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OSAA
McNary senior Brendan Van Voorhis, middle, finished third in the 400 at the state track and field championships in Eugene on Saturday, May 20.

Van Voorhis places third in 400-meters

By DEREK WILEY
Of the Keizertimes

As a freshman and then again as a sophomore, Brendan Van Voorhis had finished top three at the state track and field meet on relay teams.

As a senior, Van Voorhis got to feel what it's like individually, winning a bronze medal

in the 400-meter run in 49.10 on Saturday, May 20 at Hayward Field.

"It was a good way to end my senior season," Van Voorhis said.

"This year's finals heat was insanely fast. Everyone was under 50 seconds. I don't remember the last time I saw a

finals heat that was all under 50 seconds. It was crazy. It was going to be challenge. I didn't run anything spectacular. I ran a good race."

In lane seven after running a 49.82 in prelims, it was important for Van Voorhis to get off to a fast start.

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Salang wins gold

By DEREK WILEY
Of the Keizertimes

Since placing seventh at the state track and field meet as a sophomore, Leilani Salang had pictured herself climbing up the podium until the day she arrived to the top.

With a nearly 10-foot PR in the discus, Thursday, May 18 was that day as the Blanchet Catholic senior and Keizer resident won the 3A state championship at Hayward Field in Eugene.

"I had visualized it many times," Salang said of winning the state title. "I had thought about it the night before, walking from the seventh place podium though every step getting all the way to the top. It felt so good, just accomplishing my goal."

With a throw of 125-11 at districts, Salang entered the state tournament as the favorite. But a newspaper story posted on one of her challenger's Instagram pages gave Salang extra motivation.

"She (Jordynn Slater) had gone to her local paper, the Bend Bulletin, and she told them she was going to be the next girl to win all three throwing events, only the third in history," Salang said. "It was a little overzealous. It's not something I would ever do, especially call it when you're not ranked first in all of the events."

After throws of 115-07, 117-01, 117-02, Salang trailed Slater going into finals. With



Submitted
Leilani Salang threw a PR of 139 feet to win the 3A state championship in the discus Thursday, May 18.

only three discus throws remaining in her high school career, Salang thought of her cousin who was recently diagnosed with brain cancer.

"I wanted to win it and dedicate it to him," Salang said. "I just thought of him and he's sitting in the hospital. That inspired me and gave me that extra push."

In her first attempt in finals, Salang threw the discus so far

that she didn't comprehend the correct number. Instead of 139 feet, the actual distance, Salang thought she heard 130 feet, nine inches.

Either would have been enough to top Slater, who placed a distant second at 124-03.

"When I threw it, it didn't really feel like a hard throw," Salang said.

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McNary advances in state playoffs

Celtics win round one at home

By DEREK WILEY
Of the Keizertimes

McNary had to come back and then hold on to defeat Tualatin 10-9 on Monday, May 22 in the first round of the state playoffs.

After spotting Tualatin four runs in the top of the first inning, McNary starting pitcher Josiah Gilbert was able to settle down and hold the Timberwolves to just two runs over the next five innings.

"A lot was going through my head and I really just had to calm down and focus on myself and just playing catch and getting back to the basics, staying fundamentally sound," Gilbert said.

Trailing 5-0, the Celtic offense began to come alive in the bottom of the third inning.

With one out, Jonah Geist reached on an error and then Brendan Frizelle doubled to put two runners in scoring position. With two strikes, Matthew Ismay fouled off four pitches before driving in McNary's first two runs with a double.

"I just fouled them off waiting for him (Tualatin pitcher Elijah Diggins) to throw one down the middle and he put one over the center I could hit and I got ahold of it," Ismay said.

Riley Hays added a single to score Ismay and get the Celtics within 5-3.

"The big guy (Ismay) in your lineup, when he comes through like he's supposed to and you kind of relax and realize there's a lot of baseball



KEIZERTIMES/Derek Wiley
McNary senior Brendan Frizelle celebrates after scoring a run in the Celtics 10-9 victory against Tualatin.

to play," McNary head coach Larry Keefer said. "That's basically what we said right after the first inning, there's a lot of baseball. You've got seven innings. We've scored against these guys in the past. We knew we could score. It was just a matter of getting the nerves out and playing baseball."

Down 6-3, McNary's bats really heated up in the fifth inning.

After Ismay drove in Geist with a RBI single, Hays walked to load the bases with no outs. Tyler Covalt then singled to score Frizelle and Ismay to tie the game 6-6.

Ismay, who was 2-for-4 with three RBIs and two runs,

credited the rally with senior leadership and experience.

"I think a lot of it has to do with how many seniors we have (10) and whether we like it our not we've had a lot of come back games where we've been fighting from behind so I think being in that spot and having senior leadership, there was no panic when we went down 4-0," Ismay said. "We knew we could come back and win it."

Gilbert gave the Celtics the lead, driving in two more runs with a triple.

McNary tried a squeeze play but Daniel Johnson's bunt was popped up to the first baseman.

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KEIZERTIMES/Derek Wiley
The McNary softball team meets Nicole Duran at home after the senior third baseman hit a two-run homer in the bottom of the second inning.

Lady Celts power past Grant

By DEREK WILEY
Of the Keizertimes

Kevin Wise looked out at the scoreboard on Monday, May 22 and declared this McNary softball team the best hitting squad he'd ever had.

With 22 hits, including six doubles and three home runs, in an 18-14 first round playoff victory over Grant, the Lady Celts head coach had all the proof he needed.

"The great thing about this team that makes us really hard to defend against is we can play small ball if we need to and we can hit the long ball," Wise said. "We've worked a lot on just finding holes. We have a lot of speed, too. We have it all!"

McNary, the No. 9 seed,

jumped out to a 4-0 lead against No. 24 Grant.

The Lady Celts scored three runs in the bottom of the first before even getting an out. Nadia Witt and Alexa Cepeda led off the inning with back-to-back singles. Haley Ebner then added a third straight base hit to drive in Witt. After Cepeda scored on a wild pitch, Hannah Carr doubled to bring Ebner home. Haley Bingenheimer added a sacrifice fly to score Carr from third.

After the Generals answered with five runs in the top of the second, McNary came back with five itself.

Carr singled to drive in Witt and Cepeda. Emma Kinler and Nicole Duran then hit

back-to-back home runs to give the Lady Celts a 9-5 lead heading to the third.

"It was definitely pretty nerve-racking but no matter what I know that the team's got everybody's back," Duran said.

"Even when we get into those long innings like that, you know that there's somebody there to make that play to get us out and we can go in and hit and get more runs."

McNary pitcher Faith Danner settled down to retire Grant 1-2-3 in the third and fourth innings.

The Lady Celts then added four runs in the bottom of the fourth to take a commanding 13-5 lead.

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