



State bound

Top left: Steve Metelak makes his move in the 800. At left: Polly Kelley, Paige Daugherty and Stephanie Hagstrom take a victory lap. At right: Sam Romey moves out in the 3000. Above: Back row, from left to right: Scott McMullen, Robert Karsten, Randy Hutchinson, Greg O'Meara and Lois Lunak. Middle row, from left to right: Chris Crabtree, Steve Metelak, Gayle Roth, Scott Skipper, Stephanie Hagstrom and Richard Doering. Front row, from left to right: Sam Romey, Lisa Hassett, Paige Daugherty, Polly Kelley, Denise Proctor and Sharon Jensen.



Pioneers compete well, qualify 12 for AAA state meet

by SCOTT NEWTON

When Scott Skipper throws the javelin he lets out a clear, concise scream.

One has to wonder if that primal scream helps him.

"Oh yeah," Skipper said earlier this week. "It scares it out there another 20 feet. That's what this one lady said."

Skipper set a district record Saturday with a toss of 212-6, and Coach Randy Hutchinson feels he has a good shot at a state title this weekend at Eugene.

Skipper, who finished second and thus qualified for state in the discus and shot put as well, was a major factor behind the boys third-place finish.

Senior Gayle Roth was the catalyst for the girls, who exit the TVL with the last district title.

Roth set a meet record in the 800, won the 300 hurdles, anchored the winning 1600-meter relay team and ran on the third-place 400-meter relay team.

Hutchinson feels Roth is a good bet for a state title in the 800, and he feels the 1600-meter relay team could finish high as well.

Roth has been to two state cross country meets, two state swim meets and this will be her fourth state track meet.

State titles, so far, have eluded her. "It has always been a goal of mine to be a state champion," Roth said. Individually, the 800 is her best opportunity, she said, adding that the 800 can be anyone's race.

She adds that it would mean a lot to her if the relay team were to take first.

Roth finished sixth in the 800 last year with a 2:16.4. She ran a 2:15.7 Saturday, which was a personal, school and district record. She was aiming for a 2:14.9, currently the best time in the state.

Hutchinson said she'll run faster when there's someone to push her. "It's tough to run that fast with no one around you," he said.

Senior Steve Metelak made up for the lack of drama with his first-place finish in the 800.

It was a quality race, with the top six placers all finishing under the previous district record time of 1:58.9.

Metelak made his break with 200 meters to go, finishing in 1:56.4.

"I'm taking it one day at a time now," Metelak said. "I want to make it to the finals, and then see what happens."

If he can run a 1:54.8, he'll own the school record.

Metelak was not surprised by the outcome Saturday. "I ran the race over and over in my mind beforehand, and that's exactly how I pictured it, with different people where they were, but I went out exactly like I wanted."

Sam Romey also provided his share of drama Saturday, especially in the 3000.

Romey won the 1500 and the 3000, and Hutchinson has to constantly remind himself and others that he's just a sophomore, and thus can only be pushed so much.

Romey seems perfectly capable

of pushing himself. "I've only gone down once after a race, I mean down on the ground," Romey said. "I want to do that again. It hurts so much but it's worth it afterwards."

"I'm really going to go for it and see what I can do."

He'll be hoping for rain and no wind, conditions he feels are ideal. His win in the 1500, with a 4:02.4, was a personal and a district record. He'd like to break the four-minute barrier at state, and a 3:58.1 (Ken Urban, 1979) is the school record.

"That four-minute barrier, that's always been the thing to do," he said, adding that a good third lap is the key for him.

"At 100 (meters), it hit me that I was under three (minutes). I've never seen the clock coming down the stretch. I don't remember what it was, but if I had seen it and if it had registered, I think I could have got rid of those two seconds."

While most of the athletes on Sandy's track teams have been fortunate enough to have enjoyed relatively good health this season, senior Stephanie Hagstrom has not.

She did not achieve the goals she would have liked during volleyball, and though she's been winning and placing in the javelin, discus and shot put, she's not progressing as she would like.

