

Track and field comes out on top



Photos by Robert Crawford Clackamas Print

LEFT: Morgan Cribbs sprints in the Lewis and Clark Invitational on April 11 and 12. Head Coach Keoni McHone called Cribbs "one of our best sprinters."
 RIGHT: Two members of the men's relay team pass the baton in the 4x100 relay at the Lewis and Clark Invitational.

Both men's and women's track and field makes a mark at both the Lewis and Clark Invitational and the Western Oregon University Twilight Meet last week

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Sports Editor

This season, track has rapidly become a force to be reckoned with.

On April 11 and 12, the men's and women's teams competed in the Lewis and Clark Invitational, where they emerged as top contenders in the competition.

"I think we were ready to go," Head Coach Keoni McHone said. "The only thing that was different was that it was about 20 degrees warmer than we were used to training in. A lot of them were drained by the end of the meet."

Regardless of the weather, the women placed second and the men finished fourth overall.

Stefani Dittmar took first in the 100-meter dash with a time of 12.86 seconds. Her teammates also did well in the event. Rachel Hemphill, Aimee Shafer and Kaitlyn Reid placed fifth, sixth and seventh, respectively.

Reid finished third in the 100-meter hurdles, while Shafer placed fourth in the pole vault with a height of 10 feet.

The women's 4x100 relay team took first with a time of 48.60 seconds, which places them at the third fastest in school history. The team consisted of Dittmar, Hemphill, Reid and Morgan Cribbs.

The men performed efficiently in

the same event. The team consisting of Logan Fjelstad, Joe Gobel, Mat Tweedy and Stan Wester placed first with a time of 42.61 seconds.

They also placed second in the 4x400 relay with the same team, with the exception of Ime Ntekpere replacing Gobel.

Clackamas then traveled to Western Oregon University to compete in the WOU Twilight Meet on April 18.

Individual standout performances on the women's side included Hemphill, who set a season personal record of 59.94 seconds in the 400-meter dash. Dittmar tied her lifetime PR in the 100-meter dash with a time of 12.74 seconds. Reid placed fourth in the 400-meter hurdles with Alaura Little right behind her in sixth place.

The women's 4x100 meter relay was another stellar performance, placing the team second and making the top 10 list for the college. Shafer replaced Cribbs from the Lewis and Clark Meet due to Cribbs' sprained quadriceps.

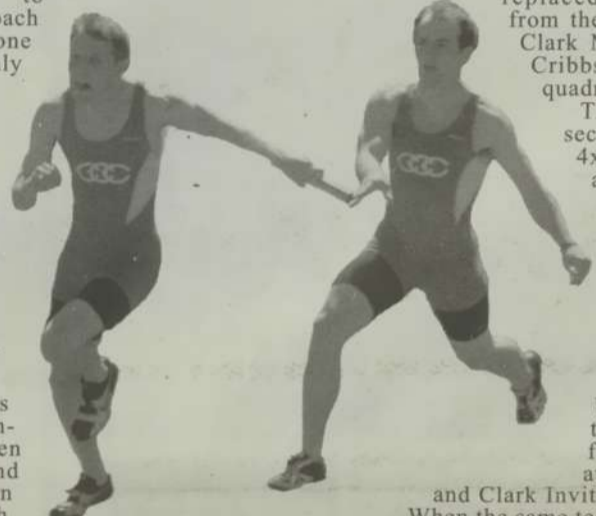
The men took second in the 4x100 relay as well. Fjelstad, Gobel, Tweedy and Wester ran a time of 42.84, just .23 seconds behind their performance at the Lewis and Clark Invitational.

When the same team competed in the 4x400 meter relay, they set a 4.5 second PR. They currently lead the Northwest Athletic Association of Community Colleges this season.

In the individual men's records, Luke Pike threw a lifetime PR in the hammer throw of 43.7 meters, which put him at fifth that day. Kai Ojala topped the competition in the men's high jump at 1.9 meters.

The weather was back to what the teams have experienced during training - cold and with drizzle. But the weather wasn't a factor in McHone's eyes.

"Everything went how we planned," he said. "I like the athletes focusing on what they can control."



Baseball breaks even in game over the weekend

The Cougars maintained their winning record over the past week when they went up against Linn-Benton Community College on April 17. They played a

doubleheader and won the first game with a final score of 9-3.

Unfortunately, they lost their lead and the second game with a final score of 0-2. The game took their record from 9-3 to 10-4 in league play.

The rain forced the team to cancel a game against Chemeketa Community College on April 19.

The Cougars played yesterday, April 22, in Albany against Linn-Benton Community College in a doubleheader. At the time of publication, the scores were not yet available.

The baseball team will next play against Southwestern Oregon Community College on April 26 at home. The game will begin at 1 p.m. on the lower field.

- Compiled by Andrea Simpson



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LEFT: Cameron Childress bunts the ball at home plate.
 RIGHT: Ben Janal, 12, prepares to swing the bat in the game against Linn-Benton CC.

