

Cougar Sports Calendar
Now with more real Cougar!

Softball

Friday, May 9
Pierce College
@ 3 p.m.
HOME

Saturday, May 10
Centralia CC
@ 12 p.m.
HOME

Friday-Sunday,
May 16-18
NWAACC
Championships
at Delta Park

Baseball

Saturday, May 10
at Linn-Benton
@ 1 p.m.

Tuesday, May 13
at Chemeketa
@ 1 p.m.

Thursday-Saturday,
May 15-17
Southern Region
Playoffs

Track

Friday-Saturday,
May 9-10
Southern Region
Championships
at Gresham, Ore.

Monday-Tuesday,
April 28-29
NWAACC Multi
Championships
at Spokane, Wash.

Gillespie shines bright at multi-event finals; rest of track team prepares for Southern Region Championships

Elena Boryska
Sports Editor

At the NWAACC multi-event championships on April 28-29, Clackamas was represented well by freshman Kasie Gillespie as she won the Southern Region title and placed second in the conference.

"Kasie had a great meet," Head Coach Jack Kegg said. "She had personal bests in six of the seven events, and her total score of 4350 is number three all-time at Clackamas. That's [also] the number two mark for a freshman in our school history."

Gillespie's total was higher than the score of last year's winner, which is evidence of how competitive this meet was. According to Kegg, this year's meet was the best junior college heptathlon to have ever taken place in the country, with the top five women all topping the 4,200 point mark going into the last event.

Gillespie's run to the top was highlighted with many impressive finishes. The first event that she competed in was the hurdles, where she ran 15.83; prior to this performance, she had never run under 16 seconds. In the shot put, which is not a particularly good event for her, she threw a five foot PR, with a new best of 27-3. In the last event of the first day, Gillespie

had a time of 26.87 in the 200. She had never been under 28 seconds, but this time she saw over a one second improvement.

On day two, she had a long jump of 17-11 3/4, which is a PR for her as well as the number three all-time in school history. In the javelin, she threw 97-4 to set a 20-foot PR. She also ran 2:27.5 in the 800 to win the event outright; the first time that she ran the event a month ago, she came in with a time of 2:48.

"We could win the Southern Region if we have some luck..."

Jack Kegg
Head Track Coach

Trouble came up in an unexpected place for Gillespie and hurt her chances for the heptathlon win. In the high jump, where she ranks third in the NWAACCs despite only learning the event this year, Gillespie had a disappointing finish of 4-11.

She has topped five feet every

other time she competed. According to Kegg, this low mark cost her the win. A good finish would have landed her the win outright. Even though she was unable to capitalize on an event that was one of her best, Kegg still knows how well she competed.

"She did a great job," said Kegg. "She competed like a champion - just didn't have a little luck."

Elisabeth Malsey and Tiara Krisamundo also represented CCC at the multi-event championships, finishing just outside of scoring in the 9th and 10th spots in the Southern Region.

On May 3, the track teams traveled to McMinnville to take part in the Linfield Open. Many athletes were taking it easy in preparation for this weekend's Southern Region Championships, so there were only a few improved individual marks.

Rusty Pruden had a qualifying run in the 800; his time of 1:56.6 is a three second improvement over his earlier best time of year. Ryan Brandel had a PR in the javelin as he won the event with a distance of 195, the fourth best in the NWAACC. Cedric Lohrmann had a PR in the pole vault with a finish of 13-11 1/4, which is just 3/4 of an inch short of the postseason qualifying

mark. Chelsey Fuller had a good meet overall after coming back from an injury. She didn't run her fastest but she got back in the swing of things, according to Kegg. She won both the 100 and 200, as well as running legs in the short and long relays, which the Cougar women also won.

Malsey vaulted well, grabbing a qualifying mark. She also ran in the long relay and took fourth in the 100. Malsey has been working on getting back after taking time out for a hamstring injury. Jill Etter ran in the short relay, but she is also working on getting completely healthy.

Next up for Clackamas is the Southern Region Championships on May 9-10. The top two teams at the meet get a trophy, and Kegg is optimistic about how the women will do.

"I think our women have a chance to win a trophy," said Kegg. "We could win the Southern Region if we have some luck and everyone is ready to go. I think we're really shooting a little past that towards the NWAACC Championships and try to win a trophy, so I don't know that we'll all be ready by Friday, but we definitely made a big step this weekend in having those people healthy."

Baseball sinks to fifth place in South

Nic Delzell
The Clackamas Print

Clackamas baseball remains fifth in the Southern Region after a 3-3 week left the Cougars 9-15 in league record and 14-19 overall.

Mt. Hood visited the Clackamas baseball diamond last Tuesday. The teams split the doubleheader.

