

Lions race to Jeff Invitational record

Written by Jake Koolbeck

Saturday, 07 April 2012 20:11 - Last Updated Saturday, 07 April 2012 21:27



The weather was not ideal for a big track meet Saturday afternoon at Kingston Stadium, but that didn't slow some of the Metro athletes.

The Linn Mar Lions had a thrilling moment as they beat the rain and the field on their way to setting a Jefferson Invitational meet record in the distance medley. The Lions relay of Halley Morgan, Courtney Major, Audra Schmeinke, and Rachel Perry shocked powerhouses Iowa City West and Cedar Falls by running their way in to the records with a time of 4:21.26.

The time broke the previous record of 4:22.07 set by a foursome from Iowa City West in 2001.

Perry, despite it being her first ever 800, played hero in the win as she caught Iowa City West's runner down the home stretch to get the win and the record.

"That was the plan. The coaches told me to duck behind the leader and pass them at the end," Perry said of coming from behind. "I thought I could pass her on the back stretch, but decided to wait until the end to pass. I didn't want to get passed at the end (if I passed her too early), it is the worst."

While a Lions' relay roared, the usually strong Jefferson relay teams limped their way to a few disappointing finishes.

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The J-Hawks took a huge hit when Taylor Jacobson, part of last year's 4x200 state champion relay team, pulled a hamstring in the 4x200.

"I took the handoff and felt pain right at the curve," Jacobson said. "I knew something was wrong on the backstretch."

The injury kept Jacobson out for the rest of the day, but it is unclear how long she will miss.



"The coaches just checked it out. I will probably have it looked at tomorrow or something," Jacobson said of her prognosis. "I will probably miss Tuesday's meet but I don't know yet."

Jefferson dropped to third in the 4x200 with an injured Jacobson and all the way to sixth without her in the 4x400.

"Would have run well if Taylor hadn't pulled her hamstring," Jefferson Coach Bill Calloway said of the 4x200. "The girls' winter injuries (Jacobson and Rachel Broghammer suffered leg injuries during basketball) has made a difference. Their conditioning is behind."

Calloway took freshman Lucy Schneekloth out of the open 200 and put her in Jacobson's spot in the 4x400.

"We weren't satisfied with the 4x400," he said.

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The J-Hawks did have some bright spots as their 4x100 and shuttle hurdle relays looked strong and both took second.



Cedar Rapids Washington got another strong performance from star sprinter and hurdler Brooke Foreman, who came up just short in the 100 meter hurdles and finished second. She easily took the 400 meter hurdles and was also a part of the Warriors 4x100 relay that took first.

Cedar Rapids Kennedy struggled throughout the day but got an impressive win as Capria Davis came out of the first or “slow” heat to win the 400 meter dash.

Cedar Rapids Prairie got an early win in the high jump as Leslie Harder edged Linn-Mar's Sara Strauel by clearing 5-foot on her first try (it took Strauel three tries) and neither could get over the 5-2 mark.

Cedar Falls won the final race to come from behind and beat Iowa City West by half a point for the team title.

Washington, Linn Mar, Prairie, and Jefferson all placed taking third through sixth, respectively. Kennedy took eighth.

Jefferson Invitational

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Teams -- 1. Cedar Falls 103.5, 2. Iowa City West 103, 3. CR Washington 65, 4. Linn Mar 51, 5. CR Prairie 47.5, 6. CR Jefferson 46, 7. Marshalltown 40, 8. CR Kennedy 33, 9. Waterloo West 16.

Shot Put

1. Amanda Schrempf (Marsh) 34-7, 2. Rachel Griffin (CRP) 33-6, 3. Abby Brayton (ICW) 32-10.5, 4. Lannie Neitert (LM) 32-6, 5. Alex Malloy (CRP) 31-0, 6. Gwen Gardner (LM) 30-4.5

Discus

1. Emma Edelen (CRJ) 117-9, 2. Abby Brayton (ICW) 104-10, 3. Rachel Griffin (CRP) 100-3, 4. Lannie Neitert (LM) 98-6, 5. Alex Malloy (CRP) 98-3, 6. Jenny Hanson (ICW) 98-2

Long Jump

1. Jessie Vopova (Marsh) 16-2.5, 2. Meghan Payne (WW) 15-10, 3. Callie Stone (CRW) 15-4.5, 4. Lucy Schneekloth (CRJ) 15-0.5, 5. Taylor Vogel (CRW) 14-10.75, 6. Melanie Stoss (CF) 14-7.25

High Jump

1. Leslie Harder (CRP) 5-0, 2. Sara Strauel (LM) 5-0, 3. Jessica Harris (CRP) 4-8, 3. Hannah Riebkes (CF) 4-8, 5. Brittni Wright (CF) 4-8, 6. Lauren Bobst (ICW) 4-8, 6. Caroline Van Voorhis (ICW) 4-8

3000

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1. Allison Gregg (CF) 10:36.12, 2. Shannon Gorman (CRW) 10:46.63, 3. Molly Leveille (ICW) 10:57.61, 4. Pombie Silverman (ICW) 11:04.18, 5. Allison Culver (CRK) 11:05.53, 6. Alyssa Averhoff (CRK) 11:06.96

4x800

1. Cedar Falls (Hannah Savage, Katie Friedel, Maddie Kemp, Brianna King) 9:58.58, 2. CR Kennedy (Terukina, Meyer, Rodman, Wampole) 10:01.23, 3. Linn-Mar (Uridil, Feller, Japenga, Saville) 10:16.41, 4. Iowa City West 10:20.05, 5. Marshalltown 10:35.56, 6. CR Washington (Stuer, Kelly, Stuckenschneider, Kline) 10:42.77

