

Ranschau, J-Hawks are right on time

Written by Jim Ecker

Tuesday, 17 March 2015 19:28 - Last Updated Tuesday, 17 March 2015 19:42



CEDAR FALLS - Abbie Ranschau does not like to waste time.

That's a great attribute to have for a track star, where tenths of a second can spell the difference between victory and defeat, but Ranschau's attitude carries beyond sports.

"I've always enjoyed being active and staying in shape," the Cedar Rapids Jefferson junior said Tuesday. "I don't like staying at home and doing nothing. It's kind of boring.

"I like to get stuff done," she said, "so I don't feel like I've wasted a day."

Ranschau and her Jefferson teammates did not waste any time at the Mississippi Valley Conference indoor track meet Tuesday at the UNI-Dome in Cedar Falls.

The J-Hawks captured the shuttle hurdle relay, 4x200 meter relay and 4x100 meter relay,

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proving they'll be ultra-strong in those events again this season. Ranschau ran on all three relays and finished a tight second in the 60 hurdles.

Jefferson has featured outstanding sprinters and hurdlers for many years now. Ranschau, Jasmine Blue, Morgan Meese and Lucy Schneekloth captured the state title in the 4x200 relay last year and the same quartet won their specialty Tuesday in a sizzling 1:41.12.

Ranschau thinks the J-Hawks will be even better in the 4x200 this year now that they're all a year older, stronger and faster.

"We're going to have our best time. I know that for sure," she remarked. "It should be really good this year."

Jefferson placed second in the shuttle hurdle relay at the state meet last year and also finished second in the 4x100 state. Everyone is back from those relays as well except Madison Ranschau, now a freshman at DMACC.

Abbie Ranschau, Sam Kitterman, Ellie Trosky and Hannah Coyle claimed the shuttle hurdle relay Tuesday at the MVC meet. That's nearly the same quartet that placed second at the 2014 state meet, with Coyle replacing Madison Ranschau.



Schneekloth, Ranschau, Meese and Blue took the 4x100 relay Tuesday. That's the same gang

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that placed second in the 4x100 at state last year.

Ranschau said the J-Hawks have worked hard to improve after they finished fourth in the Class 4A team standings in 2014.

"Strength is a lot of it. And handoffs are a big part of it," she said.

Ranschau likes getting in the weight room at Jefferson to pump iron and feel fit. "Yes, I do. I love it," she said. "You can get a really good lifting session in a half hour."

Amarri Waller of Kennedy enjoyed a good day at the MVC meet. She won the 60 meter dash in 7.64 seconds and placed second in the 200.

Hannah Frazee of Prairie won the 3000 meter run in 11:12.05.

No team scores were kept.

MVC GIRLS INDOOR MEET

WINNERS

Long jump - Kitra Bell, Waterloo West, 16-3 3/4
High jump - Rose Gamamou, Iowa City High, 5-3
Shot put - Maddie Niles, Wahlert, 37-1 1/2
3000 - Hannah Frazee, Prairie, 11:12.05
4x800 relay - Wahlert 10:05.05
Shuttle hurdle relay - Jefferson 40.13

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Distance medley - Iowa City West 4:19.12

60 - Amarri Waller, Kennedy, 7.64

400 - Zoey Thune, Waterloo West, 1:03.31

4x200 relay - Jefferson 1:46.60

60 hurdles - Grace Young, Iowa City West, 9.44

800 - Muntz, Hempstead, 2:28.76

200 - Allison Trenkamp, Waterloo West, 27.57

Sprint medley - Cedar Falls 1:57.69

1500 - Olivia Moore, Iowa City West, 5:00.99

4x100 - Jefferson 50.27

4x400 - Wahlert 4:12.68

METRO PLACEWINNERS

Top 3

JEFFERSON

2. 4x800 relay 10:34.39

2. Abbie Ranschau, 60 hurdles, 9.59

2. 4x400 relay 4:25.16

3. Jasmine Blue, 60, 7.80

3. Sam Kitterman, 60 hurdles, 9.86

KENNEDY

2. Amarri Waller, 200, 27.84

3. Emily Manders, 3000, 12:28.65

3. Tianna Drahn, long jump, 15-6 3/4

PRAIRIE

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2. Shuttle hurdle relay 40.59

3. Distance medley 4:34.74

3. Kirstin Shriver, 200, 28.01

LINN-MAR

3. Deanna Newhouse, 800, 2:33.45

3. Lannie Nietert, shot put, 36-3 1/2