

## Perry wins 2 gold medals for Linn-Mar

Written by Jim Ecker

Thursday, 10 May 2012 22:30 - Last Updated Friday, 11 May 2012 00:29

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IOWA CITY - Rachel Perry is a distance runner with the speed of a 400 meter runner, or maybe she's a 400 meter runner with the endurance to run great distances.

Or maybe she's both.

"I don't know," she said with a smile Thursday. "I think I might do better at distances, but the 400 is my favorite."

Perry is only a sophomore at Linn-Mar High School, so she has time to figure it out.

Perry won the 400 meter dash at the Class 4A state qualifying meet in Iowa City Thursday and anchored Linn-Mar's 4x400 relay to victory for a pair of gold medals.

Last fall, she was Linn-Mar's top finisher at the Class 4A state cross country meet when the Lions grabbed second place in the team standings.

She's young, she's versatile and she's talented.

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"I have a lot of improving to do, but I think I've had a pretty good season so far," said Perry, who has the third-fastest time in the 400 in Class 4A this spring. "I don't know. I guess we'll see what happens."

The top two finishers in each event Thursday automatically qualified for the state meet in Des Moines next Thursday, Friday and Saturday. In addition, 12 at-large berths will be awarded from around the state to make 24 qualifiers in each event.



The Iowa City schools dominated the meet at Iowa City West. The Little Hawks from City High finished first with 184.5 points and the Women of Troy from Iowa City West placed second with 164.5.

Kennedy placed third, Linn-Mar finished fourth, Prairie was fifth and Xavier finished sixth in the eight-team field.

Kennedy Japenga, Audra Schminke and Courtney Major joined Perry on Linn-Mar's triumphant 4x400 relay in 4:02.25. Perry captured the open 400 in 58.32, not far behind her season-best of 57.89 seconds.

Leslie Harder of Prairie won the high jump by clearing 5-foot-1. Sara Strauel of Linn-Mar also jumped 5-1, but placed second with more misses.

Molly Breitbach of Xavier claimed the 100 meter dash in 12.60 seconds.

Kathia Wampole of Kennedy won the 800 meter run in 2:20.61.

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### CLASS 4A STATE QUALIFYING MEET

At Iowa City West

#### Team Standings

1. Iowa City High 184.5, 2. Iowa City West 164.5, 3. Kennedy 109.5, 4. Linn-Mar 99, 5. Prairie 54, 6. Xavier 51, 7. Ottumwa 39.5, 8. Burlington 34.

#### Long Jump

1. Kiera Washpun (ICH) 18-0 3/4, 2. McKenna Cronbaugh (ICW) 17-2 1/2, 3. Kelsi Conner (BUR) 16-11 1/4, 4. McKenzie Drahm (CRK) 16-1 3/4, 5. Jessica Harris (CRP) 15-10, 6. Caitlin Ward (ICH) 15-6 1/4.

#### High Jump

1. Leslie Harder (CRP) 5-1, 2. Sara Strauel (LM) 5-1, 3. Abby Saehlert (ICH) 5-0, 4. Alex Bartz (CRX) 4-10, 5. Courtney Strait (CRK) 4-8, 6. (tie) Marrison Moore (CRK) 4-6; Caroline Van Voorhis (ICW) 4-6.

#### Shot Put

1. Aliyah Gustafson (ICH) 42-8, 2. Amara Lehman (ICH) 39-5, 3. Jamie Wichhart (ICW) 35-8, 4. Natalie Rumer (CRP) 35-3 3/4, 5. Lannie Nietert (LM) 35-3 1/2, 6. Rachel Griffin (CRP) 34-10 3/4.

#### Discus

1. Aliyah Gustafson (ICH) 129-6, 2. Abby Brayton (ICW) 118-6, 3. Alex Malloy (CRP) 112-4, 4. Jenny Hanson (ICW) 111-1, 5. Ashlyn Milbrath (CRK) 110-7, 6. Lannie Nietert (LM) 108-3.

#### 3000 Meter Run

1. Ashlynn Yokom (ICW) 10:33.59, 2. Alyssa Averhoff (CRK) 10:45.80, 3. Allison Culver (CRK) 10:54.86, 4. Mackenzie Eland (BUR) 11:02.88, 5. Molly Shepherd (ICH) 11:04.60, 6. Sofia Mendoza (ICW) 11:08.88.

#### 4x800 Relay

1. Iowa City High 9:34.01, 2. Iowa City West 9:37.14, 3. Kennedy (Megan Terukina, Jessica Rodman, Lauren Meyer, Kathia Wampole (9:37.75), 4. Xavier (Rachel Sigmon, Carlie Jurgens, Allison Pitz, Kayla Torson) 10:03.76, 5. Linn-Mar (Morgan Uridil, Sydney Johnston, Olivia Miller, Dana Sublett) 10:13.53, 6. Ottumwa 10:28.01.

#### Shuttle Hurdle Relay

1. Iowa City West 1:06.44, 2. Linn-Mar (Meghan Holdgrafer, Maleta Montague, Ashley Jones, Mallory Young) 1:07.46, 3. Kennedy (Kelsie Coates, Emma Moss, Alexis Rogers, Marisa Estelle) 1:07.81, 4. Iowa City High 1:07.96, 5. Prairie (Tayler Marion, Hailee Montgomery, Jessica Harris, Chelsey Montgomery) 1:08.56, 6. Ottumwa 1:09.77.

