

EOU men share track and field title after tight contest

Women's team finishes in second place at Cascade Conference Championships

By **DAVIS CARBAUGH**
The Observer

LA GRANDE — It came down to the last event of the weekend, with the Eastern Oregon University' men's track and field team tying the College of Idaho for first place with 203 points at the Cascade Collegiate Conference Outdoor Championships in La Grande. The Mountaineer women's team scored 199.5 points to finish in second place behind the champion Yotes at Banner Bank Track.

Eastern held a 198-197 lead heading into the men's 4x400 meter relay, but the College of Idaho placed third while

EOU took fourth. This knotted the two teams at 203 points and led to both being champions.

Alexander Kosel and Cody Milmine stole the show for Eastern, taking part in a combined six first-place finishes.

Milmine finished first and set a meet record in the men's 100-meter dash with a time of 10.53. He also contributed to a Banner Bank Track record on EOU's 4x100 meter relay team, which clocked in at 41.82. His 21.73 finish in the men's 200-meter dash was good for another CCC title.

Milmine came up just short in the men's 400-meter dash to place

second. He later received the award for Men's Track Athlete of the Meet.

Kosel dominated on the field, finishing first place in the men's high jump (1.93m), triple jump (14.06m) and long jump (7.10m). The triple crown victory earned Kosel the Men's Field Athlete of the Meet honor.

On the women's side, Maggie Ledbetter excelled in the throwing events. She placed first in shot put (13.67m), first in discus (45.02m) and third in hammer throw (49.25m).

Olivia Lane and Jasmine Devers each were all over the score sheet, contributing to the Mountaineers' runner-up finish.

Devers was named CCC champion in the 200-meter event, clocking

in at 24.18. She took second in the 400-meter dash with a time of 57.38, and she finished second in the 100-meter dash as well with a time of 12.95. Devers also assisted in EOU's third-place finish in the 4x100 meter relay.

Lane, one of Eastern's most versatile athletes, added points both on the track and in the field. She finished second in the women's 400-meter hurdles (1:05.74) and third in the high jump (1.55m). Lane also took sixth in the 100-meter hurdles, fifth in the long jump, and eighth in the triple jump. And she helped EOU finish third in the 4x400 meter relay and took home second place in the women's heptathlon.

It was a busy weekend for Lane, whom the CCC

honored with award for Women's Field Athlete of the Meet.

Michelle Herbes added some much needed points in the 800-meter run and 1,500-meter run, winning the events with times of 2:14.98 and 4:41.86.

Later in the meet, Travis Running won a CCC championship in the men's 5,000-meter run (15:11.27). Running also finished fourth in the men's 1,500 meters to add some crucial points in the long distance events. Hunter Nichols placed second in that event with a time of 3:57.89.

With so many outstanding individual performances and co-championship honors, EOU head coach Ben Welch received the award for Men's Track & Field

Coach of the Year.

The CCC Outdoor Track & Field Championships concluded a successful season for the Mountaineers under Welch. The Mountaineers competed throughout the state of Oregon as well as in Idaho and Washington.

Up next for the Mountaineers, standouts from the season will compete in the National Association of Intercollegiate Athletics Outdoor Track & Field Championships in Gulf Shores, Alabama. Many of Eastern's athletes already have qualified based on times from earlier in the season, but the official list of qualifiers will be announced later in the week, according to EOU Athletics. The national event takes place May 26-28.

Tingelstad had strong freshman campaign

By **RONALD BOND**
Wallowa County Chieftain

JOSEPH — Ellyse Tingelstad had a solid freshman campaign for the College of Idaho women's cross-country team.

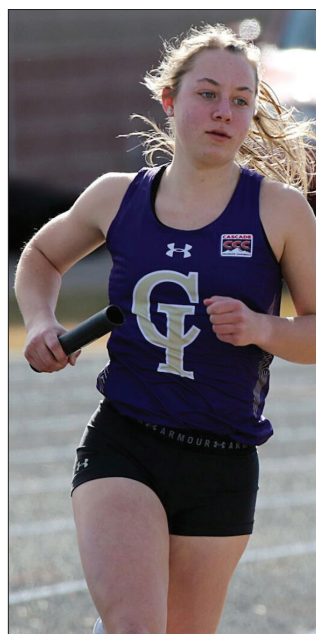
Tingelstad, the former state champion track standout for Joseph, was named an all-American by placing 33rd overall and was the top runner on the C of I women's team, which finished second overall at the NAIA National Championships in April in Cedar Rapids, Iowa, behind only St. Francis (Illinois). Tingelstad completed the race in a time of 18:31.55, and was among three Coyote athletes to garner all-American status. Her effort puts her in the top 25 for national placings in program history.

