

Cook wins 2 events at MVC indoor

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CEDAR FALLS - Famiek Cook of Cedar Rapids Kennedy captured the 200 meter dash and long jump at the Mississippi Valley Conference indoor track meet at the UNI-Dome in Cedar Falls Monday.

Cook took the 200 in 23.21 seconds and claimed the long jump at 21 feet, 3 inches.

Shawn Beyer of Kennedy won the high jump at 6 feet, 2 inches. The Cougars also claimed the shuttle hurdle relay (34.36 seconds) and captured the 4x400 relay (3:36.13).

The Washington Warriors won the 4x800 relay in 8:51.30. The Jefferson J-Hawks took the 4x400 relay in 45.31 seconds.

Drew Heitland of Kennedy finished second in the shot put (50 feet, 1/2 inch). Jay Blank placed second in the long jump at 20 feet. The Cougars also placed second in the 4x800 relay and the 4x100 relay. Derek Jacobus placed third in the long jump (19-11 1/4) and Zach Tinkey was third in the 400 (54.13).

Cedar Rapids Washington placed second in the 4x400 relay and the medley relay. Landon Akers finished second in the 60 meter dash (6.87). The Warriors placed third in the shuttle hurdle relay and 4x200 relay.

Cedar Rapids Jefferson placed second in the shuttle hurdle relay and the 4x200 relay. Savaun Bounds finished second in the 60 hurdles (8.35) and Alphonso Soko was second in the 200 (23.51). The J-Hawks finished third in the 4x400 relay.

Noah Clasen placed second for Cedar Rapids Xavier in the 400 (53.35). Michael Lamparek was third for Prairie in the shot put (48-4 1/2).

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