

Ranschau wins Metro Spotlight Award

Written by Mike Condon

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Cedar Rapids Jefferson junior Abbie Ranschau is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Ranschau, one of the top sprinters and hurdlers in the state, has gotten off to a fast start this spring with the J-Hawks.

Ranschau helped Jefferson win the shuttle hurdle relay, 4x100 relay and 4x200 relay at the Mississippi Valley Conference indoor meet in Cedar Falls last Tuesday and finished second in the 60 meter hurdles.

Ranschau and the J-Hawks returned to the track on Friday and won the team championship at the University of Dubuque indoor meet. Jefferson captured the 4x200 relay and the 4x400 relay in Dubuque and Ranschau won the 55 hurdles.

Jefferson has the fastest time in the 4x200 relay in the state this spring at 1 minute, 44.90 seconds. Ranschau and the J-Hawks are the defending state champions in the 4x200, with all four runners back this year.

Jefferson ranks second in the 4x100 relay and fourth in the 4x400 relay in the state.