"Grabbing all-American means a lot," Tingelstad said. "It's one more thing to confirm you have improved this much, and the hard work in this long season has paid off."

"Weird" was a word Tingelstad used to describe the season on multiple occasions, noting how the season started in the fall, but rolled into the spring because of the COVID-19 pandemic. She added that as cross-country ended, she went straight into track — and even at times was practicing for indoor track and cross-country in the same day.

"It's been hard balancing things, but I have a super awesome team," she said. "Coming down here and being able to run with (these) girls and always having people to train with is great."

It capped a season that saw her quickly emerge as one of the top runners for College of Idaho — if not the top. After taking fourth on the team in a 3K at Eastern Oregon University in November, and second behind teammate



College of Idaho/Contributed Photo

Former Joseph track and cross-country standout Ellyse Tingelstad, shown in a meet for the College of Idaho, earned all-American status in helping the Yotes' cross-country team take second at nationals in April 2021. She also is off to a stellar start to the track season.

Erin Moyer at a home 4K in early February, Tingelstad became the tip of the spear for the Yotes. The team often ran in a pack, but the freshman ended up leading out at the end. She led five C of I runners who finished between second and sixth at the Lewis and Clark Winter Invite in late February, posting a time of 17:46 to help the Yotes win the meet.

A month later, she turned in the same time and took third overall at the Cascade Collegiate Conference championships to help lead C of I to a conference title. Four Coyote runners placed in the top 10 at the meet.

"A big thing has been a shift in training to do a little more volume. I am running a little more than in high school," she said. "Both coaches (in high school) were strong on low mileage. Having a little more base under me has been helpful."

Local sports roundup

TUESDAY, MAY 11

PREP SOFTBALL

La Grande on the road defeated Ontario 13-2 and 14-4. The Tigers finished the season 10-1 overall and 6-0 in the Greater Oregon League.

Thursday, May 13

PREP BASEBALL

La Grande on the road defeated Pendleton 7-4. The Tigers finished the season 12-1 overall and with a Greater Oregon League record of 10-0. La Grande faces Gladstone on Monday, May 17, in Hermiston in the 4A Showcase Tournament.

SATURDAY, MAY 15

PREP BASEBALL

Wallowa Valley defeated Burns at Baker High School 20-9. The Eagles finished the season 11-2 overall and 1-0 in the Special District 5 league. Baker/Powder Valley on the road defeated Nyssa 22-3 and 15-3. The Bulldogs finished the season with an overall record of 9-6 and a Greater Oregon

League record of 4-6.

The outcome of the Union/Cove vs. McLoughlin game was not available on the Oregon School Activities Association website. Before the games, Union/Cove's record stood at 1-9 overall and 1-3 in the Special District 7 league.

PREP SOFTBALL

Nyssa at home defeated Baker/Powder Valley 9-5 and 18-4. The Bulldogs finished the season 1-10 overall and 0-6 in the Greater Oregon League. Burns at home defeated Wallowa Valley 3-2. The Outlaws finished the season 9-5 overall and 0-1 in the Special District 2 league. Union/Cove on the road defeated Umatilla 23-0 and 19-0. The Bobcats have an overall record of 11-3 and a record of 3-1 in the Special District 6 league and play Gaston on Tuesday, May 18, in Boardman in the first round of state playoffs.

— Source: Oregon School Activities Association

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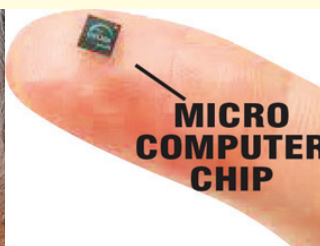
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