



All photos by Robert Crawford Clark

Track dominates by leaps and bounds

Andrea Simpson

Sports Editor

The track season is in full swing, and according to Head Track Coach Keoni McHone, Cougar supporters have a lot to look forward to.

"They've been really strong," McHone said. "There were a lot of personal records set. A large number of people stepped up to the challenges."

One of those personal records was set by sophomore and long distance runner Daniel Alvarez. Alvarez shaved off 2:34 from his personal record in the 10,000-meter at the Willamette Invitational, held at Willamette University, in Salem.

The invitational, which took place April 4 and 5, showed personal records set for many runners, including freshman Grant Lewis, who dropped 22 seconds from his record in the 3,000-meter.

The sprinters dominated on the second day of competition. Freshman Morgan Cribbs ran a lifetime PR in the 100-meter with a time of 12.62. The time places her at number eight on the all-time performance list for the Cougars. The women's relay team, consisting of Rachel Hemphill, Cribbs, Kaitlyn Reid and Stefani Dittmar, bested the competition by winning the 4 x 100-meter relay with a time of 48.62, only 0.6 seconds away from breaking the school record.

The throwers were strong, with sophomore Dittmar and Luke Pike leading the way. Pike threw a four-foot PR in hammer throw, which establishes him as one of the top hammer throwers in the Northwest Athletic Association of Community Colleges (NWAACC). Dittmar earned a spot on the all-time top 10 list for Clackamas in the hammer with a 13-foot PR.

The Cougars also competed this last weekend in the Lewis and Clark Invite. At the time of publication, the scores had not yet been posted.

Coach McHone has minimal worries for the next few meets.

"We need to respond to the competition," McHone said. "That hasn't been a problem, but that's what we need to do in order to perform in championship meets."



ABOVE: Freshman Aimee Shafer attempts to clear the bar in the pole vault. Shafer's record in the pole vault is 10' 3", according to the Cougar athletics Web site.



ABOVE: Freshman Kai Ojala leads the high jump previously won by Wilson High School.

LEFT: Freshman Courtney Hemphill competes in long jump. Hemphill is in the event 10", according to Cougar athletics site.

BELOW: Freshman Luke Correll and Jared Correll brothers from Douglas High jump hurdles meet at Lewis and Clark on Saturday April 12.

