

Astoria runners win at Ilwaco

The Daily Astorian

ILWACO, Wash. — The Astoria cross country team had a pair of individual winners Thursday, in the J.W. Black Lake Race, held on the Black Lake Trail in Ilwaco, Wash.

Competing against a field of mostly Washington schools, Astoria senior Lucas Caruana won the boys' 5,000-meter race in 18 minutes, 45 seconds, nearly a minute ahead of Ilwaco freshman Daniel Whiting (19:42).

In the girls' race, Astoria junior McKenzie Burnett won with a time of 22:54, well in front of Adna's Lauryn Apperson (23:11).

Ilwaco's Eliza Bannister was third in 23:28, with Ilwaco freshmen Estella Sheldon (25:18) and Kaytlenn Whelden (25:27) finishing sixth and seventh, respectively, to help Ilwaco score the team victory with 31 points, ahead of Astoria (46) and Ocosta (48).

Junior Libbie Nash was Astoria's second runner, crossing the line in 25:51 for ninth.

On the boys' side, Ilwaco's Ben Brownlee was third in 19:53, while Astoria sophomore Parker Ivanhoff placed 10th (20:51).

Ilwaco took the boys' team title with 33 points, followed by Ocosta (48), Astoria (65), Adna (87) and Raymond (149).

Astoria Middle School won the team and individual titles in the 1.3-mile middle school race.

Astoria's Cameron VanRaden won the boys' race in 9:15, ahead of teammate Manuel Salinas (9:51), with Damion Burgess fourth (10:07) and Josh Condit fifth (10:12) for the winning Astoria Middle School team.

The Astoria girls also won a team championship, led by first-place Sophie Long (10:11).



Astoria runners McKenzie Burnett, left, and Lucas Caruana were both celebrating individual wins Thursday, in a cross country meet at Black Lake in Ilwaco.

Submitted Photo

Braves score 1-0 shutout over Astoria

The Daily Astorian

BANKS — Banks hosted Astoria in Cowapa League girls soccer action Thursday.

And coming off a 6-1 win over Tillamook, the Lady Fishermen had another strong effort, but came up one goal short, as Banks scored a 1-0 win.

The Braves scored the game's only goal 10 minutes into the second half.

"Banks probably deserved the win," said Astoria coach Tim Fastabend. "They came out and played stronger and harder than we did, and we didn't start playing well until the final 10 or 15 minutes."

Still, "it's not like we

played bad," he said. "We were just a little flat at the start. Rachel Simmons and Dani Garcia played well, as they always do."

Jenna Rudolph nearly scored on a free kick in the final minute of play, but a big save by the Banks' keeper kept the shutout intact.

Astoria now moves its

home games to CMH Field, where the Lady Fishermen will host Scappoose Tuesday, Banks next Thursday, and Seaside Oct. 11.

Seaside

In other Cowapa League action, the Lady Gulls scored their first win of the season, 4-0 at winless Tillamook.

Seahawks not expecting another slopfest from Fitz, Jets Sunday

By DENNIS WASZAK JR.
AP Sports Writer

EAST RUTHERFORD, N.J. — Pete Carroll and the Seattle Seahawks have seen the Jets' ugly game film from last week, when Ryan Fitzpatrick kept throwing the ball to the other team.

One interception after the other — six in all for the New York quarterback.

Carroll's not expecting anything close to that type of slopfest on Sunday when the Seahawks (2-1) take on the Jets (1-2).

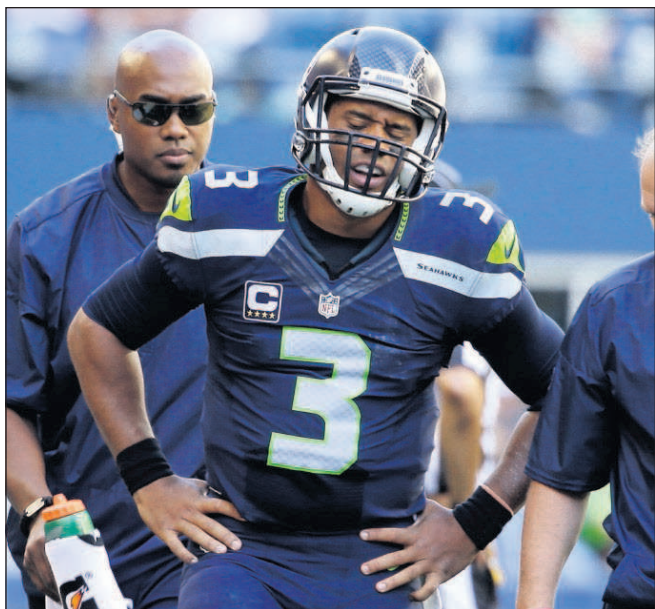
"Well, there's three games, plus the preseason and last season, and we have all kinds of stuff we're looking at," the Seattle coach said.

