

J-Hawks tie for 7th at Wilkinson Relays

Written by Jim Ecker
Friday, 08 April 2011 23:15 -

The Linn-Mar Lions staked their claim as the best boys track team in the Metro area Friday night, and they did it with superstar Kyle Dunn on the sidelines.

The Lions captured the 25th Annual Wilkinson Relays in a meet that featured all seven Metro schools, including the 2009 and 2010 state champion Washington Warriors.

Linn-Mar rolled up 113 points to clip Des Moines Hoover, the runnerup, by 21 points. Washington finished third with 90 points in the 10-team field at Kingston Stadium.

It was an impressive showing by the Lions, especially with Dunn sidelined with a nagging hamstring problem. Dunn is the defending state champion in the 400 meter dash and the 400 low hurdles, but he skipped the Wilkinson Relays on a chilly night.

"We've got to be careful with Kyle Dunn," Linn-Mar Coach Ken Hopkins remarked. "He's hurting a little bit with the hamstring. It's going to be hit-and-miss with him for a while until he gets that thing taken care of."

Dunn skipped the Ask Relays last Friday night, but he competed in the Hollingsworth Relays at Iowa City West Tuesday night and won the 400 hurdles. He also anchored the 4x400 relay to victory that night, but was sore the next day.

Nick Lucas, Josh Evans and Nick Gentzler won individual titles for the Lions Friday night. Linn-Mar also won the 4x800 relay and demonstrated good team depth.

"I think the whole team came together tonight," Hopkins said. "They're coming along, slowly but surely, but tonight is a breakthrough, I think. There were really a lot of bright spots."

Hopkins thinks the Lions can challenge for the state title this year, if the team keeps improving.

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"We have a lot of things that need to come together at the end of the season to do that," he said. "Everybody pulled together as a team tonight. That's what it took."

Linn-Mar placed fourth in the team standings at the state meet last year behind Washington, Indianola and Pleasant Valley. Even though the Lions beat Washington Friday night, Hopkins said he thinks the Warriors could be dangerous again this year.

"Some people didn't think they were going to do it last year (win the state title), and they did it," he noted.

Lucas claimed the 400-meter dash in 50.52 seconds, winning the event in Dunn's absence. Evans, a freshman who won the 3200 at the Hollingsworth Relays Tuesday, captured the 1600 Friday in 4:32.14. Gentzler claimed the 800 in 2:03.23.

Chase Grabau, Gentzler, Duggan Trenary and Aaron Razo won the 4x800 relay in 8:14.83.

Washington got victories from Will Griffin in the 100-meter dash (11.17 seconds) and Robert Hogg in the long jump (20-11). The Warriors also won the shuttle hurdle relay in 1:00.70 with Drake Hickok, Adam Sailor, Forest Vega and Antonio Johnson.

Sam Joens of Prairie crushed his competition in the discus with a throw of 161 feet, 9 1/2 inches, winning the event by more than 22 feet. The Hawks claimed the sprint medley in 3:37.89 with Austin Dellamuth, Tristan Beyer, Matt Stocker and Kyle Stocker.

Jacob Losch of Kennedy won the 400 hurdles in 56.74 seconds. Caleb Mere, one of the top long jumpers in the state, did not jump Friday due to a lingering hamstring problem.

Carter Valentine of Xavier won the 110 hurdles in 15.25 seconds.

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WILKINSON RELAYS

At Kingston Stadium

Team Standings

1. Linn-Mar 113, 2. Des Moines Hoover 92, 3. Washington 90, 4. Prairie 62, 5. Wahlert 56, 6. Kennedy 41, 7. (tie) Jefferson 32; Xavier 32; 9. Waterloo East 23, 10. Marion 17.

Long Jump -- 1. Robert Hogg (CRW) 20-11; 2. Onterier Brown (DMH) 20-9 3/4; 3. Colton Sanchez (LM) 19-6; 4. Derek Jacobus (CRK) 19-5; 5. Jude Smith (DW) 19-3; 6. Michael Detert (LM) 19-1 1/2.

