

Celtics set PRs against West Salem

By DEREK WILEY
Of the Keizertimes

McNary senior Alex Sharabarin wasn't worried about facing off against West Salem senior and defending 6A state champion in the pole vault, Micah Masei, but instead decided to focus on himself.

That strategy paid off as Sharabarin cleared a personal record 11 feet, six inches on Wednesday, April 5 to finish second to only Masei, who tied the mark of 14 feet he set at Hayward Field last May.

"It's good motivation to see him but I don't really think much of it," Sharabarin said. "I just have to go out and do my best. Every meet is kind of like a practice for me to get better and better and build myself up all the way until districts."

Sharabarin wasn't the only McNary athlete to have a record setting day against West Salem.

McNary junior Victor Zavala threw the javelin 151-07 to easily win the event and break his PR by nearly eight feet. The mark was the second best in the Greater Valley Confer-

ence this season.

They key was rest. "Starting the season, I threw as hard as I could just to get a glimpse to see where I was at," Zavala said. "After that, I didn't throw for a week and a half. I just let my arm relax and practiced on my form. It helped my arm a lot."

Sophomore Bo Rahm won and had a PR in both the shot put (47-03.5) and discus (119-01). His throw in the shot put was a nearly seven foot increase from his PR and would have been good enough to finish fourth in the GVC and 10th in the state last season.

"There's so much technique if you get one little thing down, it can propel you," McNary head coach Franklin Gauntz said.

"Bo is only a sophomore so just learning how to compete and getting your mind right. It looks like they've (Rham, Zavala and Sharabarin) figured it out and hopefully it continues. It gives us more momentum going into the conference meet and makes them feel good."

McNary senior Brendan Van Voorhis put all of his concentration into the 100 and that decision paid off as he finished in 11.14 seconds, which would've been good enough for second in the GVC last season.

McNary's girls distance runners also had a strong showing. Sophomore Emma Garland won the 1500 in 5:48.51 while junior Allison Repp and sophomore Makayla Long took first and second respectively in the 3000 in 13:26.4 and 13.42.7.

Gauntz also liked what he saw from the girls 4x100 team of Haley Hughes, Courtney Giessinger, Caitlyn Kieftuk Yates and Alyssa Looney, who placed second in 54.43 behind a strong West Salem squad.

"Our girls relay team did some good things on the 4x100," Gauntz said. "It doesn't really look like that going against West but West is extremely fast. They're going to compete for the state title in the 4x100, probably. Their girls team, nothing against their boys because their boys



KEIZERTIMES/Derek Wiley
McNary senior Alex Sharabarin cleared a personal record 11 feet, six inches in the pole vault on Wednesday, April 5 at home against West Salem.

are legit, too, but their girls are really good."

McNary is scheduled to compete against more than 40 other teams in the Willamette Falls Invitational at OC Pioneer Memorial Stadium

in Oregon City on Saturday, April 15, which will be a good meet particularly for those athletes looking to compete at state.

"That will be a really good race for everybody but obvi-

ously we're going to try to do some things with Brendan that day and see if he can put a workload together with a long day instead of a dual meet where it's a short break," Gauntz said.

LADY, continued from Page 14

Trying to extend its lead, South Salem got runners to second and third in the bottom of the sixth but pitcher Faith Danner got a ground ball to second base, which Carr threw to Ebner at first to end the inning.

Emma Kinler, who was 0-for-3 with three strikeouts against McGrath, singled to lead off the seventh.

"I had a lot of help from my teammates," Kinler said. "They were trying to keep me positive and help me not get down on myself. It was mental, had to make sure I stayed positive. We had to stay loud in the dugout. That was a component in our win, just trying to get in her (McGrath) head to stay alive."

Nicole Duran followed with a single and Kinler scored on an error in center field to tie the game at 7-7. Haley Bingenheimer then doubled to drive in Duran and give McNary an 8-7 lead.

Bingenheimer added an insurance run, scoring on another single by Carr.

"It was crazy," Carr said. "It's really cool to see the spark that our team has and see the way that we get momentum off of each other and build off of each other."

South Salem threatened in the bottom of the seventh as two runners reached base on back-to-back infield errors.

After Danner got the first out of the inning on a fly ball to right field, the Saxons got within 9-8 when Duran field-

ed a ground ball at third base and threw home but the South Salem runner was able to beat the tag.

With the tying run on third base and just one out, Carr caught a line drive at second and threw to third to turn a double play and end the game.

"We made a few errors but you just know that someone is there for you," Carr said. "You know there's someone behind you that's going to pick you up and make up for what you did wrong. It was really exciting, especially Nicole has been one of my best friends since middle school so to make a final play with her, just so much energy came off it."

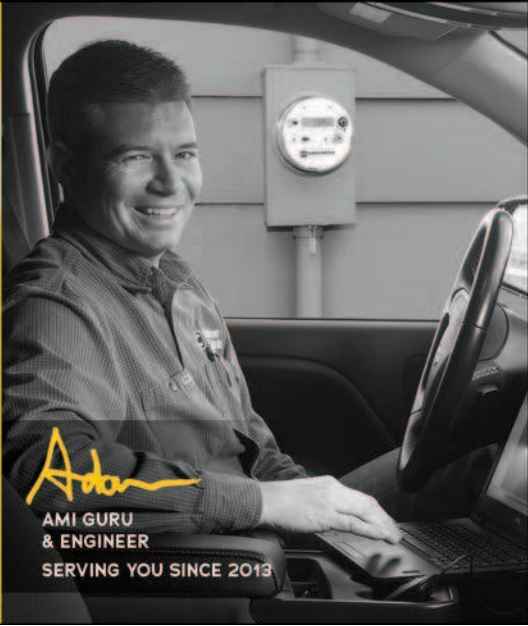
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