

## **Jones leads strong Metro showing at MVC indoor**

Written by Jim Ecker

Monday, 11 March 2013 20:38 - Last Updated Monday, 11 March 2013 21:02

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CEDAR FALLS - Timauntay Jones smiles when he pictures himself running for the University of Northern Iowa track team in the spacious UNI-Dome the next four years.

The Cedar Rapids Jefferson senior sure looked at home in the Dome on Monday.

Jones blazed to victory in the 800-meter run in 1:57.58 at the Mississippi Valley Conference indoor meet, surprising even himself with the swift clocking.

"It was a little unexpected," he said. "I was really going for 2:01 or 2:02."

Jones placed third in the 800 meters at the Class 4A state meet last year in 1:55.89, so he came within two seconds of matching that time on a 200-meter track in early March.

Jones committed to Northern Iowa in December.

"It feels great," he said. "I didn't think I'd be here running this fast or anything, let alone at the Division I level. I guess hard work pays off."

Jones is a little wisp of a runner, but he sure goes fast. "A little under 5-foot-8 and I'd say 126 pounds on a good day," he remarked.

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Metro athletes put on a good show in the UNI-Dome and won eight of 16 events.

Cedar Rapids Washington won three events behind two strong performances by Nick Corbett. He sped to victory in the 200 meter dash (22.41) and ran a sizzling anchor on the 4x200 relay to nip Kennedy at the finish line.

Joe Berry captured the 1600-meter run for the Warriors in 4:34.70.

The Kennedy Cougars claimed two gold medals. Willie Rhoads took the high jump (6 feet, 4 inches) and the Cougars captured the shuttle hurdle relay.

The Prairie Hawks also won two events. Tristan Beyer took the 400 meter dash (52.64) and Mitch Dellamuth won the 60-meter high hurdles (8.37).

Corbett finished second in the 400-meter dash at the Class 4A state meet last year for Washington, but he skipped the open 400 Monday to focus on the open 200 and two relays.

"It's fun to be great at one race, but I want to see what I can in different areas," he said. "The 400 is speed and endurance. The 200 is a lot more speed."

Corbett has cracked 48 seconds for 400 meters on a relay, but now he'd like to crack 48 in an open 400 as well.

"It's always fun to dream big," he said. "I want to hit that 47 open. It's a huge challenge. But if I work hard, why not?"

"The school record at Washington is 48.1. My goal right now is to beat that."

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No team scores were kept Monday.

### **MVC INDOOR MEET**

At UNI-Dome

#### **WINNERS**

Long jump - Dequayvious Marion, Waterloo West, 21-10

High jump - Willie Rhoads, Kennedy, 6-4

Shot put - Ross Pierschbacher, Cedar Falls, 52-1

3200 - Tim Sevcik, Cedar Falls, 9:57.11

4x800 relay - Cedar Falls 8:18.82.

Shuttle hurdle relay - Kennedy (Tommy Kaiser, Derek Jacobus, Famiek Cook, Marcus Perkins) 35.29

60 - Jacob Harrison, Hempstead, 6.80

400 - Tristan Beyer, Prairie, 52.64

4x200 - Washington (Mitch Bredeson, Jason Oney, Landon Akers, Nicholas Corbett) 1:36.14

1600 - Joe Berry, Washington, 4:34.70

60 hurdles - Mitch Dellamuth, Prairie, 8.37

200 - Nick Corbett, Washington, 22.41

Medley relay - Cedar Falls 3:47.80

800 - Timauntay Jones, Jefferson, 1:57.78

4x100 relay - Waterloo East 45.60

4x400 relay - Cedar Falls 3:32.03

#### **METRO PLACEWINNERS**

Top 8

#### **JEFFERSON**

1st - Timauntay Jones, 800, 1:57.78

3rd - 4x800 relay 8:39.33

4th - Shuttle hurdle relay 37.68

6th - Medley relay 4:05.12

7th - Jordan Shelby, 400, 54.80

7th - Savaun Bounds, 60 hurdles, 8.74

8th - 4x100 relay 47.17

8th - 4x400 relay 3:47.11

#### **LINN-MAR**

3rd - Shuttle hurdle relay 36.91

6th - 4x800 relay 8:51.90

#### **PRAIRIE**

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1st - Tristan Beyer, 400, 52.64  
1st - Mitch Dellamuth, 60 hurdles, 8.37  
2nd - Shuttle hurdle relay 35.46  
5th - Medley relay 4:04.19  
6th - Mitch Dellamuth, long jump, 19-4 3/4  
7th - 4x200 1:38.77  
7th - Jesse Vizzini, 200, 24.22  
7th - 4x100 relay 46.88  
7th - 4x400 relay 3:46.40  
8th - 4x800 relay 8:57.45  
8th - Tysen VanDraska, 1600, 4:47.94  
8th - Haakon Wilz, 60 hurdles, 8.76  
8th - Medley relay 4:06.01

### **KENNEDY**

1st - Shuttle hurdle relay 35.29  
1st - Willie Rhoads, high jump, 6-4  
2nd - 4x200 relay 1:36.35  
2nd - Tommy Kaiser, 60 hurdles, 8.42  
2nd - 4x100 relay 45.83  
3rd - Famiek Cook, long jump, 20-9 3/4  
4th - Jacob Shannon, high jump, 5-10  
4th - John Koelling, 200, 23.39  
4th - 4x400 relay 3:43.67  
5th - Derek Jacobus, long jump, 20-4 1/2  
5th - Shawn Beyer, high jump, 5-10  
6th - Drew Heitland, shot put, 46-4  
7th - Jay Blank, long jump, 19-4 3/4

### **WASHINGTON**

1st - 4x200 1:36.14  
1st - Joe Berry, 1600, 4:34.70  
1st - Nick Corbett, 200, 22.41  
2nd - 4x400 relay 3:42.20  
3rd - Trevor Luebe, 400, 53.42  
3rd - Trevor Luebe, 800, 2:02.81  
4th - Zac Gillis, shot put, 47-10  
5th - Shuttle hurdle relay 38.31  
5th - Joe Berry, 800, 2:07.89  
5th - 4x100 relay 46.54  
8th - Clayton Bjornsen, 200, 24.45

### **XAVIER**

5th - Craig Murtha, shot put, 47-6  
6th - 4x100 relay 46.57