

Race a breeze, but not the celebration

Written by Jim Ecker

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DES MOINES - The Cedar Rapids Jefferson girls made their victory in the 4x200 relay look easy at the Class 4A state track meet Friday.

The post-race celebration turned out to be the rough part and left Rachel Broghammer with blood oozing from a cut on her right eyebrow.

The happy J-Hawks jumped into each other's arms after winning the race, and Broghammer's head hit Taylor Jacobson in the mouth. Broghammer has a gold medal - and a toothmark - to prove it.

"I can't even feel it," Broghammer said, laughing and mopping blood from around her eye. "I'm on such a high right now. I know she smacked me, but I didn't know it was bleeding."

They're blood sisters now, united in victory along with Maliya Rattliffe and Summer Carber.

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"It's always the victory stuff at the end that gets us," Broghammer explained. "We usually fall. This is the first time I started bleeding because of it. I'm not going to complain."

On Thursday, Jefferson Coach Bill Calloway described the four runners on his 4x200 relay as fearless. He didn't know how right he was and that blood would be involved.

Rattliffe got the race started. She handed the baton to Carber, who handed to Jacobson, who handed to Broghammer, all flawlessly. The J-Hawks won in 1 minute, 42.77 seconds, beating Iowa City High to the finish line by 68-hundredths of a second.

These J-Hawks are young, and they're good. Rattliffe, Jacobson and Broghammer are just sophomores and Carber is a junior, meaning they could do this again next year.

Jefferson's victory in the 4x200 relay gave the Metro area a cache of seven state titles during the first two days of the Class 4A meets. Brooke Foreman (Washington) and Kyle Dunn (Linn-Mar) won the 400 hurdles on Friday for three crowns on Day 2.

The Metro claimed four titles on Thursday with Amanda Piche (Linn-Mar) in the discus, Sam Joens (Prairie) in the discus, Dunn in the 400 meter dash and Prairie in the 4x800 relay.

The Cedar Rapids Washington boys did not win any gold medals Friday, but they finished second in the distance medley and placed third in the 4x200 relay to score 14 points.

Alonzo Carr, Kristopher Gardner, Alex Carr and Robert Hogg ran the distance medley in 3 minutes, 31.19 seconds, just a few clicks behind Marshalltown's winning time of 3:30.97. Carr, Gardner, Will Griffin and Carr sprinted the 4x200 in 1:28.20 to finish behind Cedar Falls (1:27.12) and West Des Moines Valley (1:28.07).

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Caleb Mere of Kennedy placed fourth in the long jump at 22 feet, 4 1/4 inches. Kenny Gilmore of Davenport Central won the event with a leap of 23-1 3/4.

Mere helped Kennedy finish fourth in the distance medley in 3:32.26 with Jed Haycraft, Jake Losch and Anthony Crawley. Losch placed fifth in the 400 hurdles in 54.32 seconds.

Dunn led the qualifying for the 110 high hurdles in 14.62 seconds. Brandon Ophoff of Linn-Mar placed third in qualifying for the 110 highs in 14.76 and Carter Valentine of Xavier was sixth in 14.98.

Linn-Mar and Prairie have a chance to challenge for the Class 4A boys state title Saturday. The Lions are in third place with 26 points, just one point behind co-leaders Southeast Polk and West Des Moines Valley, and Prairie is fifth with 20 points.

Kennedy is in 10th place in the boys standings with 16 points, Washington is 13th with 14 points and Xavier is 20th with eight points. The Warriors are the two-time defending state champions.

The Marion Indians finished fifth in the girls distance medley Friday in 4 minutes, 18.01 seconds with Micaela Combs, Morgan Kolarik, Leah Smith and Allison Scott sharing the baton.

Layloni Beard of Washington placed fifth in the long jump at 17 feet, 2 inches. McKennan Cronbaugh of Iowa City West won the title at 18-10 1/2.

Xavier placed eighth in the girls 4x200 relay in 1:45.20 with Audrey Richards, Kate Steingreaber, Molly Breitbach and Tyler Sampson running the legs.

Iowa City High is leading the Class 4A girls standings with 59 points. Washington is seventh (18 points), Linn-Mar 10th (13.5), Jefferson 14th (10), Xavier 20th (7), Prairie 24th (5) and Kennedy 26th (3).