

## **Metro teams loaded for state track meet**

Written by Jim Ecker

Monday, 13 May 2013 08:17 -

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First Drake, now state.

That could be the motto for Metro athletes this week as they eagerly prepare for the state track meet in Des Moines.

Metro athletes won six gold medals at the Drake Relays, where they competed against the top performers from all around the state regardless of school population.

Now the talent will be spread into four classes - 4A, 3A, 2A and 1A - and the Metro figures to claim its share of gold again.

Linn-Mar freshman Stephanie Jenks established herself as the top distance runner in Iowa when she captured the 1500 and 3000 meter runs at Drake. She'll be aiming for a rare triple in the Class 4A state meet in the 800, 1500 and 3000.

Linn-Mar junior Josh Evans set a state record when he won the 1600 at Drake in 4:10.86, and he'll be chasing high honors in the 3200 and 800 as well this week.

Evans helped Linn-Mar win the sprint medley at the Drake Relays with a sizzling anchor to complement Perrion Scott, Tim Wolfe and Chase Grabau in that event.

The Lions also won the 4x200 relay at Drake with Austin Flieder, Tristan Freese, Wolfe and Scott forming the quartet.

The Prairie Hawks won the 4x400 relay at Drake with Tristan Beyer, Lucas Howes, Jarred Edmonds and Demetrius Harper.

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Metro athletes are strong in almost every event, so there could be quite a haul of gold, silver and bronze medals at the state meet this Thursday, Friday and Saturday.

The Prairie boys are entered in 15 events at the Class 4A state meet, the most of any Metro boys team. Linn-Mar is entered in 13 events, Kennedy has athletes in 10 events, Jefferson and Washington are competing in nine events, and Xavier is entered in seven events.

The Marion Indians have athletes in 13 events in Class 3A and could claim their share of glory as well.

The Linn-Mar girls are entered in 17 out of 19 events in their Class 4A meet. Kennedy girls will compete in 15 events, Jefferson qualified in 11 events, Prairie 10, Washington nine, and Xavier is entered in four events.

The Marion girls are entered in eight events.

The Linn-Mar boys could challenge for the state championship with Scott seeded No.1 in the 100 meter dash and Evans ranked No.1 in the 1600. The Lions also are seeded No.1 in the 4x100 and 4x200 relays, Evans is No.2 in the 3200, the distance medley is seeded No.2 and the 4x800 relay is seeded No.3.

The Kennedy boys are seeded No.1 in the shuttle hurdle relay, Willie Rhoads is No.2 in the high jump, Famiek Cook is No.2 in the long jump and Derek Jacobus is No.3 in the long jump for the Cougars.

Tristan Beyer of Prairie is ranked No.2 in the 400 meter dash and Haakon Wilz of Prairie is No.3 in the 400 hurdles.

Timauntay Jones of Jefferson is ranked No.2 in the 800 meter run.

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The Jefferson girls have some of the best relay teams in the state and are seeded No.1 in the 4x200, No.2 in the 4x100, No.4 in the shuttle hurdle relay, No.4 in the 4x400 and No.5 in the sprint medley.

### **BOYS STATE QUALIFIERS**

#### **PRAIRIE (15 events)**

Demetrius Harper (100), Tristan Beyer (400), Tysen VanDraska (800), Mitch Pritts (1600, 3200), Isaiah Vlasek (1600, 3200), Haakon Wilz (110 hurdles, 400 hurdles, long jump), Mitch Dellamuth (110 hurdles), Josh Williams (shot put), 4x100, 4x200, 4x400, 4x800, distance medley, shuttle hurdle relay.

#### **LINN-MAR (13 events)**

Perrion Scott (100, 200), Brandon Jeffries (200), Tanner Rathje (800, 1600), Josh Evans (800, 1600, 3200), Mike Keiser (110 hurdles), Keegan Cook (400 hurdles), 4x100, 4x200, 4x400, 4x800, distance medley, shuttle hurdle relay.

#### **MARION (13 events)**

Devin LeBeau (100, 200), Isaac Smith (200), Peter Rethwisch (400), Jordan Garthwaite (800), Quinn Cannoy (110 hurdles), Isaac Frazier (high jump), Devin Quinn (high jump), Justin Dolley (discus), Zach Borens (discus, shot put), 4x200, 4x400, 4x800, distance medley, shuttle hurdle relay.

#### **KENNEDY (10 events)**

John Koelling (200, 400), Tom Kaiser (110 hurdles), Willie Rhoads (high jump), Shawn Beyer (high jump), Famiek Cook (long jump), Derek Jacobus (long jump), Drew Heitland (shot put), 4x100, 4x200, 4x400, shuttle hurdle relay.

#### **JEFFERSON (9 events)**

Dylan Chittick (200), Timauntay Jones (400, 800), Savaun Bounds (110 hurdles), Lucas Vanous (400 hurdles), 4x100, 4x200, 4x400, shuttle hurdle relay.

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### **WASHINGTON (9 events)**

Mitch Bredeson (100), Nick Corbett (400), Isaiah Nimmers (400 hurdles), Razadon Taylor (long jump), Wesley Ennis (discus), 4x200, 4x400, 4x800, distance medley.

### **XAVIER (7 events)**

Nick Steingreaber (100), Noah Clasen (400 hurdles), Craig Murtha (discus, shot put), 4x100, 4x400, 4x800.

## **GIRLS STATE QUALIFIERS**

### **LINN-MAR (17 events)**

Halley Morgan (200), Amber Decker (400, 800), Rachel Perry (400), Stephanie Jenks (800, 1500, 3000), Sydney Johnston (3000), Maleta Montague (100 hurdles), Sara Strauel (high jump), Brooke Lorenz (long jump), Lannie Nietert (discus, shot put), shuttle hurdle relay, 4x100, 4x200, 4x400, 4x800, sprint medley, distance medley.

### **KENNEDY (15 events)**

Amari Waller (100, 200), Kathia Wampole (800), Allison Culver (1500, 3000), Alyssa Averhoff (3000), Marisa Estelle (100 hurdles), Kelsie Coates (400 hurdles), Lindsey Eades (high jump), Victoria Spaulding (discus), Allyson Ballinger (shot put), shuttle hurdle relay, 4x100, 4x800, sprint medley, distance medley.

### **JEFFERSON (11 events)**

Maliya Rattliffe (100), Jasmine Blue (100), Lucy Schneekloth (200), Madison Ranschau (100 hurdles), Taylor Jacobson (100 hurdles, 400 hurdles), Emma Edelen (discus), shuttle hurdle relay, 4x100, 4x200, 4x400, sprint medley, distance medley.

### **PRAIRIE (10 events)**

Hannah Grimm (400), Kenzie Soeken (high jump), Halle Lueck (long jump), Alex Malloy (discus), Rachel Griffin (discus, shot put), Natalie Rumer (shot put), shuttle hurdle relay, 4x100, 4x400, sprint medley, distance medley.

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### **WASHINGTON (9 events)**

Kadejah Sanders (100), Anne Visser (400), Shannon Gorman (1500, 3000), 4x100, 4x200, 4x400, sprint medley, distance medley.

### **MARION (8 events)**

Abby Kolarik (200, 400), Morgan Kolarik (100 hurdles, 400 hurdles), Micaela Combs (discus), 4x100, sprint medley, distance medley.

### **XAVIER (4 events)**

Molly Breitbach (100), Meghan Joens (discus), 4x400, sprint medley.