High Jump -- 1. Tylor White (WE) 6-2; 2. Shane Hodges (WE) 6-0; 3. Miles Barton (CRW) 5-11; 4. Isaac Frazier (MAR) 5-10; 5. Brandon Ophoff (LM) 5-10; 6. John Koelling (CRK) 5-6.

Discus -- 1. Sam Joens (CRP) 161-9 1/2; 2. Dan Sisler (DW) 139-0; 3. Craig Murtha (CRX) 129-3 1/2; 4. Collin Hennessey (CRW) 126-9; 5. Jonathan Heitland (MAR) 125-0 1/2; 6. Austin Hardman (MAR) 123-6.

Shot Put -- 1. Shaquille Wells (DMH) 45-8; 2. Jack Halupnik (LM) 45-2; 3. Chase Kleopfer (CRX) 44-3; 4. Frank Davis (LM) 43-0; 5. Michael Jeschke (DW) 42-9; 6. Matt Hansen (CRX) 42-9.

3200 -- 1. Fadi Angelo (DMH) 9:56.72; 2. Jordan Burns (CRP) 10:03.63; 3. Taylor Mueller (CRJ) 10:10.39; 4. Mitch Pritts (CRP) 10:10.45; 5. Trevor Oates (CRK) 10:14.76; 6. Tyler Chlystun (LM) 10:16.89.

4x800 Relay -- 1. Linn-Mar (Chase Grabau, Nick Gentzler, Duggan Trenary, Aaron Razo) 8:14.93; 2. Wahlert 8:17.30; 3. Prairie (Justin Burns, Isaiah Vlasek, Ryan Smith, Kyle Stocker) 8:17.50; 4. Jefferson (Timauntay Jones, Peter Thullen, Joe Kelly, Matt Hildebrand) 8:21.82; 5. Marion (Zach Burhite, Kaleb Bozorgzadeh, Hunter Banes, Brennen Kelly) 8:32.43; 6. Washington (Kelvin Hootman, Saromo Mugisha, Etienne Nzoyisaba, Trevor Luebe) 8:33.63.

Shuttle Hurdle Relay -- 1. Washington (Drake Hickok, Adam Sailor, Forest Vega, Antonio Johnson) 1:00.70; 2. Linn-Mar (Brandon Ophoff, Mike Keiser, Luke Meyer, Colton Sanchez) 1:01.29; 3. Kennedy (Jacob Losch, Derek Jacobus, Thomas Kaiser, Josh Jahlas) 1:01.94; 4. Jefferson (Tanner Lund, Savaun Williams-Bounds, Matt Dickerson, Xavier Cribbs) 1:04.16; 5. Prairie (Tom Frieden, Solomon Wilharm, Josh Rundall, Joe Costigan) 1:04.28; Xavier (Justin Fenske, Josh Nelson, A.J. Worden, Carter Valentine) 1:04.36.

100 -- 1. Will Griffin (CRW) 11.17; 2. Nate Karlan (CRJ) 11.32; 3. Onterier Brown (DMH) 11.33; 4. Riley McCarron (DW) 11.34; 5. Alex Carr (CRW) 11.42; 6. Aaron Schueller (DW) 11.43.

100 Wheelchair -- 1. Jordan Houdeshell (LM) 26.26.

400 -- 1. Nick Lucas (LM) 50.52; 2. Shay Belle (DMH) 50.73; 3. Matt Stocker (CRP) 50.74; 4. Tristan Beyer (CRP) 52.20; 5. Nicholas Corbett (CRW) 52.29; 6. Jordan Kremer (LM) 52.50.

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4x200 Relay -- 1. Hoover (Rodney Silliman, Onterier Brown, DeShawn Willis, Kaleb Van Cleave) 1:29.43; 2. Wahlert 1:30.95; 3. Kennedy (Josh Jahlas, Jacob Losch, Jed Haycraft, Anthony Crawley) 1:32.48; 4. Washington (Braedon Tovey, Antonio Johnson, Will Griffin, Alex Carr) 1:32.62; 5. Xavier (Nick Ball, Eric Zenisek, Jordan Weber, Eric Hovda) 1:33.93; 6. Waterloo East 1:33.93.

