

# SPORTS

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## Athletes of the Week

(FOR THE WEEK OF MAY 1-6)



**SAMANTHA  
HEMSLEY**  
Astoria



**PHOENIX  
JOHNSON**  
Seaside

One day after the sophomore earned all-league honors in the Cowapa League girls golf tournament, Hemsley won the 800 meters in Astoria's track meet dual with Scappoose. In golf, "Sammy" took eighth overall in the league championships May 2 (she earned all-Region honors this week, in the District 1 Regionals). In the May 3 track meet against the Indians, Hemsley won the 800 in 2 minutes, 39.7 seconds (her PR is 2:32.42, at the Meet of Champions). In her first year of high school track, she has run the 400, 800 and 1,500, and has competed in the javelin and long jump. Hemsley currently has the Cowapa's seventh-fastest time in the 400 and the 800. She placed fourth in the 400 at Gladstone's Baker Invitational May 6 (a PR of 1:04.60).

The senior jumper with the Seaside track team had a big day May 6, at Gladstone's Dick Baker Invitational. He had a personal best high jump of 6-feet to win the high jump, and took second in the long jump and triple jump to help the Seaside boys finish third in the team standings. Three days earlier, Johnson won the high jump and triple jump in a four-way league meet at Valley Catholic, where he soared a personal best 40-11½ in the triple jump. Johnson is the No. 1-ranked athlete in the Cowapa in both the high jump and triple jump, and third in the long jump. He transferred to Seaside from Clatskanie. As a junior with the Tigers last year, Johnson placed third in the high jump in the Lewis & Clark League championships.

### SCOREBOARD

#### PREP SCHEDULE

##### THURSDAY

**Track** — Cowapa League Championships, at St. Helens, TBA  
**Softball** — Banks at Astoria (2), 4 p.m.; Scappoose at Seaside (2), 4 p.m.

##### BASEBALL

**Astoria 5, Seaside 0**  
**Seaside** 000 000 0-0 2 2  
**Astoria** 101 201 x-5 5 0  
 Walsh, Plampin (4) and Hoekstre; Englund, Fremstad (7), Lyngstad (7) and Gohl. W: Englund. L: Walsh. S: Lyngstad. RBI: Ast, Tuimato, Strange, Fremstad, Lucore. HBP: Sea, Blanchard, Hoekstre. LOB: Seaside 4, Astoria 7. DP: Astoria.

**Eagles 8, Warriors 2**  
**Warrenton** 200 000 0-2 6 2  
**Catlin Gabel** 230 021 x-8 8 2  
 Little, Breitmeyer (6) and Morrow; Hoke and Bluffstone. W: Hoke. L: Little. 2B: War, Ham; CG, Adler, Bluffstone, Gordon. HR: CG, Gordon.

**Knappa 9, Vernonia 2**  
**Knappa** 000 400 5-9 8 2  
**Vernonia** 020 000 0-2 4 4  
 D.Takalo, Hoover (5) and Goozee; Cieloha, Morrison (4) and Everett. W: D. Takalo. L: Morrison. S: Hoover. 2B: Kna, Cruz, E. Takalo. HR: Kna, Cruz.

##### BOYS GOLF

**District 1 Regionals**  
**Team:** Scappoose 636, Valley Catholic 653, Crook County 699, Seaside 716, Molalla 733, Tillamook 737, Banks 743, Astoria 798, Corbett 824, Gladstone 934.  
**Medalist:** Mayson Tibbs, Crook County (141)

**Individual (Top 10)**  
 Mayson Tibbs, CC, 141  
 Carter Lee, Til, 151  
 Nathan Mapes, Scp, 152  
 Jake Gray, Scp, 152  
 Cole Schmidlin, VC, 159  
 Cole Heinsen, VC, 160  
 Peter Boileau, VC, 163  
 Chase Elliot, Scp, 165  
 Jackson Kunde, Sea, 166  
 A.J. Miltich, Scp, 167  
**Seaside (716)**  
 Jackson Kunde, 84-82—166  
 Samson Sibony, 89-86—175  
 Mason Shamion, 92-95—187  
 Connor Merrell, 91-97—188  
 John Whittle, 105-102—207  
**Astoria (798)**  
 Kirk Fausett, 93-91—184  
 Brian Wilder, 95-95—190  
 Taylor Palmberg, 100-101—201  
 Dylan Altheide-Nielson, 112-111—223  
 Trevor Altheide-Nielson, 117-118—235

##### GIRLS GOLF

**District 1 Regionals**  
**Team:** Oregon Episcopal 805, Valley Catholic 822, Crook County 874, Astoria 919, Molalla 1007, Gladstone 1030, Catlin Gabel 1322. Incomplete—Horizon Christian, Riverdale, Scappoose, Seaside, Tillamook.  
**Medalist:** Anna Li, OES (171)  
**Individual (Top 10)**  
 Anna Li, OES, 86-85—171  
 Morgan Hall, Scp, 85-89—174  
 Macy Goehring, CC, 89-92—181  
 Lanie Sticka, Gla, 90-93—183  
 Caroline Hobson, VC, 96-88—184  
 Abby Papke, CC, 91-102—193  
 Matti Thurman, VC, 105-99—204  
 Emma Nelzen, Mol, 93-111—204  
 Sam Hemsley, Ast, 96-114—210  
 Lucy Hu, OES, 105-105—210  
**Astoria (919)**  
 Samantha Hemsley, 96-114—210  
 Jenna Travers, 107-109—216  
 Sadie Wooldridge, 123-122—245  
 Kristen Travers, 120-128—248  
 Sarah Lertora, 133-132—265  
**Seaside**  
 Caroline Kotson, 111-109—220  
 Madeline Brown, 141-122—263  
 Caitlin Hillman, 155-143—298



