

Jeff girls, Evans shine at Kingston

Written by Tom Fruehling
Saturday, 13 April 2013 23:08 -

The Jefferson girls turned in another series of dominant performances Saturday at Kingston Stadium, while the Linn-Mar boys outdueled Kennedy for the team title in a frigid running of the Draxton-Stiers/Wilkinson Invitational track meet.

Fresh from a blowout at their own meet a week ago, the J-Hawks claimed six of seven relay events Saturday and also picked up wins from senior hurdler Taylor Jacobson and sophomore sprinter Lucy Schneekloth.

The Lion boys, meanwhile, won four of six relay events along with a school record-setting run by unstoppable junior Josh Evans in a race for which he wasn't even primed.

Even in the wind and cold, the fluid long distance specialist recorded a personal best of 4:16.46 in the 1600 meter run, half a football field ahead of his closest competitor and seven seconds faster than what he'd run two weeks ago.

"It turned out amazingly well," said Evans, who is still limiting his racing after an injury-bitten cross country season. "I was thinking about a pace that would put me under 4:20, but I didn't know I was going that fast 'til I saw my time when I crossed the finish line."

The event he was more interested in was the 4x800 relay, which opened the meet for the boys.

"That was my main focus, to help my teammates get a good time so we can qualify for Drake. So I pushed it as hard as I could," he said.

By winning the event Saturday with a time of 8:08.29, the Lions are likely to make the Drake Relays field later this month. Whether Evans joins them for that race in Des Moines is uncertain, since he's thinking about running individually in the 3200, 800 and 1600 on three consecutive days.

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Also slated to be busy at Drake are the fleet lady sprinters from Jefferson. With an interchangeable stable of 10 veteran and novice speedsters, the J-Hawks won everything on Saturday but the 4x800. And none of the races were even close.

"I've never had a group that was as competitive as this group of girls," said Jefferson's Bill Calloway, now in his 32nd year as a head track coach. "I've been in this awhile, and these girls just love to compete. They're fearless on the track."

And while the J-Hawks are off to a fast start this season, Calloway said this isn't the time to peak.

"It truly is all about May when we finish out with the regionals and the state. The girls know that," he said. "Still, I am very, very pleased with how well they're doing."

Senior John Koelling of Kennedy also staked a claim to be a contender in the postseason by copping the 200 and 400 meter dashes on Saturday. In both cases, he dropped his season's best times.

"I was real happy that I keep getting better," said the lanky Cougar. "Our whole team dropped times today, even in this weather. But we've been working hard all week out in the rain, and I think that helped our endurance."

Meanwhile, the Marion boys proved they'll be a force to be reckoned with again this year. They had their best season ever a year ago and more than held their own Saturday competing against mostly larger schools by finishing a strong third behind Linn-Mar and Kennedy.

With top hurdler Issac Frazier nursing a pulled hamstring, junior teammate Quinn Cannoy took top honors in the 110 meter hurdles. Frazier did compete on the winning shuttle hurdle relay team with Cannoy, Devin Quinn and Cedrick Williams.

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"I was pretty pleased with our performance," said Marion Coach Scott Immerfall. "Besides those other two wins, Zach Borens won the shot put and Justin Dolley got second in the discus.

"And we got a bunch of seconds in other events. So I think we're coming right along."

DRAXTON-STIERS/WILKINSON INVITATIONAL

GIRLS RESULTS

Team Standings

1. Jefferson 143, 2. Cedar Falls 122, 3. Kennedy 106, 4. Prairie 69, 5. Center Point-Urbana 62, 6. Hempstead 44, 7. Xavier 35.

High Jump

1. Leslie Harder (CRP) 5-2 1/2, 2. (tie) Lindsey Eades (CRK) and Brianna Prohaska (CRJ), 4-8.

Discus

1. Hope Koerprich (DH) 123-8, 2. Kennedy Salow (CPU) 118-11, 3. Emma Edelen (CRJ) 111-10.

Shot Put

1. Brooke Wilson (CPU) 37-5, 2. Natalie Rumer (CRP) 37-1, 3. Hope Koerprich (DH) 35-3.

Long Jump

1. Breyana Cooper (CRK) 17-7 1/2, 2. Halle Lueck (CRP) 16-4, 3. Arika Wooldridge (CPU) 15-8 1/2.

3000 Meter Run

1. Allison Culver (CRK) 11:02.76, 2. Beth Heims (CRP) 11:32.22, 3. Michelle Zikes (CRJ) 11:34.03.

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4x800 Relay

1. Cedar Falls 9:39.13, 2. Hempstead 10:18.62, 3. Kennedy 10:49.57.

Shuttle Hurdle Relay

1. Jefferson (Taylor Jacobson, Abbie Ranschau, Sam Kitterman, Madison Ranschau) 1:08.90,
2. Prairie 1:15.99, 3. Hempstead 1:17.26.

100 Meter Dash

1. Lucy Schneekloth (CRJ) 13.03, 2. Maliya Rattliffe (CRJ) 13.15, 3. Amari Waller (CRK) 13.22.

Distance Medley

1. Jefferson (Jessica Ohrnstein, Abbie Ranschau, Sam Kitterman, Sarah Hanna) 4:30.24, 2.
Cedar Falls 4:33.85, 3. Center Point-Urbana 4:47.83.

400 Meter Dash

1. Carlie Jurgens (CRX) 1:04.94, 2. Taylor Skala (CRX) 1:05.98, 3. Breyana Cooper (CRK)
1:06.00.

4x200 Meter Relay

1. Jefferson (Maliya Rattliffe, Lucy Schneekloth, Morgan Meese, Rachel Broghammer) 1:45.48,
2. Cedar Falls 1:48.91, 3. Center Point-Urbana 1:52.11.