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### 100 Meter Dash

1. Molly Breitbach (CRX) 12.60, 2. Courtney Dauber (ICW) 12.65, 3. Alison Speltz (CRP) 13.04, 4. Faithe Garza (ICH) 13.26, 5. Shelby Ham (LM) 13.31, 6. Hzael crew (ICH) 13.40.

### Distance Medley Relay

1. Iowa City West 4:14.15, 2. Kennedy (Jasmine Raue, Aarionna Craig-Dothard, Kathia Wampole, Megan Terukina) 4:15.47, 3. Iowa City High 4:18.14, 4. Xavier (Taylor Skala, Jenna Fenske, Carlie Jurgens, Kayla Torson) 4:21.32, 5. Linn-Mar (Halley Morgan, Lauren Dalecky, Audra Schminke, Kennedy Japenga) 4:21.72, 6. Burlington 4:26.29.

### 400 Meter Dash

1. Rachel Perry (LM) 58.32, 2. Sydney Strunk (OTT) 1:01.06, 3. Fatima Omar (ICH) 1:01.53, 4. Annie Schaeckenbach (ICW) 1:01.84, 5. Leah Kremer (LM) 1:03.35, 6. Madeline Bailey (CRX) 1:04.66.

### 4x200 Relay

1. Iowa City High 1:43.17, 2. Iowa City West 1:45.49, 3. Kennedy (Capria Davis, McKenzie Drahm, Jasmine Raue, Aarionna Craig-Dothard) 1:46.99, 4. Xavier (Audrey Richards, Hannah Rochford, Allison Schwach, Molly Breitbach) 1:47.61, 5. Prairie (Hannah Kousheh, Alison Speltz, Kiana Jackson, Jessica Harris) 1:48.55, 6. Ottumwa 1:56.50.

### 100 Meter Hurdles

1. Rebecca Tanner (ICW) 15.09, 2. Marisa Estelle (CRK) 15.77, 3. Caitlin Ward (ICH) 16.28, 4. Ashley Jones (LM) 16.36, 5. Kiera King (OTT) 16.51, 6. Mallory Young (LM) 16.56.

### 800 Meter Run

1. Kathia Wampole (CRK) 2:20.61, 2. Ellen Carman (ICH) 2:20.68, 3. Megan Terukina (CRK) 2:24.12, 4. Morgan Sammons (ICH) 2:25.35, 5. Molly Leveille (ICW) 2:26.32, 6. Pombie Silverman (ICW) 2:27.23.

### 200 Meter Dash

1. McKennan Cronbaugh (ICW) 26.19, 2. Courtney Major (LM) 26.45, 3. Halley Morgan (LM) 27.13, 4. Hazel Crew (ICH) 27.61, 5. Sydney Strunk (OTT) 27.67, 6. Jenna Fenske (CRX) 27.77.

### 400 Meter Hurdles

1. Sarah Plock (ICH) 1:04.84, 2. Faithe Garza (ICH) 1:07.22, 3. Olivia Perry (BUR) 1:07.81, 4. Kelsie Coates (CRK) 1:08.72, 5. Lauren Bobst (ICW) 1:09.27, 6. Madison Esker (LM) 1:10.46.

### Sprint Medley

1. Iowa City High 1:50.04, 2. Iowa City West 1:51.18, 3. Linn-Mar (Halley Morgan, Lauren Dalecky, Courtney Major, Rachel Perry) 1:52.03, 4. Kennedy (McKenzie Drahm, Marisa Estelle, Jasmine Raue, Aarionna Craig-Dothard) 1:53.08, 5. Xavier (Allison Schwach, Hannah Rochford, Audrey Richards, Kayla Torson) 1:53.45, 6. Prairie (Hannah Kousheh, Alison Speltz, Kiana Jackson, Hope Steimel) 1:55.61.

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### **1500 Meter Run**

1. Meg Richardson (ICH) 4:46.92, 2. Ashlynn Yokom (ICW) 4:47.22, 3. Harper Beasley (ICH) 4:52.91, 4. Molly Leveille (ICW) 4:56.77, 5. Allison Culver (CRK) 5:01.85, 6. Alyssa Averhoff (CRK) 5:01.99.

### **4x100 Relay**

1. Iowa City West 48.93, 2. Iowa City High 49.27, 3. Xavier (Audrey Richards, Hannah Rochford, Allison Schwach, Molly Breitbach) 50.05, 4. Prairie (Hannah Kousheh, Jessica Harris, Kiana Jackson, Alison Speltz) 51.17, 5. Burlington 52.46, 6. Kennedy (Megan Pospisil, Marisa Estelle, Megan Terukina, Courtney Strait) 52.74.

### **4x400 Relay**

1. Linn-Mar (Kennedy Japenga, Audra Schminke, Courtney Major, Rachel Perry) 4:02.25, 2. Iowa City High 4:04.94, 3. Iowa West 4:06.42, 4. Kennedy (Capria Davis, McKenzie Drahn, Kathia Wampole, Jasmine Raue) 4:07.04, 5. Ottumwa 4:11.64, 6. Xavier (Carlie Jurgens, Taylor Skala, Audrey Richards, Kayla Torson) 4:14.72.