110 Hurdles -- 1. Carter Valentine (CRX) 15.25; 2. Brandon Ophoff (LM) 15.35; 3. Drake Hickok (CRW) 15.77; 4. Antonio Johnson (CRW) 16.03; 5. Thomas Kaiser (CRK) 16.97; 6. Taylor Rogers (MAR) 16.99.

1600 -- 1. Josh Evans (LM) 4:32.14; 2. Thomas Singer (CRK) 4:36.50; 3. Matt Simon (LM) 4:38.68; 4. Etienne Nzoyisaba (CRW) 4:42.37; 5. Fadi Angelo (DMH) 4:42.97; 6. Taylor Mueller (CRJ) 4:53.02.

200 -- 1. Kaleb Van Cleave (DMH) 22.64; 2. Rodney Silliman (DMH) 22.87; 3. Will Griffin (CRW) 22.94; 4. Aaron Taylor (WE) 23.12; 5. Eric Hovda (CRX) 23.14; 6. Alex Carr (CRW) 23.15.

200 Wheelchair -- 1. Jordan Houdeshell (LM) 52.67.

400 Hurdles -- 1. Jacob Losch (CRK) 56.74; 2. Brandon Ophoff (LM) 57.05; 3. Tom Frieden (CRP) 57.39; 4. Drake Hickok (CRW) 57.60; 5. Robert Hogg (CRW) 57.89; 6. Justin Decker (DW) 59.13.

Sprint Medley -- 1. Prairie (Austin Dellamuth, Tristan Beyer, Matt Stocker, Kyle Stocker) 3:37.89; 2. Wahlert 3:43.73; 3. Jefferson (Sam Otis, Nate Karlan, Matt Hildebrand, Timauntay Jones) 3:44.12; 4. Linn-Mar (Michael Detert, Aaron Hunter, Duggan Trenary, Chase Grabau) 3:45.23; 5. Washington (Braedon Tovey, David Tann, Nicolas Corbett, Trevor Luebe) 3:54.28; 6. Marion (John Tiernan, Devin LeBeau, Trevor Hardman, Brennen Kelly) 3:55.64.

800 -- 1. Nick Gentzler (LM) 2:03.23; 2. Jabez Walker (LM) 2:03.99; 3. Zach Burhite (MAR) 2:04.03; 4. Isaiah Vlasek (CRP) 2:05.66; 5. Cole Crawford (DW) 2:06.51; 6. Peter Thullen (CRJ) 2:07.00.

4x100 Relay -- 1. Hoover (Rodney Silliman, Kaleb Van Cleave, DeShawn Willis, Onterier Brown) 43.51; 2. Washington (Braedon Tovey, Will Griffin, Antonio Johnson, Alex Carr) 43.92; 3. Wahlert 44.56; 4. Xavier (Nick Ball, Eric Zenisek, Jordan Weber, Eric Hovda) 44.64; 5. Jefferson (Sam Otis, Nate Karlan, Austin Short, Chance Tiedtke) 45.04; 6. Kennedy (Josh Jahlas, John Koelling, Anthony Crawley, Jed Haycraft) 45.52.

4x400 Relay -- 1. Hoover (Shay Belle, Rodney Silliman, Agok Philip, Kaleb Van Cleave) 3:24.30; 2. Linn-Mar 3:31.44; 3. Wahlert 3:34.04; 4. Washington (Nicolas Corbett, Drake Hickok, Trevor Luebe, Robert Hogg) 3:35.90; 5. Prairie (Jordan Burns, Kyle Stocker, Justin Burns, Matt Stocker) 3:36.91; 6. Kennedy (Thomas Kaiser, Jacob Losch, Jed Haycraft, Anthony Crawley) 3:37.95.