"We're not looking at just that one. That was an outlier and we'd love to have a game like that ourselves, but that is probably once in a career. We know we're going to be up against it."

The Jets get the chance to prove they're more like the well-oiled offense that rolled up 493 yards in a 37-31 win at Buffalo two weeks ago than the mistake-prone unit that struggled in a 24-3 loss at Kansas City last Sunday.

"That would be crazy if I could sandwich two player of the week (selections) around that awful game," Fitzpatrick said, "but that's (six interceptions) just something that can't happen."

New York will be facing a



AP Photo/Ted S. Warren

Seattle Seahawks quarterback Russell Wilson walks off the field Sunday after being brought down against the San Francisco 49ers in the second half of the game.

tough task Sunday against the NFL's No. 1-ranked defense.

"They've probably been the standard for the longest," Fitzpatrick said. "It's a lot of the same guys, same scheme and it's tough. It's tough to play against them."

The Seahawks have allowed just 37 points in three games, ranking them second in that category. San Francisco's 18 points last week are the most Seattle has given up this season, so Carroll's crew is stingy, as usual.

That doesn't mean the Seahawks, playing at MetLife Stadium for the first time since winning the Super Bowl in

2014, are taking anything for granted against the Jets.

"Very impressive so far," Seahawks defensive end Michael Bennett said of New York. "Brandon Marshall is a first-ballot Hall of Famer. Matt Forte is a Hall of Famer, too, so there are a lot of good players. Ryan Fitzpatrick is doing a great job. Eric Decker always does a great job catching, so this is a very good offensive team."

Here are some other things to know about the Seahawks-Jets matchup:

RUSSELL'S HUSTLE: Despite spraining the medial collateral ligament in his left

knee last Sunday against San Francisco, Seattle quarterback Russell Wilson is expected to start against New York.

Carroll said Wilson practiced fully Wednesday and didn't see any reason, barring a setback, that the QB would be able to play.

It's Wilson's second significant injury of the season, though, after spraining an ankle in the opener against Miami. Jets coach Todd Bowles doesn't anticipate Wilson changing his style of play in light of the injuries, with New York expecting the Seahawks star to still try to make plays with his arm and feet.

"No, he's a tough guy," Bowles said. "I'm pretty sure he'll take care of himself."

THE AWAKENING: Christine Michael is going to be Seattle's primary ball carrier for the time being — with an opportunity to earn the starting job permanently.

Starter Thomas Rawls is out for a few weeks with a cracked fibula in his left leg. But Michael showed he can handle taking on the load last week against San Francisco rushing for 106 yards — his second career 100-yard game — and scoring the first two touchdowns of his career. But the most impressive part of Michael's first three games this season is his 5.2 yards per carry average.

"His eyes are wide open and he's kind of taking everything in," Carroll said.

Aardvarks dig up three-game sweep

The Daily Astorian

WARRENTON — Just two nights after connecting on 75-of-77 serves against Portland Christian, the Warrenton volleyball team missed eight serves in Thursday's match against Oregon Episcopal.

And that was one of the contributing factors that led to a three-game sweep for the Aardvarks, 25-22, 25-17, 25-20.

Warrenton held leads in all three games, but 12th-ranked OES rallied in the mid- and later-stages of all three to score the win, helping the Aardvarks remain in a second-place tie with Portland Christian at 6-2 in the Lewis & Clark League standings.

Warrenton falls to 2-5 in league.

The Warriors were actually hot from the service line to open the match.

Claire Bussert delivered up two ace serves to start Game 1, and Michelle Arney added two more aces to give Warrenton a quick 6-1 lead.

A service ace by Sierra Lyons and two kills from Landree Miethe had the Warriors in front, 13-5.

