

Coaches pick All-Metro girls track

Written by Metro Sports Report

Saturday, 07 June 2014 17:56 - Last Updated Saturday, 07 June 2014 17:57

Here is the 2014 girls All-Metro track team, as selected by the Metro

track coaches.

DISCUS

Morgan Martin, Kennedy, 123-8

Lannie Nietert, Linn-Mar, 115-6

SHOT PUT

Lannie Nietert, Linn-Mar, 40-7 1/4

Natalie Rumer, Prairie, 38-1 1/2

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LONG JUMP

Halle Lueck, Prairie, 17-10 1/4

Amara Taylor, Washington, 16-9 1/2

HIGH JUMP

Kenzie Soeken, Prairie, 5-3

Jade Irish, Kennedy, 5-0 1/2

3000 METER RUN

Stephanie Jenks, Linn-Mar, 9:24.67

Alyssa Averhoff, Kennedy, 10:28.22

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4x800 RELAY

Linn-Mar (Hanna Saville, Ally Hicks, Morgan Garcia, Amber Decker) 9:40.44

Jefferson (Adrianna Hargrove, Sarah Hanna, Caleigh Meyer, Meredith Koenigsfeld) 9:51.38

SHUTTLE HURDLE RELAY

Jefferson (Abbie Ranschau, Sam Kitterman, Ellie Trosky, Madison Ranschau) 1:04.65

Prairie (McKenna Mumaw, Katie VanDooren, Natalie Bohnsack, Hailee Montgomery) 1:07.78

DISTANCE MEDLEY RELAY

Linn-Mar (Sarah Renner, Brooke Lorenz, Rachel Perry, Amber Decker) 4:07.77

Washington (Kadejah Sanders, Megan Muller, Anne Visser, Shannon Gorman) 4:18.64

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100 METER DASH

Amarri Waller, Kennedy, 12.44

Kadejah Sanders, Washington, 12.46

400 METER DASH

Rachel Perry, Linn-Mar, 58.93

Amber Decker, Linn-Mar, 59.06

4X200 RELAY

Jefferson (Abbie Ranschau, Jasmine Blue, Morgan Meese, Lucy Schneekloth) 1:41.12

Kennedy (Dekeylah Thomas, Kelsie Coates, Jade Irish, Amarri Waller) 1:45.07

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100 METER HURDLES

Madie Ranschau, Jefferson, 14.88

Hailee Montgomery, Prairie, 15.63

800 METER RUN

Stephanie Jenks, Linn-Mar, 2:10.20

Amber Decker, Linn-Mar, 2:14.46

200 METER DASH

Lucy Schneekloth, Jefferson, 25.17

Amarri Waller, Kennedy, 25.69

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400 METER HURDLES

Amara Taylor, Washington, 1:05.36

Kelsie Coates, Kennedy, 1:06.80

SPRINT MEDLEY

Jefferson (Madison Ranschau, Abbie Ranschau, Lucy Schneekloth, Jasmine Blue) 1:45.94

Linn-Mar (Halley Morgan, Katie Sommer, Rachel Perry, Amber Decker) 1:49.83

1500 METER RUN

Stephanie Jenks, Linn-Mar, 4:28.72

Alyssa Averhoff, Kennedy, 4:55.18

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4X100 RELAY

Jefferson (Lucy Schneekloth, Abbie Ranschau, Morgan Meese, Jasmine Blue) 48.17

Washington (Mariah Ward, Jasmyne Jones, Megan Muller, Kadejah Sanders) 49.84

4x400 RELAY

Linn-Mar (Hanna Saville, Kennedy Japenga, Rachel Perry, Amber Decker) 3:58.59

Jefferson (McKayla Belew, Meredith Koenigsfeld, Autumn Anderson, Sam Kitterman) 4:06.65

HONORABLE MENTION

Jefferson: Brianna Prohaska

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Kenendy: Kate Nus, Lyndsey Eades

Prairie: Hannah Grimm, Alexis Thumann

Washington: Kristin Mackenburg, Bri Andrews

Xavier: Molly Breitbach, Kayla Torson

Linn-Mar: Dana Sublett, Maddie Saville

Marion: Mahlia Brown

COACH OF THE YEAR: Bill Calloway, Jefferson