

Linn-Mar wins 300 IM at J-Hawk Relays

Written by Metro Sports Report
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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