

Lizzie Adams wins Metro Spotlight Award

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Linn-Mar senior Lizzie Adams is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Adams is a valuable member of the Linn-Mar swimming team, which is ranked fourth in the state power rankings.

Adams is a member of three relay teams that will challenge for top honors at the state meet.

Jenn Jenks, Adams, Kelly Wingerson and Kelsey Drake are ranked No. 1 in the state in the 400 freestyle relay in 3:38.08. The same foursome is ranked No. 3 in the state in the 200 freestyle relay in 1:39.77.

Adams, Paige Broghammer, Drake and Jenks are ranked No. 5 in the state in the 200 medley relay in 1:52.04.

Adams also ranks 19th in the 100 backstroke, 21st in the 50 freestyle and 30th in the 100 freestyle.