100 Meter Hurdles

1. Marissa Estelle (CRK) 15.47, 2. Madison Ranschau (CRJ) 15.89, 3. Kaia Monson (CPU)
16.99.

800 Meter Run

1. Brianna King (CF) 2:17.57, 2. Kathia Wampole (CRK) 2:20.34, 3. Meredith Koenigsfeld (CRJ)
2:27.18.

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200 Meter Dash

1. Alicia Harrington (CF) 26.48, 2. Morgan Meese (CRJ) 26.90, 3. Breyana Cooper (CRK) 27.62.

400 Meter Hurdles

1. Taylor Jacobson (CRJ) 1:07.52, 2. Cheyenne Kinsella (CPU) 1:12.61, 3. Jamie Becker (CF) 1:14.31.

Sprint Medley

1. Jefferson (Maliya Rattliffe, Lucy Schneekloth, Jasmine Blue, Rachel Broghammer) 1:53.45, 2. Cedar Falls 1:58.51, 3. Prairie 1:58.86.

1500 Meter Run

1. Allison Gregg (CF) 4:52.75, 2. Brianna King (CF) 4:53.69, 3. Alyssa Averhoff (CRK) 5:00.30.

4x100 Relay

1. Jefferson (Maliya Rattliffe, Jasmine Blue, Morgan Meese, Rachel Broghammer) 50.69, 2. Xavier 51.90, 3. Kennedy 52.49.

4x400 Relay

1. Jefferson (Morgan Meese, Lucy Schneekloth, Jasmine Blue, Taylor Jacobson) 4:12.11, 2. Cedar Falls 4:14.23, 3. Center Point-Urbana 4:22.38.

BOYS RESULTS

Team Standings

1. Linn-Mar 110, 2. Kennedy 106, 3. Marion 95, 4. Jefferson 72, 5. Xavier 64, 6. Center Point-Urbana 56, 7. Burlington 52.

High Jump

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1. Justin Randall (BUR) 6-9, 2. Willie Rhoads (CRK) 6-4, 3. Isaac Frazier (MAR) 6-2.

Discus

1. Craig Murtha (CRX) 162-2, 2. Justin Dolley (MAR) 156-0, 3. Dane Salow (CPU) 150-7.

Shot Put

1. Zach Borens (MAR) 48-11, 2. Craig Murtha (CRX) 47-1 1/2, 3. Drew Heitland (CRK) 46-3.

Long Jump

1. Derek Jacobus (CRK) 20-10 1/2, 2. Willie Rhoads (CRK) 19-10 1/2, 3. Blake Bernauer (CRJ) 18-8.

4x800 Relay

1. Linn-Mar (Tanner Rathje, Greyson Dolezal, Josh Evans, Chase Grabau) 8:08.29, 2. Marion 8:43.17, 3. Kennedy 8:55.49.

3200 Meter Run

1. Steve Kruse (BUR) 10;12.85, 2. Michael Marshall (CPU) 10:22.75, 3. Kyle Read (LM) 10;26.62.

Shuttle Hurdle Relay

1. Marion (Isaac Frazier, Cedrick Williams, Devin Quinn, Quinn Cannoy) 59.78, 2. Kennedy 1:00.89, 3. Center Point-Urbana 1:03.65.

100 Meter Dash

1. Nick Steingreaber (CRX) 11.15, 2. Nate Karlan (CRJ) 11.31, 3. Devin LeBeau (MAR) 11.33.

400 Meter Dash

1. John Koelling (CRK) 51.14, 2. Will Fuhrmann (LM) 53.55, 3. Dan Larson (CRJ) 53.70.

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4x200 Relay

1. Linn-Mar (Austin Flieder, Tristan Freese, Tim Wolfe, Perrion Scott) 1:30.08, 2. Marion 1:32.63, 3. Jefferson 1:33.31.

100 Meter Hurdles

1. Quinn Cannoy (MAR) 15.24, 2. Mike Keiser (LM) 15.40, 3. Famiek Cook (CRK) 15.52.

1600 Meter Run

1. Josh Evans (LM) 4:16.46, 2. Josh Yeager (CPU) 4:29.38, 3. Tanner Rathje (LM) 4:33.86.

200 Meter Dash

1. John Koelling (CRK) 22.87, 2. Isaac Smith (MAR) 23.12, 3. Nick Steingreaber (CRX) 23.18.

400 Meter Hurdles

1. Noah Clasen (CRX) 56.93, 2. Lucas Vanous (CRJ) 58.24, 3. Keegan Cook (LM) 58.41.

Distance Medley

1. Jefferson (Nate Karlan, Jordan Selby, Dylan Chittick, Timauntay Jones) 3:35.73, 2. Burlington 3:44.15, 3. Center Point-Urbana (3:54.91).

800 Meter Run

1. Steve Kruse (BUR) 2:02.58, 2. Evan Couch (CRK) 2:07.62, 3. Michael Mather (LM) 2:08.64.

4x100 Relay

1. Linn-Mar (Perrion Scott, Tristan Freese, Brandon Jeffries, Tim Wolfe) 43.44, 2. Kennedy 43.90, 3. Marion 44.83.

4x400 Relay

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1. Linn-Mar (Austin Flieder, Tristan Freese, Ryan Wirth, Chase Grabau) 3:25.82, 2. Marion 3:27.31, 3. Xavier 3:30.04.

Wheelchair 100 - Jordan Houdeshell (LM) 20.12.

Wheelchair 200 - Jordan Houdeshell (LM) 36.87

Wheelchair 400 - Jordan Houdeshell (LM) 1:14.76

Wheelchair shot put - Jordan Houdeshell (LM) 14-0.