

## No.4 Lions swim by No.8 Cougars

Written by Jim Ecker

Tuesday, 14 October 2014 21:54 - Last Updated Tuesday, 14 October 2014 22:04

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It's hard to find a weakness on the Linn-Mar girls swim team.

The Lions have superstars, good depth and a determination to succeed. Now all they have to do is peak at the right time and they could be in line for high honors at the Mississippi Valley Conference, district and state meets.

The fourth-ranked Lions won 11 of 12 events Tuesday night and topped No. 8 Kennedy, 103-83, at the Linn-Mar Aquatic Center.

The Lions actually captured all 12 events, but their medley relay team was disqualified when one of the Linn-Mar swimmers jumped into the pool a little too soon.

Linn-Mar is ranked seventh or higher in the state in every single event, thanks in great part to super sophs Kelsey Drake and Jenn Jenks. The Lions also have two of the top divers in the state and three strong relay squads.

Kennedy, weakened by a case of walking pneumonia that has affected 10 swimmers in the last few weeks, put up a good fight Tuesday but did not have the top guns to tame Linn-Mar.

Stephanie Jenks, a silver medalist in the triathlon at the Junior Olympics in China this summer, led Linn-Mar with four victories against the Cougars. Jenks won the 200 and 500 freestyle races and swam on the triumphant 200 freestyle and 400 freestyle relays.

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Drake, Jenn Jenks and Lizzie Adams were triple-champs for the Lions and Alyssa Deuso claimed the diving.

Drake, a transfer from Jefferson, ranks first in the state in the 100 butterfly and 200 individual medley. She ranks second in the 100 breaststroke, second in the 500 freestyle, fourth in the 200 freestyle, fifth in the 100 freestyle, sixth in the 100 backstroke and seventh in the 50 freestyle.

Jenn Jenks ranks third in the 500 free, fourth in the 100 free, eighth in the 50 free and 11th in the 200 IM. Mikaela Lengwin ranks third in six-event diving and Deuso ranks seventh in 11-event diving.

In addition to all that, the Lions rank No. 1 in the 400 free relay, No. 3 in the 200 free relay and No. 5 in the medley relay.

That's a lot of firepower and it will be on display this Saturday in the Mississippi Valley Conference meet at Kennedy. The diving portion of the MVC meet will be held Thursday night at Kennedy.

Pleasant Valley currently tops the state power rankings, followed by Ames, Cedar Falls and Linn-Mar.

LINN-MAR 103, KENNEDY 83

200 medley relay - Kennedy (Jessica Williams, MacKinzee Macho, Taylor Golden, Kirsten Siebenga) 1:57.31

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200 free - Stephanie Jenks, Linn-Mar, 2:00.42

200 IM - Jenn Jenks, Linn-Mar, 2:15.53

50 free - Lizzie Adams, Linn-Mar, 25.24

Diving - Alyssa Deuso, Linn-Mar, 239.60 (pool record)

100 free - Jenn Jenks, Linn-Mar, 53.44

100 fly - Kelsey Drake, Linn-Mar, 56.23

500 free - Stephanie Jenks, Linn-Mar, 5:24.40

200 free relay - Linn-Mar (Kelsey Drake, Stephanie Jenks, Paige Broghammer, Kelly Wingerson) 1:42.49

100 back - Lizzie Adams, Linn-Mar, 1:03.09

100 breast - Kelsey Drake, Linn-Mar, 1:07.62

400 free relay - Linn-Mar (Stephanie Jenks, Lizzie Adams, Jenn Jenks, Kelly Wingerson)