

J-Hawks jump to 7th in mat rankings

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The Cedar Rapids Jefferson wrestling team has climbed two spots to No.7 in the Class 3A dual meet rankings by the Iowa Wrestling Coaches Association.

Prairie is ranked No.4 and Linn-Mar is No.5 in the latest poll.

All three Metro teams will be competing in the regional finals tonight, with winners advancing to the state dual meet tournament in Des Moines next Wednesday, Feb. 19.

Prairie is hosting No.14 Mason City, Linn-Mar is hosting No.12 Dowling Catholic and Jefferson is visiting No.9 North Scott in the regional finals.

IWCOA DUAL MEET RANKINGS

Class 3A

1. Bettendorf (14-4), 2. Waverly-Shell Rock (19-0), 3. Southeast Polk (19-1), 4. Prairie (19-3), 5. Linn-Mar (21-6), 6. Iowa City West (20-6), 7. Jefferson (12-1), 8. Pleasant Valley (19-7), 9. North Scott (21-9), 10. Western Dubuque (25-4), 11. West Des Moines Valley (17-4), 12. Dowling Catholic (11-5), 13. Clinton (10-7), 14. Mason City (9-12), 15. Sioux City North (25-5), 16. Spencer (22-5).