

Track teams work through two meets

By **Charlie Kanzig**
Correspondent

The Sisters High School track and field teams finished up the Sky-Em league schedule and also got a taste of big-meet competition in two meets last week.

At Sweet Home for the second time this season Wednesday, April 20, the Outlaws once again used the three-way meet to test new events and prepare for the more important meets coming in May. Bright spots from the meet, in many cases, came from the Outlaws pushing one another to good marks, according to Head Coach Jeff Larson.

This was certainly the case in the hurdles races as a trio of Outlaws swept the 100 hurdles and went 1-2 in the 300 hurdles.

Sabrina Reifschneider won the 100 hurdles in 16.62 — a personal record, and was followed by Kendra Sitz (17.44) and Michaela Miller (17.62).

Miller turned the tables in the 300 hurdles, winning in 48.70 with her best time of the season, just a hair in front of Reifschneider, who finished in 49.05 seconds.

The 400-meter relay team put together its best time of the year in 51.74 seconds with the foursome of Katie Aryanfard, Mandi Calavan, Macadia Calavan, and Miller. The Calavan girls also contributed to a season best for the 1,600-meter relay team, along with Sabrina Reifschneider and Rylee Weber, with a time of 4:21.88.

Nina Horner improved her personal best to 30 feet 3 inches in the shot put, while Erynn Ricker soared to lifetime best of 15 feet 9 inches in the long jump.

Ricker and Mandi Calavan went 1-2 in the 100 meters,

helping both to season bests of 13.07 and 13.27 respectively. Freshman Tate Ricker continued her improvement in the 800 on her way to second place in 2:38.23.

For the boys team, Larson lauded the efforts of the sprinters. Sam Garbrecht led a sweep of the top four places in the 100 in 11.49. He was followed by Cody Martin (11.91), Jacob Allen (11.99) and Korbin Sharp (12.16). Izaak Kanzig established his season best in the open 400 meters in 55.38, and he and Martin later did their parts for the team with season bests in the 200 meters as they finished second and fourth in 24.86 and 25.67.

The 400-meter relay team of Garbrecht, Allen, Martin and Keegan Greaney also marked a season best on the way to victory in 45.21. The crew traded out Allen for Jadon Bachtold for the 1,600-meter relay which resulted in yet another season best of 3:35.31.

The distance runners held their own in the meets as well, according to Larson.

The Bachtold brothers, Jadon and Asher, finished 1-2 in the 800 meters in 2:08.2 and 2:13.41, while T.J. Hooks won the 1,500 (4:29.61) and 3000 meters (9:44.48).

Sisters won the battle for both boys and girls. The boys amassed 85.5 points to easily outdistance Sweet Home

(56) and Sutherlin (36.5). The girls had a similar result with 95 points, followed by Sweet Home (52) and Sutherlin (27).

On Saturday at the Summit Invitational, which featured 16 teams from all classifications around Oregon, Sisters got its first “big-meet” experience.

“It’s a lot different kind of meet when there are multiple heats, medals awarded, and a deep, high quality of competition,” said Larson.

While it was tough for Sisters to garner many points in the meet — the girls scored just 24.75 and the boys zero — it did not mean there were not some solid performances.

Sabrina Reifschneider showed that Wednesday’s meet was no fluke as she actually lowered her personal records again in both hurdles races. She placed an impressive second in the 100 hurdles in 16.48 and seventh in the 300 hurdles in 48.62.

Tessa O’Hern medaled with her third-place finish in the pole vault (9 feet 6 inches) and Nicole Kersavage place seventh at eight feet, while Julianne Meeter placed fourth in the javelin (108 feet 2 inches).

Sam Garbrecht took advantage of being surrounded by a lot of fast guys as he put together a career best in the 200 meters at



PHOTO BY CHARLIE KANZIG

Sabrina Reifschneider heads for the finish line.

23.35. “It was as good as being in the state meet,” said Larson. Freshman Korbin Sharp ran an excellent 200 as well in a best of 24.01 with Cody Martin just a half-step behind in 24.10.

Izaak Kanzig inched his

800-meter time down to 2:08.6 and Seth Larson lowered his career best in the 110 hurdles by almost a full second with a time of 18.18.

The Outlaws head to the Madras Invitational on Saturday, April 30.

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