

VHS Sports Report: VHS track team breaks 3 league records at Portland Christian; Sweeps relays at Banks Invitational

Track and Field--The Vernonia High School track team set three new 2A Northwest League records on Thursday April 12 at Portland Christian. The Loggers set records in the boys 4x100 relay, the boys 100 meter dash and the girls shot put.

The Loggers 4x100 team was anchored by Nathan Fleck when they set the league record, which was unusu-



Nicolò Casale has the best time in the state this season in 2A in the 100 and 200 meters and was part of a record setting 4x100 meter relay. Photo courtesy of Jon Steward.

ally how much talent is on this team and the versatility of Nathan Fleck as a runner."

Fleck's main events are the 1500 and 800 meters. "He could very well make it to state in both, and who knows, maybe even the 400," says Brown. "He is quickly becoming one of the best runners in the state in his events."

The Loggers have currently posted the fastest time in the state in the boys 4x100 relay. In addition, the Loggers have the second fastest time in the state in the boys 4x400 relay. Coach Brown has had to juggle his lineups for the relays and has used several different combinations of runners. "Every time out we've run faster than the time before," says Brown. For the 4x100 and 4x400 Brown has included Paul Jiranek, Nicolò Casale, Lane Sullivan, Jacob Stevens, Ty Talantov and Fleck. "We're pretty versatile with both relays and every time out we're learning to run them better," says Brown.

According to Brown the 4x400 relay was one of the most exciting events at the Portland Christian meet as Casale came from well over 100 meters behind in the anchor leg to finish just short of the runner from the Damascus Christian team. "It was a race that got the crowd to its feet," said Brown. "We were behind by about 130 meters when Nicolò got the baton, and nobody imagined he could come from that far back, but he darned near did it. That kid is in a class by himself."

Casale, an exchange student

from Italy, is establishing himself as the best sprinter in the league and the state. In addition to setting the league record in the 100 meters on April 12, he currently has the fastest posted times in 2A in the state in the 100 meter and 200 meters.

The girls 4x100 relay is currently the 2nd fastest in district, but according to Brown, has plenty of room for improvement. "It's just a question of practicing a lot and working together," he says. Brown is still juggling the lineup but appears set with at least Samantha Lindauer, Meghan Sullivan and Kim Allen.

Lindauer is currently 2nd
continued on page 13



Vernonia's Tim Jennings pitched a five inning no-hitter against Faith Bible earlier this season, followed by another excellent outing against Knappa. Photo courtesy of Tracy Easton.

Vernonia Students Remove Invasive Species

On April 19, as part of a SOLV project, Vernonia school students spent the day learning about and removing several invasive species from around the new wetland area near Vernonia Lake.

On hand were staff from the Oregon Extension Service, Oregon State Parks Department, Oregon Fish and Wildlife Department, and the Upper Nehalem Watershed Council.

Students learned about tool maintenance and safety, issues surrounding invasive species, removal techniques and then spent time in the field actually removing plants from the environment. Members of the Vernonia Forestry Class assisted with the field work.



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