Shuttle hurdle relay

1. IC West (Jesse Robinson, Lauren Bobst, Bailey Bowman, Rebecca Tanner) 1:09.86, 2. Jefferson (Jacobson, Gruwell, Ranschau, Carber) 1:09.97, 3. Linn-Mar Holdgrafer, Montague, Jones, Young) 1:10.14, 4. CR Prairie (Marion, H.Montgomery, Harris, C.Montgomery) 1:11.01, 5. Cedar Falls 1:13.61, 6. Marshalltown 1:19.78

100

1. Courtney Dauber (IC West) 12.71, 2. Kadejah Sanders (CRW) 12.79, 3. Lucy Schneekloth (CRJ) 12.93, 4. Malya Ratliffe (CRJ) 13.06, 5. Aariona Craig-Dothard (CRK) 13.07, 6. Kiana Wilson (ICW) 13.08

Distance Medley

1. Linn Mar (Halley Morgan, Courtney Major, Audra Schminke, Rachel Perry) 4:21.46, 2. Iowa

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City West 4:23.58, 3. Cedar Falls 4:35.76, 4. CR Prairie (Kousheh, Moyer, Steimel, Wallace) 4:40.40, 5. CR Jefferson (Hovey, Schlicher, Meese, Polansky) 4:46.00, 6. CR Kennedy (Moss, Timofeeva, O'Brien, Stone) 4:52.59

400

1. Capria Davis (CRK) 1:00.94, 2. Haley Puk (WW) 1:02.24, 3. Natalie Shimp (CF) 1:02.80, 4. Lizzy Klemme (ICW) 1:03.35, 5. Melanie Stoss (CF) 1:05.36, 6. Leah Kremer (LM) 1:05.66

4x200

1. Cedar Falls (Daianera Whitaker, Morgan DeMuth, Katelyn Haan, Kaz Brown) 1:47.17, 2. CR Washington (Vogel, Jones, Muller, Sanders) 1:47.73, 3. CR Jefferson (Ratliffe, Carber, Jacobson, Broghammer) 1:48.78, 4. Marshalltown 1:49.79, 5. CR Prairie (Speltz, Moyer, Steimel, Kousheh) 1:53.64, 6. Waterloo West 1:55.91

100 Hurdles

1. Rebecca Tanner (ICW) 15.43, 2. Brooke Foreman (CRW) 15.70, 3. Mallory Young (LM) 16.80, 4. Jesse Robinson (ICW) 16.92, 5. Chelsey Montgomery (CRP) 17.02, 6. Kylie Hovanec (CF) 17.10

800

1. Brianna King (CF) 2:20.88, 2. Pombie Silverman (ICW) 2:28.37, 3. Shannon Gorman (CRW) 2:28.80, 4. Rachel Blagg (Marsh) 2:29.66, 5. Sarah Shirar (Marsh) 2:31.70, 6. Katie Friedel (CF) 2:34.61

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200

1. Daianera Whitaker (CF) 26.83, 2. Capria Davis (CRK) 27.27, 3. Courtney Dauber (ICW) 27.39, 4. Kaz Brown (CF) 27.61, 5. Courtney Major (LM) 27.71, 6. Kiana Wilson (ICW) 28.27

400 Hurdles

1. Brooke Foreman (CRW) 1:06.08, 2. Emily Neff (CF) 1:09.23, 3. Lauren Bobst (ICW) 1:12.01, 4. Lizzy Klemme (ICW) 1:13.25, 5. Dana Sublett (LM) 1:13.82, 6. Emma Moss (CRK) 1:15.50

Sprint Medley

1. Marshalltown (Jessie Vopova, Abby Keith, Mackenzie Beals, Eisha Oden) 1:58.28, 2. CR Prairie (Jackson, Speltz, Kousheh, Steimel) 1:59.81, 3. CR Washington (Vogel, Jones, Sanders, Muller) 2:00.14, 4. Cedar Falls 2:01.41, 5. Waterloo West 2:02.90, 6. Iowa City West 2:03.31

1500

1. Allison Gregg (CF) 4:58.73, 2. Ashlynn Yokom (ICW) 5:00.78, 3. Kathia Wampole (CRK) 5:10.69, 4. Michelle Zikes (CRJ) 5:17.29, 5. Kaitlyn Hennings (CF) 5:18.31, 6. Morgan Uridil (LM) 5:19.88

4x100

1. CR Washington (Brooke Foreman, Jasmyne Jones, Megan Muller, Kadejah Sanders) 51.24, 2. CR Jefferson (Ratliffe, Carber, Schneekloth, Broghammer) 51.61, 3. Iowa City West 53.23, 4. Cedar Falls 53.26, 5. CR Prairie (Mumaw, Harris, Jackson, Speltz) 53.68, 6. Waterloo West

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54.77

4x400

1. Cedar Falls (Daianera Whitaker, Madison Hersom, Natalie Shimp, Brianna King) 4:09.59, 2. Iowa City West 4:11.32, 3. Linn-Mar (Japenga, Kremer, Schminke, Perry) 4:12.38, 4. CR Washington (Vogel, Gorman, Jones, Foreman) 4:18.07, 5. Marshalltown 4:21.44, 6. CR Jefferson (Schneekloth, Ratliffe, Broghammer, Carber) 4:27.14