

## **Jessica Heims wins Metro Spotlight Award**

Written by Metro Sports Report  
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Jessica Heims of Cedar Rapids Prairie is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday night.

Heims, a junior, represented the United States at the 2015 International Paralympic World Championships in Qatar last week. She finished fifth in the discus and also placed fifth in the 400 meter dash, posting personal records in both events.

Heims hurled the discus 82 feet, 9 inches and ran the 400 in 1 minute, 12.48 seconds.

Athletes from 97 countries competed in the World Championships, including 84 athletes from the United States.

Heims had the lower part of her right leg amputated within 12 months of being born due to a birth defect. She has been active in a variety of sports, including the triathlon, and competes with the Prairie track team.