

Bokoyo wins sprints for J-Hawks

Written by Metro Sports Report

Saturday, 28 March 2015 18:53 - Last Updated Saturday, 28 March 2015 19:30

Merje' Bokoyo has arrived at Cedar Rapids Jefferson this year with speed.

Bokoyo, a transfer student from Galesburg, Ill., captured the 100 and 200 meter dashes at the John Ask Relays Saturday on a cool, sunny day at Kingston Stadium.

Bokoyo claimed the 100 meter dash in a hand-held time of 10.92 seconds, which Jefferson Coach Ron Tower said would translate to about a 11.15 electronic clocking.

"That's a good time. No question, this early, in the cold," said Tower.

Bokoyo helped Galesburg finished third in the 4x100 relay and sixth in the 4x200 relay at the Class 2A state meet in Illinois last year. Tower said Bokoyo is originally from the Congo in Africa.

The Kennedy Cougars won the team championship with 145 points in the seven-team field. Linn-Mar placed second, Jefferson third, Prairie fourth and Washington sixth.

Willie Rhoads was a double-champion for Kennedy in the high jump (6-4) and long jump (20-11 1/4). The Cougars also got victories from Dalles Jacobus in the shot put (50-0 1/2) and Matt Gardner in the 400 hurdles (57.90).

Bokoyo wins sprints for J-Hawks

Written by Metro Sports Report

Saturday, 28 March 2015 18:53 - Last Updated Saturday, 28 March 2015 19:30

The Linn-Mar Lions won eight titles Saturday. Daniel Murphy took the 3200 (9:57.29), Dalton Gosch captured the 400 (51.37), Daniel Gorsich won the 110 hurdles (15.08) and Greyson Dolezal won the 1600 (4:42.64).

The Lions also took the shuttle hurdle relay, 4x200 relay, 4x100 relay and 4x400 relay.

Tysen VanDraska claimed the 800 for Prairie (1:59.70). The Hawks also won the 4x800 relay and sprint medley.

JOHN ASK RELAYS

TEAM STANDINGS

1. Kennedy 145, 2. Linn-Mar 125.5, 3. Jefferson 98, 4. Prairie 79.5, 5. Bettendorf 49, 6. Washington 38, 7. Iowa City West 22

WINNERS

High jump - Willie Rhoads, Kennedy, 6-4

Long jump - Willie Rhoads, Kennedy, 20-11 1/4

Discus - Xavier Holley, Bettendorf, 152-0

Shot put - Dalles Jacobus, Kennedy, 50-0 1/2

3200 - Daniel Murphy, Linn-Mar, 9:57.29

4x800 relay - Prairie (Matt Lorenz, Jake Moore, Levi Lefebure, Tysen VanDraska) 8:10.30

Shuttle hurdle relay - Linn-Mar (Daniel Gorsich, Isaac Baumhoefener, Gavern Dochterman, Nick House) 1:01.82

100 - Merje' Bokoyo, Jefferson, 10.92

400 - Dalton Gosch, Linn-Mar, 51.37

4x200 relay - Linn-Mar (Austin Flieder, Tristan Freese, Griffin Freese, Sean Zimmerman) 1:31.79

Bokoyo wins sprints for J-Hawks

Written by Metro Sports Report

Saturday, 28 March 2015 18:53 - Last Updated Saturday, 28 March 2015 19:30

110 hurdles - Daniel Gorsich, Linn-Mar, 15.08

1600 - Greyson Dolezal, Linn-Mar, 4:42.64

200 - Merje' Bokoyo, Jefferson, 23.601

400 hurdles - Matt Gardner, Kennedy, 57.90

Sprint medley - Prairie (Trevor Northrup, Marty Borseth, Matt Lorenz, Jake Moore) 3:46.00

800 - Tysen VanDraska, Prairie, 1:59.70

4x100 relay - Linn-Mar (Sean Zimmerman, Tristan Freese, Griffin Freese, Daniel Gorsich) 44.14

4x400 relay - Linn-Mar (Austin Flieder, Daniel Gorsich, Tristan Freese, Joe A'Hearn) 3:28.56

METRO PLACEWINNERS

Top 3

KENNEDY

2. Shaun Beyer, high jump, 6-0

2. Jackson Coker, shot put, 49-3 1/2

2. Shuttle hurdle relay 1:03.36

2. Mark Schulz, 400, 51.99

2. Austin Coats, 110 hurdles, 15.47

2. Austin Coats, 400 hurdles, 59.26

3. Shaun Beyer, long jump, 20-3 1/4

3. Jackson Coker, discus, 149-9

3. Shaun Beyer, 110 hurdles, 15.58

3. Chris Krystofiak, 400 hurdles, 1:00.36

3. Sprint medley 3:50.80

3. 4x400 relay 3:35.98

JEFFERSON

2. Jimmy Itangishaka, long jump, 20-6

2. 4x200 relay 1:32.39

2. Sprint medley 3:49.78

2. 4x100 relay 44.82

Bokoyo wins sprints for J-Hawks

Written by Metro Sports Report

Saturday, 28 March 2015 18:53 - Last Updated Saturday, 28 March 2015 19:30

- 3. Dylan Hart, high jump, 5-10
- 3. Jared Eivins, shot put, 47-10
- 3. 4x800 relay 8:35.81

LINN-MAR

- 2. 4x800 relay 8:27.71
- 2. Ryan Murphy, 1600, 4:43.27
- 2. Thomas Doyle, 800, 2:02.58
- 3. Shuttle hurdle relay 1:06.22

PRAIRIE

- 2. Robert Laue, 3200, 10:24.42
- 2. Trevor Northrup, 100, 11.14
- 2. 4x400 relay 3:29.38
- 3. 4x200 relay 1:33.00
- 3. Ty Bolden, 200, 23.93

WASHINGTON

- 2. Isaiah Nimmers, 200, 23.610
- 3. Alex Herzog, 100, 11.20
- 3. Isaiah Nimmers, 400, 52.08
- 3. 4x100 relay 45.4