Game one went to Clackamas 2-1. Pitcher Jesse Gaylord hurled the win. Cougar bats managed six team hits. Clackamas defense held its own with only two errors.

In game two, Mt. Hood was on the point and won 4-1.

Last Thursday, the Cougars swept a make-up doubleheader against Mt. Hood 5-2 and 3-1 at home.

In game one, freshman first baseman Tyler Smith went 2-for-3 and scored twice.

Catcher Barry Humphrey and outfielder Chris Kosmas both had big RBI doubles, according to Head Coach Robin Robinson.

Brad Neffendorf pitched eight-plus innings for the win. He gave up five hits, two runs and two walks. He also struck out four Mt. Hood batters.

Smith came up big again in game two. He went 2-for-2 for two doubles with two RBI. According to Coach Robinson, Gaylord played another great game as he went 1-for-3 at the plate.

Lane CC, the current league leader, came up from Eugene to hand the Cougars two shutout losses on Saturday, 15-0 and 2-0.

In game one, the Cougars were no-hit by Lane's pitcher Troy Grimmer.

"In this league you need to show

up every game," said Robinson.

In game two, freshman shortstop Jason Chan went 1-for-4 with two stolen bases. Humphrey was once again effective, going 2-for-3.

"We have guys who are playing well. Humphrey is playing exceptionally well," said Robinson.

Weather has been a problem all year. Without a tarp, some Clackamas practices have been held in the gym, and some games have been either canceled or postponed.

Cougar baseball has six games remaining. They need to win five of six to capture third place in the region.

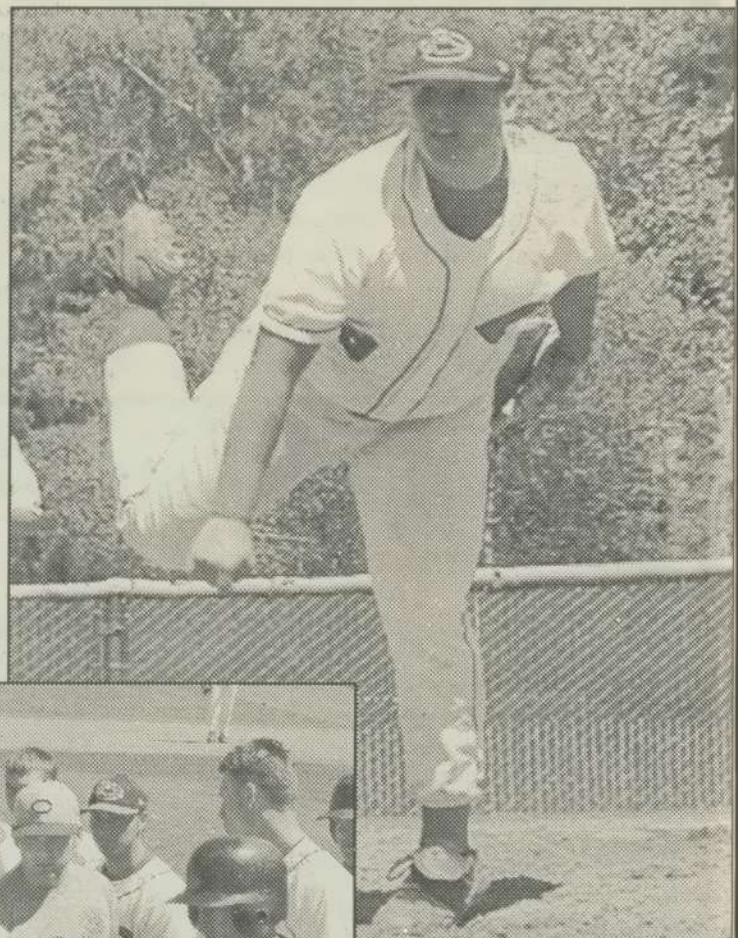
"At this time of the year we need to get great pitching. We are hoping someone steps up," said Robinson.

So far Clackamas baseball has not had the best season but Robinson remains optimistic for next year.

"We are currently involved in the

recruiting process, finding places for the sophomores to go as well as trying to bring in some good freshman," said Robinson.

Cougar baseball played a doubleheader at home Tuesday against Linn-Benton CC. Results were not available at press time. The Cougars will travel to Albany on Saturday to play a doubleheader against Linn-Benton.



NIC DELZELL Clackamas Print

Above: Brad Neffendorf goes through his motion during a May 1 win over Mt. Hood. Left: The Cougar bench lines up to congratulate Matt Bennett on his RBI sacrifice that helped Clackamas beat Mt. Hood 5-2. The Cougars swept the doubleheader but still remain under .500, sitting with a 14-19 record overall.