

Wensel sizzles in 400 for Linn-Mar

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IOWA CITY - Linn-Mar freshman Payton Wensel ran the fastest time in the state this year in the 400 meter dash Thursday when she won the event in 56.25 seconds at the Iowa City West Invitational.

Wensel broke the Linn-Mar school record in the 400. She also ran the anchor leg on the triumphant 800 sprint medley with another swift 400.

The Jefferson J-Hawks won six events and Linn-Mar captured five events.

Jefferson's winners were Jasmine Blue in the 100 (12.44), Lucy Schneekloth in the 200 (25.73) and Abbie Ranschau in the 100 hurdles (15.10). Blue, Schneekloth and Ranschau joined Morgan Meese on the victorious 4x100 relay (48.66).

Autumn Anderson, Miasia Bergmann, Sam Kitterman and McKayla Belew took the 4x400 relay for Jefferson (4:10.43). Bergmann, Anderson, Belew and Meredith Koenigsfeld won the 1600 distance medley (4:20.66).

Linn-Mar had victories from Ally Hicks in the 800 (2:27.33) and Ariana Rolle in the long jump (17-9). Maddie Saville, Morgan Garcia, Hanna Saville and Amber Decker won the 4x800 relay for the Lions (9:33.51). Rollie, Brooke Lorenz and Kira Ramsey joined Wensel on the triumphant sprint medley (1:50.24).

Amana Taylor won the 400 hurdles for Washington (1:08.69). The Warriors also took the 4x200 relay with Mariah Ward, Trinity Glover, Makenzie Wallace and Jayla Johnson (1:50.32).