A sore shoulder, elbow and back have made running difficult, and weight lifting is out of the question.

Still, Hutchinson said she has the technique to do well at state, even if she hasn't been able to train like

she would have liked.

"I'm just going to go all out. I've got nothing to lose," she said. With a minimum of competition from league opponents, Hagstrom feels that maybe she's been holding back some.

The district javelin champion, who is making her third trip to a state track meet, is aiming for the 157 mark.

"In the past I've always thrown well at district and then have blown it at state. So this year I'm planning on doing real well at state since I kind of blew it at district."

Is she looking for a state title?

"Yeah," she said, "I'm not sure I want everybody to know that, but that's really what I want because I think I can do it."

"This year I haven't seen very many javelin throwers getting 'em out there in the (1)60s like they were last year and the year before."

"They're just kind of lingering around the (1)50s, and if I get that one out there I want, I can win it."

Hagstrom will also be competing in the discus throw. She finished second in that event.

Junior Paige Daugherty won the district shot title with a put of 40-6, a personal record. She's been waiting to hit the 40-foot mark, and feels she can throw further.

"It was just effortless," she said about that throw. "Everything felt right. I was just totally relaxed and it went for me. I think I try too hard sometimes and it messes me up."

She said she's stronger and faster than ever, and so has been impatient for her throws to im-

prove, not only in the shot put but in the discus and javelin as well.

"I thought my throws would improve more than they did. If I work at something, I like to see results right away."

She plans on making her second trip to the state meet worth the wait.

Sophomore Denise Proctor, the second-place finisher in the shot put, reports being physically and mentally prepared for her first state meet.

As far as her form, she said, "I need to speed it up a little bit, but I'm working on it. I'm going to be ready."

Robert Karsten feels that junior Chris Crabtree has the potential to go 14 feet in the pole vault.

Crabtree's PR is 13, and he went 12-9 for a second-place finish in the district meet.

The last couple of weeks have gone well, he said. The jumping feels natural now.

There's no pause in his approach, he's bending the pole and getting his kick.

"Now that I'm doing my kick, I've got everything," he said.

Rope climbing and weight lifting have increased his upper-body strength, but it's the mental aspect that's important now.

"I feel every time I take a jump I'm putting new data in my brain. It's just like I have a blank picture when I'm going down (the runway). I don't even look at the bar. I look straight ahead. And when I'm going I just think of everything I just did, as I'm doing

it." He added, "Sometimes I chew gum. That gives me really good rhythm. That helps my footing, really."

As for the state meet, he said, "I'm just going down there to compete."

Richard Doering's 187-2 throw, good for second in the javelin, was a personal record and earned the senior his first trip to state.

Please turn to Page 8.

Individual results

- High jump: Shelby Dries, 6th, 4-10.
- 400-meter relay: Crystal Calkins, Tamee Lindsay, Gayle Roth and Lisa Hassett, 3rd, 51.2, PR.
- 100: Calkins, 5th, 15.2; equals PR.
- 400: Polly Kelley, 1st, 59.2, PR; Hassett, 3rd, 59.9, PR.
- 800: Roth, 1st, 2:25.7, PR, school and district record; Dries, 3rd, 2:30.8.
- Discus: Stephanie Hagstrom, 2nd, 113-4; Paige Daugherty, 5th, 106-8.
- 1500: Sharon Jensen, 2nd, 4:55.2, PR and sophomore record.
- Long jump: Jensen, 3rd, 16-8, PR; Calkins, 5th, 15-11, PR.
- 300-meter hurdles: Roth, 1st, 46.6, PR and school record.
- 1600-meter relay: Kelley, Jensen, Hassett and Roth, 1st, 4:02.2, PR, school and district record, 6th best in state.
- 400-meter relay: Russell Fork, Tyson Cummins, Steve Brader and Ryan Coombs, 3rd, 45.3, PR.
- 1500: Sam Romey, 1st, 4:02.4, PR.
- Pole vault: Chris Crabtree, 2nd, 12-9.
- Shot put: Scott Skipper, 2nd, 50-1; Dale Rasmussen, 5th, 46-5.
- Javelin: Skipper, 1st, 212-6, PR and district record; Richard Doering, 2nd, 187-2, PR.
- 800: Steve Metelak, 1st, 1:56.4, PR.
- 3000: Romey, 1st, 8:59.3; Brian Reick, 6th, 9:33.2, PR.
- 300-meter hurdles: Steve Brader, 5th, 41.7, PR.
- 1600-meter relay: Fork, Cummins, Brader and Metelak, 3rd, 3:37.4, PR.

