#### WASHINGTON STATE TRACK AND FIELD CHAMPIONSHIPS

# Fleck is fantastic, wins four for Ilwaco

## Second strong performance at state meet

By DAMIAN MULINIX For EO Media Group

SPOKANE, Wash. — As Ilwaco junior Charity Fleck took her place on the track in anticipation of receiving the final handoff of the 4x400 relay finals Saturday, she received some last-minute advice from one of her coaches, who was yelling from the stands behind

"He said, 'Run the hardest leg you ever have!' I've been holding out a little because I'm kind of afraid to let it go. But we all just ran with our hearts. I'm proud of all of us," Fleck said after the race.

Fleck, who has now won four medals at state each of the last two years, took the advice to heart. So much so that she ended up in a heap on the ground after crossing the finish line with the second place medal. Even a half hour later, if she wasn't being held up by friend and teammate Anessa Woodby, she'd have likely been back on the ground.

"Been a big two days. I had to run eight events in the past two days. Death!" she said, still winded. "I shut down. I gave it all I had."

Even still, the competition was tough.

"I passed her a little too early. I felt my body starting to say 'OK, I'm done,' And that's when I had to kick it. If I'd have waited any longer I wouldn't be



Photos by Damian Mulinix/For EO Media Group

Ilwaco's Charity Fleck glides down the track during the 2B girls 100 meter prelims Friday.

out," she explained. "She's fast!"

Woodby also ended up on the ground after her handing off the baton following her first

"With 50 meters left I couldn't breathe. I couldn't see. I just had to go," she said.

The 4x400 team made a last minute change Saturday morning, bringing in alternate Ebby McMullen for the final. She had been absent from the relav team for some time and Alayna Marsh had replaced her.

"I'm usually the third leg (of the race), so that was a switcheroo," said Eliza Bannister. "We were taking a risk and threw Ebby in."

"She hasn't been feeling well, so we've been saving her for this meet," said Fleck. "Ebby is a great kicker. She gets us where we need to be. She gets me in that second or first spot where I need to be."

The 4x400 was just one of Fleck's four trips to the awards podium at the state track and field championships at Eastern Washington University in Cheney. She was also part of the third place winning 4x100 team. Fleck, Woodby, McMullen and Makenzie Kaech's time of 51.71 was their fastest this year and third fastest in the state all season. Fleck also took fourth place in both the 2B girls 100 (13 seconds) and 200 meter (26.84) races.

#### Chapman's big day Naselle's Ellie Chapman

may not have been as happy as

she'd have liked on her second day at state, but she more than made up for it on the final day, winning three medals.

"Way better!" she said after her final event Saturday.

She took third in the 1B girls 100 hurdles in a time of 17.71, and was fifth in the 300 hurdles 51.85 (her second fastest this season). She also took home seventh in the triple jump with a distance of 30-feet-6, her best this season and less than a foot from her personal record.

#### **Medals for many more**

The Ilwaco boys 4x400 team of Jacob Malmstadt, James and Ryan Schenk, and Seth Sonntag placed third for the second year in a row during Saturday's finals. The Fishermen's time of 3:29.77 was 2.45



girls triple jump Saturday.

seconds faster than their time last year, and was their fastest of the season.

Ilwaco's McMullen also won a fourth place medal in the 2B girls 100 hurdles with her second-best time of 16 seconds only .17 off her personal record time.

Naselle's Raja Estes won the fifth place medal in the 1B girls shot put with a throw of 99-feet-11 — a new personal record of nearly 9 feet.

Kaech, in just her first season of track for Ilwaco, took third place in the 2B girls shot put, throwing 37-feet-7.75 — a new personal record by nearly 2 feet.

"Being my first year, it's pretty cool to throw in the finals. Pretty thankful for that. Being able to place was pretty cool," she said.

Naselle's Cody Kirkman wrapped up his senior season with an eighth place medal in the boys shot put with a throw of 40-feet-11.5, his best this season by nearly a foot.

Naselle freshman Parker

Dalton also received an eighth place medal after clearing 9-feet-6 in the 1B boys pole vault. The height tied his personal record in the event.

Naselle's Amelia Tutu'u placed eighth in the 1B girls 100 hurdles in a time of 19.10.

Ilwaco senior Riki Thompson finished up his high school career with an eighth place medal in the 2B boys javelin. Thompson threw 157-feet on his second throw, his fourth best this season.

#### Also competing

Ilwaco's Bannister finished 12th in the 1,600 meters in a time of 5:52.84.

"I didn't do my best. My PR is 5:40-something. I just felt tired. My legs gave out on me and it got in my head mentally," said Bannister.

Naselle freshman Lindsay Hunt finished 15th in the 1B girls 1,600 in a time of 7:00.05, her second best time this year. Teammate Tutu'u finished 13th in the 1B girls javelin with a distance of 89-feet-8.



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