

Track teams excel at multi-events

Track and Field

The Clackamas Community College men's and women's track and field teams both took second place at the Southern Region Championships at Lane in Eugene on Saturday as the Titans took down the men's and women's titles on their home track. The Cougars are focused on bigger hardware at the NWAACC Championships on May 20-21 in Spokane, Wash.

Clackamas had many event winners and some very impressive marks during the meet. The women won both the 4x100 and 4x400 relays as many athletes scored in multiple events, showing a diversity of skills. Sprinter Nettie Wayne anchored both victorious relays and placed third in the 200 (25.94) and fourth in the 100 (12.33).

NWAACC heptathlon champion Elizabeth Venzon came back strong to win the high jump (5-3.25) and place third in the long jump (17-0.5) and fourth in the triple jump (35-7.75). Long Beach State signee Tiffany Forbito, fresh off of a fourth place finish in the NWAACC heptathlon, ran a leg on the winning long relay, while placing second in the 400 hurdles (1:05.87) and javelin (121-1).

Lexie Govert, fifth in the heptathlon last week, ran on the winning short relay while placing second in the 400 (1:01.85) and third in the javelin (121-0). Cia Bywater won the women's 1,500 in an impressive 4:50.22. D'Nara Jones, Tia Fuller, Taylor Ballard and Randi Chance all ran a leg on one of the victorious relay races while placing in other events.

On the men's side, Austin Collins lowered his school record

in the 800 meters by three-tenths of a second, running all alone to a time of 1:50.56 to win by more than six seconds. Collins also ran a leg on the Cougars' second place 4x400 relay team. The Cougar men also placed second in the 4x100 relay.

Short relay runners Jake Cleverly placed second in the 200 in 22.51 while Thomas Sutherland nabbed third in the 100 in 10.86. Shelby Grubb ran legs on both relays while finishing third in the 400 hurdles (58.01) and seventh in the 100 (11.21).

A.J. Dickson led a Clackamas sweep of the top three spots in the men's triple jump with a leap of 47-1.75. Deontre Curry (46-9) and David Hiltz-Hoskins (45-5.25) were right on Dickson's heels in second and third.

Matt Brown won the hammer throw with a toss of 152-6 and placed third in the shot put (39-7). Joey Haynes scored in all three throwing events, placing second in the shot put (41-5.25), third in the hammer (147-7) and fourth in the discus (122-8).

Daniel Fauss soared 15-3 for third place in the pole vault, while Chase Davis cleared 14-7.25 for a fifth place tie. Mark Medgin and Austin Peila ran well to finish second and third in the 1,500 in 4:07.00 and 4:07.84.

Team Scores: Men - Lane 335.5, Clackamas 182.5, Mt. Hood 80.5, Clark 63, Treasure Valley 53, Southwestern Oregon 47.5. Women - Lane 277, Clackamas 166, Mt. Hood 136.5, Treasure Valley 86, SW Oregon 41.5, Clark 20.

Full results of Southern Region Championships can be found by clicking here - http://www.nwaacc.org/trackandfield/results/2013/May11-Southern-Region_Championships.pdf



Photos by Andrew Millbrooke The Clackamas Print

Clackamas' Seth Buck, a freshman from Newberg, Ore., is shown hurdling at the NWAACC Decathlon Championships. Buck unleashed a 20-foot lifetime personal best in the javelin on his way to second place overall finish with a new personal record of 6,442 points. Lane's Dylan Hamming won the competition with 6,520 points. Buck earned eight points for the Cougars to take into the NWAACC Championships on May 20-21 in Spokane, Wash.



Clackamas' Elizabeth Venzon, a freshman from Hidden Valley, Ore., is shown long jumping at the NWAACC Heptathlon Championships. Venzon set personal records in five of seven events to win with 4,177 points. CCC's Tiffany Forbito and Lexie Govert placed fourth and fifth.

Wrestling News

Clackamas 174 pounder Trent Noon has signed with NCAA Division I California Polytechnic University of the Pac-12 Conference.

At Cal Poly, Noon will be competing up a weight class at 184 lbs. for the Mustangs. Noon was the 2013 National Champion and 2x NJCAA All-American for the Cougars.

Cougar sophomore Jake Laden has signed with NCAA Division I Campbell University who is a member of the So Con Wrestling Conference.

The Cougars will hold their annual summer camp in Randall Gymnasium from June 24-27. Wrestlers of all ages and skill levels are invited. Click on the link here for more information. <http://depts.clackamas.edu/athletics/CougarNews/Wrestling.asp>

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Sports CALENDAR May 15-21

WEDNESDAY - 5/15

• **Randall Fitness Center:** Open Hours 8:30-10 a.m. 1-8 p.m.

THURSDAY - 5/16

• **CCC Baseball:** at SWOCC in Coos Bay, 1 p.m.
• **NWSL:** Sky Blue FC at Portland Thorns Jeld-Wen Field 7:30 p.m., 970 AM

FRIDAY - 5/17

• **CCC Softball:** vs. Everett CC at Delta Park 11:30 a.m.
• **Pac-12-CBB:** OSU at Oregon Friday, 6 p.m. Saturday, 2 p.m. Sunday, Noon

SATURDAY - 5/18

• **CCC Softball:** NWAACC Tournament at Delta Park, TBD
• **MLS:** Portland Timbers at Vancouver, 4 p.m. ROOT, 750 AM

SUNDAY - 5/19

• **CCC Softball:** NWAACC Tournament at Delta Park, TBD
• **NWSL:** Washington at Portland Thorns Jeld-Wen Field 2 p.m., 970 AM

MONDAY - 5/20

• **CCC Track and Field:** NWAACC Championships at Spokane Falls CC
• **CCC Softball:** NWAACC Tournament at Delta Park, TBD

TUESDAY - 5/21

• **CCC Track and Field:** NWAACC Championships at Spokane Falls CC
• **Randall Fitness Center:** Open Hours Noon-8 p.m.