Summer swim schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird Swim 7:00-8:00 AM		Early Bird Swim 7:00-8:00 AM		Early Bird Swim 7:00-8:00 AM	
	Special Classes i.e. Basic & Advanced Lifesaving 8:00-9:00	Special Classes i.e. Basic & Advanced Lifesaving 8:00-9:00	Special Classes i.e. Basic & Advanced Lifesaving 8:00-9:00	Special Classes i.e. Basic & Advanced Lifesaving 8:00-9:00	Special Classes i.e. Basic & Advanced Lifesaving 8:00-9:00	Special Events As Scheduled
	9:00-12:00	AMERICAN RED CROSS INSTRUCTION 9:00-12:00			9:00-12:00	9:00-12:00
	Special Classes i.e. Pre Comp 12:00-1:00 PM	Special Classes i.e. Pre Comp 12:00-1:00	Special Classes i.e. Pre Comp 12:00-1:00	Special Classes i.e. Pre Comp 12:00-1:00	Special Classes i.e. Pre Comp 12:00-1:00 PM	
Public Swim 2:00-5:00 PM	Public Swim 1:00-4:00	Public Swim 1:00-4:00	Public Swim 1:00-4:00	Public Swim 1:00-4:00	Public Swim 1:00-4:00	Public Swim 1:00-4:00
	COMPETITIVE SWIMMING					
	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	
	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	
	Adult Inst. 7:00-8:00	Public Swim 7:00-9:00	Public Swim 7:00-9:00	Public Swim 7:00-9:00	Family Night 7:00-9:00	Public Swim 7:00-9:00
	Adult Public Swim 7:00-9:00					

Classes, schedule set by center

The summer swim schedule was released recently, along with other dates to remember and classes of interest.

The Sandy Aquatic Center will be

closed June 5 from 1-4 p.m. for the Blue Marlin Pentathlon Invitational. Other dates the pool will be closed include June 7-11, for maintenance, July 4 and Sept. 6 (Labor Day).

American Red Cross swim classes for children 13 years old and older begin June 14. Registration should be made in person from 9 a.m. till noon and from 1 to 3 p.m. June 7 through 11.

Wholesale Auto wins 9-7 over Carlson's

"Great pitching" by Drenda Leathers and "excellent" fielding by her teammates got Wholesale Auto past Carlson Chevrolet 9-7 Monday night.

Wholesale Auto scored five runs in the first inning and Carlson Chevrolet could never catch up. Other Sandy Area Softball Association scores include Paola's 10-9 win over Carlson Chevrolet. Paola's also downed Brightwood Store, 13-2.

Independents bettered Wholesale Auto 8-4 while Tollgate Inn slipped by The Store, 8-5.

Standings

Paola's	2 0
Tollgate	1 0
Ind.	1 0
W. Auto	1 1
B-wood	0 1
The Store	0 1
Carlson's	0 2

Classes available include Red Cross swim instruction, adult classes, pre-competitive swimming, diving, lifesaving, swimnastics and tiny-tot (3 to 6 years of age).

Classes will provide instruction in Red Cross levels tiny-tot, novice, beginners, advanced beginners, intermediate and swimmer.

The tiny-tot class enrollment will be limited to 10. Other classes may have a maximum of 12 students.

Other special classes may be included as the need and interest arises and with the approval of the aquatic director. These may include cardiopulmonary resuscitation (CPR), and multimedia standard first aid.

All water safety instructors are certified by the American Red Cross. For more information call 668-4400.