A group of sprinters is off and running in last year's 100-meter race, in the TrackTown Youth League meet at Warrenton Grade School. The event this year starts at 5:30 p.m. Monday at Astoria Middle School.

## All-Comers kids track meet Monday

The Daily Astorian

A popular free all-comers track meet for kids returns to the North Coast Monday. The meet, sponsored by TrackTown Youth League, features races of 100, 400 and 1,500 meters, and long jump and the turbojav throw for kids ages 7-14.

The meet starts at 5:30 p.m. at Astoria Middle School, 1100 Klaskanine Ave. Participants can register online in advance at [www.tracktownyouthleague.com](http://www.tracktownyouthleague.com).

Day of the meet registration and check-ins begin at 4:30 p.m.

TrackTown Youth League, presented by Providence Sports Medicine, provides track meets across Oregon. Kids of all abilities are encouraged to participate, including those in wheelchairs.

More than 50 young athletes participated in last year's meet at Warrenton Grade School, and organizers hope for more participants this year. Awards are given at the end of the meet.

The top two finishers in each category will advance to a championship meet at Historic Hayward Field in Eugene, held in conjunction with the NCAA Outdoor Track & Field Championships.



A young athlete takes part in the long jump event in last year's TrackTown Youth League meet at Warrenton Grade School.

## Soccer tryouts Saturday in Warrenton

The Daily Astorian

The Lower Columbia Youth Soccer Association (LCYSA) and North Coast United Soccer Club are holding their 2017-18 soccer tryouts 10:30 a.m. to noon Saturday and 6-7:30 p.m. Tuesday at the Warrenton Soccer complex.

Playing age is based on birth year. Tryouts are for soccer players born in 2008 or older.

Players born from 2004 to 2008 will be able to play the fall season (July through October) and the spring season

(November through May).

Players born between 1999-2003 will play in the winter season from November through May.

If interested in playing competitive soccer, players can attend one or both of these sessions. Players should bring water and their own soccer ball.

The cost for the LCYSA fall season is \$250, and the cost for the North Coast United winter/spring season is \$350 (plus \$45 jersey if new to NCU). There is no fee for the tryouts.

The LCYSA is the area's 33-year-

old youth soccer association, focused on recreational and competitive soccer during the fall months.

North Coast United SC began in 2015 as a collaboration between the LCYSA and Seaside soccer to offer competitive youth soccer year-round for local players.

For more information, check Facebook pages for Lower Columbia Youth Soccer Association or North Coast United SC; or email LCYSA at [kevin-acronin@hotmail.com](mailto:kevin-acronin@hotmail.com) or [ncunitedsc@gmail.com](mailto:ncunitedsc@gmail.com).

## SPORTS IN BRIEF

Associated Press

### Ruiz, Cano lead Mariners to 11-6 win over Phillies

PHILADELPHIA — Just like the old days, Carlos Ruiz soaked in the adoring cheers after another clutch hit.

It didn't matter he was a visiting player.

Ruiz hit a three-run double against his old team, Robinson Cano and Danny Valencia homered and the Seattle Mariners beat the Philadelphia Phillies 11-6 Wednesday.

Ruiz earned another standing ovation a day after he returned and was honored with a video tribute that highlighted his career with the Phillies. The former All-Star catcher was 3 for 30 this season before clearing the bases with a liner off the left-field wall in the seventh inning.

"I kind of feel like my legs were not on the ground, it was real special," Ruiz said. "That was huge for my team and also to see the ovation from the fans, their support, and I said thank you to them, because they were real good to me when I was here, and I'm so happy that they do that."

Seattle swept the two-game interleague series after rallying from a pair of four-run deficits in a 10-9 win Tuesday.

#### UP NEXT: MARINERS

• Seattle Mariners (17-17) at Toronto Blue Jays (13-21)  
 • Today, 4:07 p.m. TV: RTNW

### Seahawks sign veteran DE Bass

RENTON, Wash. — The Seahawks have signed veteran defensive end David Bass as Seattle continues to look for options on the defensive front.

Seattle announced the signing of Bass on Tuesday, along with the release of eight players, ahead of this weekend's rookie minicamp.

Bass spent the past two seasons with Tennessee. He started seven games during the 2015 season with the Titans and had a career-high 36 tackles, but had more of a reserve role last season. Bass spent his first two seasons in the league with Chicago.

Among those released by Seattle was cornerback Perrish Cox, running back George Famer and kicker John Lunsford, leaving the Seahawks with Blair Walsh as the only kicker on the roster.