

## **Linn-Mar wins 300 IM at J-Hawk Relays**

Written by Metro Sports Report  
Sunday, 08 December 2013 02:34 -

---

The Linn-Mar Lions captured the 300 yard medley relay at the Jefferson J-Hawk Relays Saturday at the Jefferson pool.

Zach Hendricks, John Roggendorf and Noah Ramsey swam in the event for Linn-Mar.

Iowa City West won six of nine events to run away with the team championship. The Trojans set five meet records. All of the events were relays.

### **Team Standings**

1. Iowa City West 108, 2. Dubuque Senior 86, 3. Dubuque Hempstead 72, 4. Jefferson 38, 5. Linn-Mar 30.

### **Winners**

400 medley relay - Iowa City West 3:42.41 (record)  
600 freestyle relay - Dubuque Senior 5:46.78 (record)  
200 freestyle relay - Iowa City West 1:32.78 (record)  
300 backstroke relay - Iowa City West 2:47.97 (record)  
300 medley relay - Linn-Mar 3:04.77  
300 breaststroke relay - Iowa City West 3:08.97 (record)  
300 butterfly relay - Hempstead 3:02.58  
400 freestyle relay - Iowa City West 3:29.29  
200 medley relay - Iowa City West 1:42.45