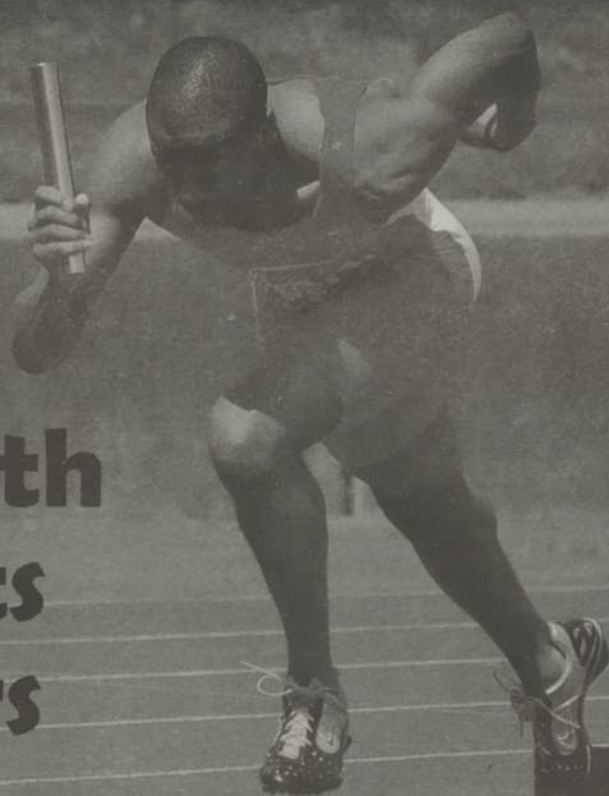


# Cougars prove strength against Saints and Cavaliers



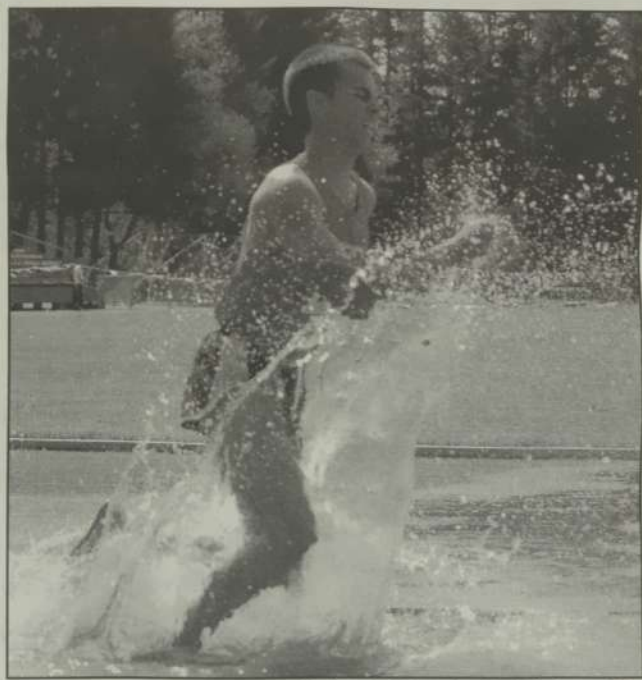
past weekend at the Saints and Cavaliers meet, Clackamas made a strong showing with athletes placing first in a variety of events. The meet was held at Mt. Hood Community College on April 26, hosted several four-year universities as well as community colleges from around the state. Daniel Hemphill placed first in the women's 400-meter dash with a time of 58.84 seconds, beating the nearest competitor by a full three seconds. The women's 4x100 relay team placed first with a time of 50.12 seconds. Hannah Hess made a strong showing when she placed third in the women's discus throw. Hess threw a distance of 37.94 meters in the men's competition, Logan Fjelstad ran the 200-meter dash in 22.46 seconds and took fourth place. Sprinter Jeffrey Bedy earned the first-place spot in the men's 400-

meter dash. In the men's 400-meter hurdles, Stan Wester placed first with a time of 56.19 seconds. Kai Ojala jumped 1.98 meters in the men's high jump, and the men's 4x400 relay team placed third with a time of 3:25.55. "It was a very solid meet for us," Head Coach Keoni McHone said. "There were a lot of lifetime PRs set." The track team traveled to the NWAACC Multi Championships at Mt. Hood Community College on April 28 and 29. At the time of publication, the results were not yet available. The next meet for Clackamas is the Pacific Twilight Event at Pacific University on May 2.

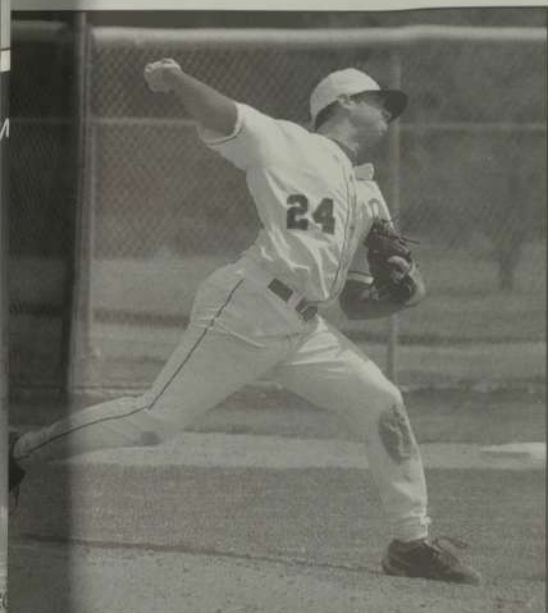
- Compiled by Andrea Simpson



ABOVE: Sophomore Ime Ntehpere starts the 4x100 relay on Saturday.  
LEFT: Matt Dotson lands in the long jump on his first attempt. Dotson placed ninth for the day.  
RIGHT: Chris Baker splashes through a water hazard in the steeplechase. Baker placed fourth in the event.



All photos by Robert Crawford Clackamas Print



Robert Crawford Clackamas Print

Sophomore pitcher Bryan Roby throws during the April 26 game against Southwest Oregon Community College. The team meets in a huddle to discuss the game.

## Baseball wins big in doubleheader, ties Mt. Hood in NWAACC standings

Clackamas baseball recently tied for first in NWAACC (Northwest Athletic Association of Community College) standings with Mt. Hood Community College. Cougar baseball won its doubleheader against Southwestern Community College last Saturday 10-0 and 3-0. The team also won a non-league game against Concordia University 4-2.

Clackamas's NWAACC standing is now 12-4, which puts the Cougars in first place with seven games to go until the NWAACCs.

"Everybody is playing well right now," said Baseball Coach Robin Robinson. "We're hitting well all the way through our lineup."

One of the stand-out players this past weekend was sophomore catcher Ben Janal.

"Ben Janal was a great leader and one of our best guys," Robinson said. "He is kind of the quarterback of the team."

Janal is just pleased that he and his fellow players came together and played like a team.

"If we play with the same inten-

sity we've been playing with, we have a good shot at NWAACCs," he said.

Baseball's next game is this coming Saturday against Mt. Hood Community College, in Gresham, at 1 p.m.

- Compiled by Megan Koler



Contributed by Steve Wright