (IC West) 11:22.26, 4. Amanda Weyer (Prairie) 11:54.54, 5. Tayler Osborne (D West) 12:00.27, 6. Claire Tupper (Linn-Mar) 12:30.69.

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4x800 -- 1. Linn-Mar 10:07.79, 2. Iowa City West 10:11.21, 3. Washington 10:25.11, 4. Prairie 11:11.43, Davenport West 11:47.00.

Shuttle Hurdle -- 1. Prairie 1:09.88, 2. Linn-Mar 1:10.13, 3. Iowa City West 1:10.52, 4. Davenport West 1:12.82, 5. North Scott 1:14.10, 6. Xavier 1:14.11.

100 meters -- 1. Brooke Foreman (Wash) 12.53, 2. Kadejah Sanders (Wash) 12.55, 3. Tyler Sampson (Xavier) 12.56, 4. Jasmine Butler (North Scott) 12.76, 5. Kate Steingreaber (Xavier) 12.83, 6. Zinka Duric (W West) 12.91.

Distance Medley -- 1. Iowa City West 4:16.59, 2. Linn-Mar 4:24.25, 3. Xavier 4:31.32, 4. North Scott 4:31.98, 5. Prairie 4:36.76, 6. Washington 4:39.94.

400 meters -- 1. Taylor Vogel (Wash) 1:00.71, 2. Zinka Duric (W West) 1:00.98, 3. Amanda Milne (D West) 1:01.20, 4. Annie Schaeckenbach (IC West) 1:01.66, 5. Katie Carver (Prairie) 6. Audrey Richards (Xavier) 1:02.52.

4x200 -- 1. Washington 1:48.59, 2. Davenport West 1:49.54, 3. North Scott 1:50.61, 4. Waterloo West 1:51.85, 5. Prairie 1:52.56, 6. Linn-Mar 1:55.95.

100 meter hurdles -- 1. Brooke Foreman (Wash) 15.25, 2. Mallory Young (Linn-Mar) 16.28, 3. Tanner Werthmann (D West) 16.34, 4. Stacey Howes (Prairie) 16.48, 5. Jesse Robinson (IC West) 16.63, 6. Aber Yaddof (D West) 16.64.

800 meters -- 1. Ashley Knudson (IC West) 2:21.94, 2. Ally Disterhoft (IC West) 2:22.21, 3. Shannon Gorman (Wash) 2:29.20, 4. Morgan Uridil (Linn-Mar) 2:32.42, 5. Anna Kline (Wash) 2:33.74, 6. Sierra Philipp (Prairie) 2:36.23.

200 meters -- 1. Tyler Sampson (Xavier) 26.05, 2. Kate Steingreaber (Xavier) 26.57, 3. Courtney Major (Linn-Mar) 26.68, 4. Kristina Bauer (IC West) 26.84, 5. Jasmyne Jones (Wash) 26.99, 6. Taylor Vogel (Wash) 27.32.

400 meter hurdles -- 1. Zinka Duric (W West) 1:08.85, 2. Lauren Bobst (IC West) 1:11.79, 3. Stacey Howes (Prairie) 1:11.82, 4. Madison Esker (Linn-Mar) 1:11.94, 5. Lizzy Klemme (IC West) 1:12.09, 6. Megan Titler (Prairie) 1:13.52.

Sprint Medley -- 1. Prairie 1:55.30, 2. Waterloo West 1:57.34, 3. Washington 2:02.11, 4. North Scott 2:02.39, 5. Iowa City West 2:03.69, 6. Linn-Mar 2:04.00.

1500 meters -- 1. Carolyn Newhouse (Linn-Mar) 4:59.56, 2. Olive Carrollhach (IC West) 5:07.69, 3. Kristin Rogers (Wash) 5:09.37, 4. Shannon Gorman (Wash) 5:10.22, 5. Taylor Fehlberg (IC West) 5:14.85, 6. Hallie Martin (Xavier) 5:18.70.

4x100 -- 1. Iowa City West 49.99, 2. Washington 50.84, 3. Waterloo West 51.95, 4. Davenport West 52.34, 5. Xavier 52.45, 6. Prairie 53.00.

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4x400 -- 1. Linn-Mar 4:14.02, 2. Davenport West 4:14.98, 3. Iowa City West 4:18.85, 4. North Scott 4:23.85, 5. Prairie 4:24.13, 6. Xavier 4:26.36.