But the Aardvarks began taking advantage of their size at the net, as 5-foot-10 Belle Scott and 6-foot freshman Maxine Matheson-Lieber

recorded stuff blocks to help OES gradually cut into Warrenton's lead.

The game was tied at 17, 19 and 20, before the Aardvarks went on a 4-0 run, highlighted by two kills from Scott. Warrenton closed to within 24-22, but a net violation on the Warriors gave OES the winning point.

In Game 2, Miethe had a kill off a block, then finished a second kill off a set from Bussert for a 15-12 Warrenton lead.

OES rallied behind Scott and some sharp serving, with Matheson-Lieber capping a 6-0 run with two ace serves for the final two points.

A back-and-forth contest in Game 3 had the Warriors in front early, 4-0. OES rallied for a 17-13 lead, but a pair of aces by Lyons helped Warrenton tie the game at 17-17.

That was the last the Warriors saw of the Aardvarks, however, as OES sophomore Noelani Johnson had four consecutive ace serves to help her team finish the game on an 8-3 run.

Miethe led the Warriors with nine kills to go with six digs, while Bussert had 13 digs and 14 assists for Warrenton, which hosts De La Salle at 2 p.m. Saturday, followed by a home match vs. Riverdale Tuesday.

Valiants sweep at the Brick House

The Daily Astorian

Top-ranked Valley Catholic backed up its No. 1 ranking Thursday at the Brick House, with a three-game over Astoria, 25-16, 25-11, 25-18.

"They have great block coverage, they're big and they can jump," said Astoria coach Jessie Todd. "Still, I was happy with the way we competed. We played well against the No. 1 team in the state."

Darian Hageman led Astoria with five kills, followed by Jacqueline Jarrett with three kills and 11 digs.

Kira Worwood and Madi Landwehr had nine digs apiece for the Lady Fishermen, who host Seaside Tuesday.

In other Cowapa League action Thursday, Banks defeated Tillamook in four games, 25-13, 25-21, 15-25, 26-24.

Scappoose outlasts Seaside in five games

The Daily Astorian

Scappoose won a marathon volleyball match at Seaside Thursday night, 25-23, 25-21, 23-25, 9-25, 15-12.

The Gulls rallied from a two-games-to-none deficit to send the Cowapa League match to a fifth game, won by the Indians.

"The first two sets we struggled to get any momentum going, due to our unforced errors," said Seaside coach Angie Huntsman. "We fought hard in set three and we finally started to play our game."

"By the fourth set we were on fire, playing the way we're capable of," she said of Seaside's 16-point win in Game 4. "When we

play aggressive we are capable of competing at a high level."

Scappoose started out Game 5 strong with a kill on the outside, "and it was a battle back and forth from that point on," Huntsman said. "We needed to stay more aggressive with our serving in the fifth set. That would have made a difference."

Maddi Utti led the Gulls' offensive attack with 27 kills and a .444 hitting percentage. Alyssia Gonzales added 13 kills and Tori Tomlin finished with seven kills.

Gonzales also had 14 digs, Lucy Bodner added 11 digs, and Jetta Ideue and Utti each had nine digs, while Anna Huddleston served up six aces.

Cheesemakers win first-place showdown

The Daily Astorian

SEASIDE — The Tillamook boys soccer team scored a big road win Thursday night at Broadway Field, where the Cheesemakers upended Seaside 2-1 in a first-place, Cowapa League showdown.

Tillamook improves to 3-0 in league play, while the Gulls drop to 1-1-2.

The Gulls will try to recover on the road, with

games at Scappoose next Thursday and at Astoria Oct. 11.

Astoria

Meanwhile, Astoria took a break from league play Thursday and hosted Class 3A Taft for a nonleague boys soccer game at Volunteer Field.

And the No. 11-ranked (3A/2A/1A) Tigers left town with a 3-0 win over the Fishermen, who fall to 3-4 overall.

SCOREBOARD

PREP SCHEDULE

TODAY

Football — Seaside at Astoria, 7 p.m.; Warrenton at Corbett, 7 p.m.; Knappa at Gaston, 7 p.m.; Ilwaco at South Bend, 7 p.m.; Jew-

SATURDAY

Football — Naselle at Mary M. Knight, 1 p.m.
Volleyball — De La Salle at Warrenton, 2 p.m.

ell at Crow, 7 p.m.