

Austin Flieder wins Metro Spotlight Award

Written by Metro Sports Report

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Linn-Mar senior Austin Flieder is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Flieder is one of the top sprinters in the state for the Linn-Mar track team, which has gotten off to another strong start this year.

Flieder ranks second in the state in the 400-meter dash in 49.45 seconds, performed Saturday at the Kennedy meet at Kingston Stadium. Will Seeser of Camanche leads the state at 49.37, just eight-hundredths of a second ahead of Flieder.

Flieder also performs on outstanding relay teams for Linn-Mar. The Lions rank No. 1 in the state in the 4x200 relay (1:29.58), they are No. 6 in the 1600 medley (3:35.81) and No. 7 in the 4x400 (3:26.77).

Flieder runs the opening leg on all three of those relays. His teammates on those relays have been Tristan Freese, Griffin Freese, Danny Gorsich, Dalton Gosch, Greyson Dolezal and Joe A'Hearn.

Flieder helped the Lions set a state record in the 1600 medley last year when they captured the event in 3:24.39 at the Class 4A state meet.

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Flieder ran the opening 200 leg on that relay, followed by graduated seniors Tim Wolfe, Duggan Trenary and Josh Evans.

Flieder also helped Linn-Mar place third in the 4x100 relay at the state meet and third in the 4x200 relay. Linn-Mar finished second in the team standings at the 2014 state meet.