

Linn-Mar girls roll to division crown

Written by Metro Sports Report

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DUBUQUE – Junior Stephanie Jenks won three individual events and Linn-Mar won seven as a team as the Lions capture the MVC Valley Division girls track championship Thursday night at Dalzell Field.

Jenks won all three of the distance races, taking the 800, 1500 and 3000-meter runs. She also finished second in the 400 hurdles.

Linn-Mar finished with 153 teams points, easily outdistancing Iowa City West (110). Jefferson was fourth with 83.5 points.

Freshman Payton Wensel was Linn-Mar's other individual champion, taking the 400. The Lions also won the distance medley, 4x800 and 4x400 relays.

Jefferson won five individual events. Jasmine Blue won the 100 and Lucy Schneekloth took the 200. The J-Hawks potent relays had another good day, taking the sprint medley, 4x100 and 4x200.

Schneekloth was named the divisional athlete of the year. Linn-Mar's Nathan Hopp was named coach of the year.

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TEAM STANDINGS

1. Linn-Mar 153, 2. Iowa City West 110, 3. Dubuque Wahlert 103, 4. Jefferson 83.5, 5. Cedar Falls 72.5, 6. Dubuque Senior 52, 7. Kennedy 15.

EVENT RESULTS

100 – 1. Jasmine Blue (J) 12.68; 2. Alicia Harrington (CF) 12.74, 3. Kira Ramsey (LM) 13.24
200 – 1. Lucy Schneekloth (J) 26.16, 2. Alicia Harrington (CF) 26.26, 3. Arianna Rolle (LM) 27.30
400 – 1. Payton Wensel (LM) 57.74, 2. Katy Fricano (DW) 59.65, 3. Maddie Savile (LM) 1:00.89
800 – 1. Stephanie Jenks (LM) 2:12.75; 2. Bailey Nock (ICW) 2:16.00, 3. Amber Decker (LM) 2:19.69
100 hurdles – 1. Valerie Welch (ICW) 15.33, 2. Abby Ranschau (J) 16.06, 3. Grace Young (ICW) 16.58.
1500 – 1. Stephanie Jenks (LM) 4:50.19, 2. Bailey Nock (ICW) 4:58.98, 3. Jade Romanga (DW) 5:03.80.
3000 – 1. Stephanie Jenks (LM) 11:00.23, 2. Bailey Nock (ICW) 11:09.95, 3. Madison Larsen (CF), 11:15.74.
400 hurdles – 1. Valerie Welch (ICW) 1:04.91, 2. Stephanie Jenks (LM) 1:06.48, 3. Grace Herber (DW) 1:09.52
Discus – 1. Maddie Niles (DW) 151-3, 2. Leah Dusterhoft (ICW) 130-1, 3. Allison Griffin (CF) 118-2.
High jump – 1. Grace Gudenkauf (DS) 5-2, 2. Brooke Lorenz (LM) 4-10, 3. Sabrina Smith (DW) 4-10
Long jump – 1. – 1. Grace Gudenkauf (DS), 17-5 ½, 2. Brooke Lorenz (LM) 17-2 ½, 3. Ariana Rolle (LM) 17-2 1/4
Shot put – 1. Maddie Niles (DW) 41-9, 2. Allison Griffin (CF) 40-3 ½, 3. Lannie Nietert (LM) 39-3 1/2
4x100 relay – 1. Jefferson 49.36, 2. Cedar Falls 51.15, 3. Dubuque Wahlert 51.74
4x200 relay – 1. Jefferson 1:42.58, 2. Dubuque Wahlert 1:48.75, 3. Dubuque Senior 1:49.02.
4x400 relay – 1. Linn-Mar 3:59.43, 2. Dubuque Wahlert 4:04.51, 3. Iowa City West 4:07.00.
4x800 relay – 1. Linn-Mar 9:37.41, 2. Dubuque Wahlert 9:39.63, 3. Iowa City West 9:47.81.
Shuttle hurdle relay – 1. Iowa City West 1:07.38, 2. Dubuque Senior 1:09.51, 3. Linn-Mar 1:11.18.
Sprint medley – 1. Jefferson 1:47.78, 2. Dubuque Wahlert 1:52.30, 3. Linn-Mar 1:52.57.
Distance medley – Linn-Mar 4:19.50, 2. Dubuque Wahlert 4:23.57, 3. Cedar Falls 4:23.80.

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