

J-Hawks turn in 4 state-best efforts

Written by Metro Sports Report
Saturday, 11 April 2015 19:00 -

The Jefferson J-Hawks took advantage of the good weather Saturday and posted four state-best efforts at the Kennedy coed track meet at Kingston Stadium.

Jasmine Blue took over the No. 1 spot in the 100 meter dash at 12.22 seconds and Abbie Ranschau moved to the top of the chart in the 100 hurdles in 14.87 seconds to help the Jefferson girls win the team championship by 50 points.

The Jefferson girls also lowered their own state-best mark in the 4x100 relay to 48.38 seconds with Lucy Schneekloth, Ranschau, Morgan Meese and Blue sharing the baton.

Merje' Bokoyo from the Jefferson boys track team was clocked in 10.86 seconds in the 100 meter dash, matching the best time in the state this year.

Kennedy won the team championship in the varsity boys division behind a strong performance by Dalles Jacobus, who captured the discus and shot put.

Austin Flieder of Linn-Mar won the 400 in 49.45 seconds, the second-fastest time in the state this year. Blair Brooks of Marion soared 6 feet, 5 inches to win the high jump.

The Jefferson girls won nine events. Ranschau captured four gold medals for the J-Hawks while Blue, Sam Kitterman and Miasia Bergmann participated in three victories.

Flieder and Daniel Gorsich captured four gold medals for the Linn-Mar boys. Kennedy trimmed Linn-Mar for the team championship, 145.5 to 134.

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GIRLS TEAM STANDINGS

1. Jefferson 156, 2. Cedar Falls 116, 3. Prairie 93, 4. Kennedy 92, 5. Hempstead 66, 6. Xavier 41, 7. Center Point-Urbana 23.

GIRLS WINNERS

100 - Jasmine Blue, Jefferson, 12.22
200 - Jasmine Blue, Jefferson, 26.14
400 - Paige Kvale, Cedar Falls, 1:03.57
800 - Kirstin Skriver, Prairie, 2:32.34
100 hurdles - Abbie Ranschau, Jefferson, 14.87
1500 - Hannah Frazee, Prairie, 5:09.28
3000 - Hannah Frazee, Prairie, 11:00.28
400 hurdles - Sam Kitterman, Jefferson, 1:10.48
Discus - Allison Griffin, Cedar Falls, 114-9
High jump - Kay Beer, Kennedy, 5-0
Long jump - Kay Beer, Kennedy, 16-4 3/4
Shot put - Allison Griffin, Cedar Falls, 41-4 1/2
4x100 relay - Jefferson 48.38 (Lucy Schneekloth, Abbie Ranschau, Morgan Meese, Jasmine Blue)
4x200 relay - Jefferson 1:46.25 (Miasia Bergmann, Autumn Anderson, Morgan Meese, Lucy Schneekloth)
4x400 relay - Jefferson 4:17.68 (McKayla Belew, Emma Rolwes, Miasia Bergmann, Sam Kitterman)
4x800 relay - Hempstead 9:56.91
Shuttle hurdle relay - Jefferson 1:07.88 (Abbie Ranschau, Autumn Anderson, Sam Kitterman, Ellie Trosky)
Sprint medley - Jefferson 1:53.16 (Miasia Bergmann, Malorie Beard, Abbie Ranschau, Autumn Anderson)
Distance medley - Xavier 4:34.36 (Jenna Schwach, Kiana Stanek, Sydney Oakley, Emiko Coffee)

BOYS TEAM STANDINGS

1. Kennedy 145.5, 2. Linn-Mar 134, 3. Center Point-Urbana 97, 4. Jefferson 96.5, 5. Marion 48,

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6. Xavier 31, 7. Burlington 3.

BOYS WINNERS

100 - Merje' Bokoyo, Jefferson, 10.86

200 - Dan Larson, Jefferson, 22.76

400 - Austin Flieder, Linn-Mar, 49.45

800 - Daniel Murphy, Linn-Mar, 2:03.38

110 hurdles - Daniel Gorsich, Linn-Mar, 14.72

1600 - Joshua Yeager, Center Point-Urbana, 4:44.63

3200 - Daniel Murphy, Linn-Mar, 9:39.62

400 hurdles - JoJo Frost, Center Point-Urbana, 55.19

Discus - Dalles Jacobus, Kennedy, 154-10

High jump - Blair Brooks, Marion, 6-5

Long jump - Jay Blank, Kennedy, 21-3

Shot put - Dalles Jacobus, Kennedy, 51-10 1/2

4x100 relay - Linn-Mar 43.67 (Sean Zimmerman, Tristan Freese, Griffin Freese, Daniel Gorsich)

4x200 relay - Jefferson 1:30.19 (Mason Furnish, Jacob Beaton, Jimmy Itangishaka, Dan Larson)

4x400 relay - Linn-Mar 3:27.42 (Dalton Gosch, Nick House, Ethan Schmidt, Austin Flieder)

4x800 relay - Center Point-Urbana 8:07.35

Shuttle hurdle relay - Linn-Mar 59.89 (Daniel Gorsich, Tristan Freese, Nick House, Zeal Baker)

Distance medley - Linn-Mar 3:35.81 (Austin Flieder, Daniel Gorsich, Joe A'Hearn, Greyson Dolezal)