

## Estelle steals show at MVC girls track

Written by Jim Ecker

Tuesday, 12 March 2013 21:30 -

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CEDAR FALLS - Marissa Estelle appeared to have a promising track career when she finished fifth in the 100 meter hurdles at the Class 4A state track meet as a freshman in 2010 for the Kennedy Cougars.

Then came the injuries.

She tore several muscles in her hip as a sophomore, then grew four inches prior to her junior year in high school and suffered from growing pains, shin splints and apophysitis in her hips. "It's when you grow too fast and the bone pulls apart," she explained.

After placing fifth as a freshman three years ago, she did not get an opportunity to compete at the state track meets as a sophomore or junior.

"I couldn't build up speed, just because of the injuries," she said.

Estelle served notice Tuesday at the Mississippi Valley Conference indoor track meet in the UNI-Dome that she's much healthier now and hoping for a successful final campaign as a senior.

Estelle defeated Taylor Jacobson of Cedar Rapids Jefferson in the 60 meter hurdles and nipped Samone Robinson of Cedar Falls in the 200 meter dash for an impressive double. She hadn't run an open 200 in competition since middle school, several painful injuries ago.

"This year I feel pretty good. So far no injuries," she said with a relieved look on her face.

Jacobson will be competing in hurdles events at the University of Northern Iowa next year, so defeating her Tuesday was a significant achievement.

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Estelle was so focused on her own performance that she didn't know she had just beaten one of the top sprinters in the state.

"I don't really attach too much emphasis on who I'm running with," she said. "I just get out there and do my best."

Mostly, she's just happy to be healthy and racing again after two years of setbacks.

"It's hard. I've tried so hard," she remarked. "This is my last year. I really want to give it my all and really, really push and try to at least get back to state."

There were no magic cures for her ailments. "Rest and icing," she said, describing seven-minute ice baths in the Kennedy training room that "tingles a little bit."

"The training room is my second home," she said.

Estelle feels good, but said she's not fully recovered after competing in her first indoor meet of the season.

"I feel like by May I'll be 100 percent," she said, setting her sights on the state meet. "I'm getting there."

Metro schools won eight out of 17 events at the MVC Indoor Meet.

The Jefferson J-Hawks claimed the shuttle hurdle relay, the 4x200 relay and the 4x400 relay.

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Maddie Saville won the 400 meter dash for Linn-Mar. The Lions also captured the sprint medley.

Leslie Harder claimed the high jump for Cedar Rapids Prairie.

No team scores were kept.

### **MVC GIRLS INDOOR TRACK**

At UNI-Dome

#### **WINNERS**

High jump - Leslie Harder, Prairie, 5-0

Long jump - McKennan Cronbaugh, Iowa City West, 17-4 1/4

Shot put - Maddie Niles, Wahlert, 38-8

3000 - Allison Gregg, Cedar Falls, 10:29.00

4x800 relay - Cedar Falls 9:53.38

Shuttle hurdle relay - Jefferson (Taylor Jacobson, Madi Ranschau, Abby Ranschau, Sam Kitterman) 37.87

Distance medley - Iowa City West 4:23.61

60 - McKennan Cronbaugh, Iowa City West, 7.35

400 - Maddie Saville, Linn-Mar, 1:04.66

4x200 relay - Jefferson (Maliya Ratliffe, Lucy Schneekloth, Jasmine Blue, Rachel Broghmammer) 1:47.37

60 hurdles - Marissa Estelle, Kennedy, 9.10

800 - Molly Leveille, Iowa City West, 2:23.80

200 - Marissa Estelle, Kennedy, 27.26

Sprint medley - Linn-Mar (Halley Morgan, Shelby Ham, Sarah Einck, Maddie Saville) 1:58.35

1500 - Allison Gregg, Cedar Falls, 5:01.30.

4x100 relay - Iowa City West 51.44

4x400 relay - Jefferson (Taylor Jacobson, Jasmine Blue, Meredith Konigsfeld, Rachel Broghmammer) 4:15.04

#### **METRO PLACEWINNERS**

Top 8

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### KENNEDY

1st - Marissa Estelle, 60 hurdles, 9.10  
1st - Marissa Estelle, 200, 27.26  
2nd - 4x800 relay 10:00.59  
2nd - Shuttle hurdle relay 39.92  
2nd - Amarri Waller, 60, 7.81  
3rd - Allison Culver, 3000, 10:58.99  
3rd - Breyana Cooper, long jump, 15-8 1/2  
3rd - Katie Wampole, 1500, 5:02.95  
4th - Alyssa Averhoff, 3000, 11:18.69  
4th - Sprint medley 2:02.32  
5th - Allison Culver, 800, 2:31.61  
6th - 4x100 relay 53.17  
7th - Megan Pospisil, 400, 1:10.40  
8th - Lexi Rogers, 60 hurdles, 9.92

### PRAIRIE

1st - Leslie Harder, high jump, 5-0  
2nd - Kenzie Soeken, high jump, 4-10  
3rd - Aminah Baloch, 200, 28.10  
3rd - Sprint medley 2:01.10  
4th - Emily Wallace, 400, 1:08.40  
4th - Hannah Grimm, high jump, 4-10  
5th - Shuttle hurdle relay 41.20  
5th - Distance medley 4:38.80  
5th - 4x200 relay 1:54.90  
8th - Sarah Meyers, 3000, 11:59.75  
8th - Mackenzie Mehmen, 400, 1:12.03  
8th - Alex Malloy, shot put, 33-5  
8th - 4x100 relay 54.30

### JEFFERSON

1st - Shuttle hurdle relay 37.87  
1st - 4x200 relay 1:47.37  
1st - 4x400 relay 4:15.04  
2nd - Taylor Jacobson, 60 hurdles, 9.29  
3rd - Lucy Schneekloth, 60, 7.85  
3rd - 4x100 relay 51.56  
4th - Jasmine Blue, long jump, 15-1  
4th - Maliya Ratliffe, 60, 7.90

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4th - Maddy Ranschau, 60 hurdles, 9.39

5th - 4x800 relay 10:31.24

6th - 4x400 relay 4:23.71

7th - Rachel Broghammer, 60, 8.06

8th - 4x200 relay 1:56.18

### **WASHINGTON**

2nd - Shannon Gorman, 800, 2:26.60

3rd - Distance medley 4:28.35

4th - Shannon Gorman, 1500, 5:06.60

5th - Kadejah Sanders, 60, 8.01

7th - 4x100 relay 53.89

### **LINN-MAR**

1st - Maddie Saville, 400, 1:04.66

1st - Sprint medley 1:58.35

4th - 4x200 relay 1:53.44

5th - 4x100 relay 52.97

8th - Sarah Einck, long jump, 14-8 1/2

8th - Maleta Montague, 200, 28.62

### **XAVIER**

7th - Meghan Joens, shot put, 33-9

7th - Allison Pitz, 1500, 5:25.28