

Volk wins shot put at MVC division meet

Written by Metro Sports Report
Friday, 05 May 2017 05:16 -

IOWA CITY - Josh Volk of Xavier won the shot put title at the Mississippi Valley Conference divisional meet at Iowa City West Thursday.

Volk took the Mississippi Division crown with a toss of 52 feet, 9 1/2 inches.

The Saints finished second in the 4x800 relay (8:24.33) and also placed second in the 4x200 relay (1:34.21).

Xavier finished fifth in the team standings.

TEAM STANDINGS

1. Iowa City West 177, 2. Linn-Mar 117, 3. Wahlert 100, 4. Waterloo West 72, 5. Xavier 49, 6. Jefferson 41, 7. Waterloo East 31.