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Athletes of the Week

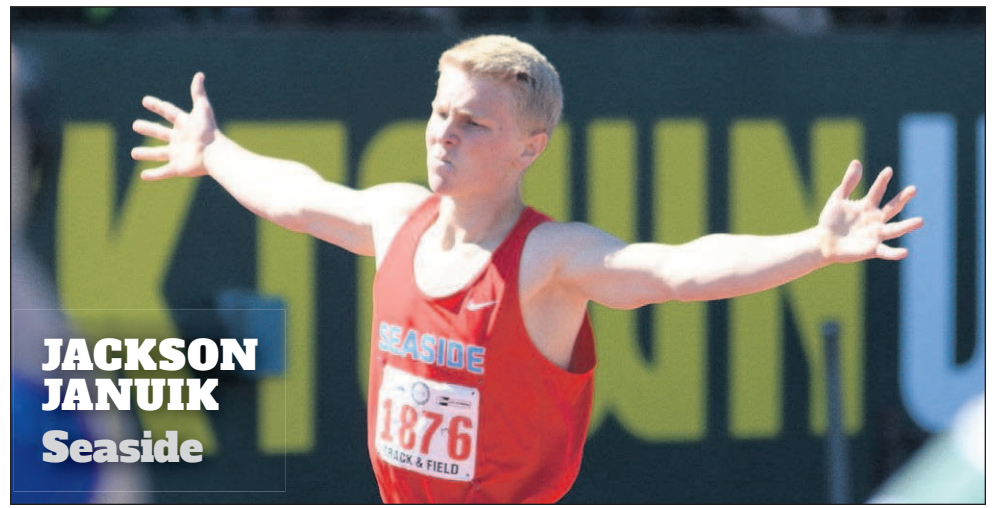
(FOR THE WEEK OF MAY 15-20)



David Ball/For The Daily Astorian

Astoria's Gracie Cummings, right, gets the baton away to Andrea Harris on the first exchange during the Fishermen's win in the 400-meter relay last Saturday.

The Lady Fishermen won their third straight state championship last Saturday in Eugene, with a big victory in the 400-meter relay to thank for it. The foursome of Gracie Cummings, Andrea Harris, Nara van De Grift and Natalie Cummings not only won the event in 49.77 seconds — leading to 10 big points for Astoria — they set a school record that had stood since the 1980s. The previous record of 49.80 was held by Astoria High School Hall of Famers Carla Bailey, Sue Glacken, Brenda Orand and Lee Boyd.

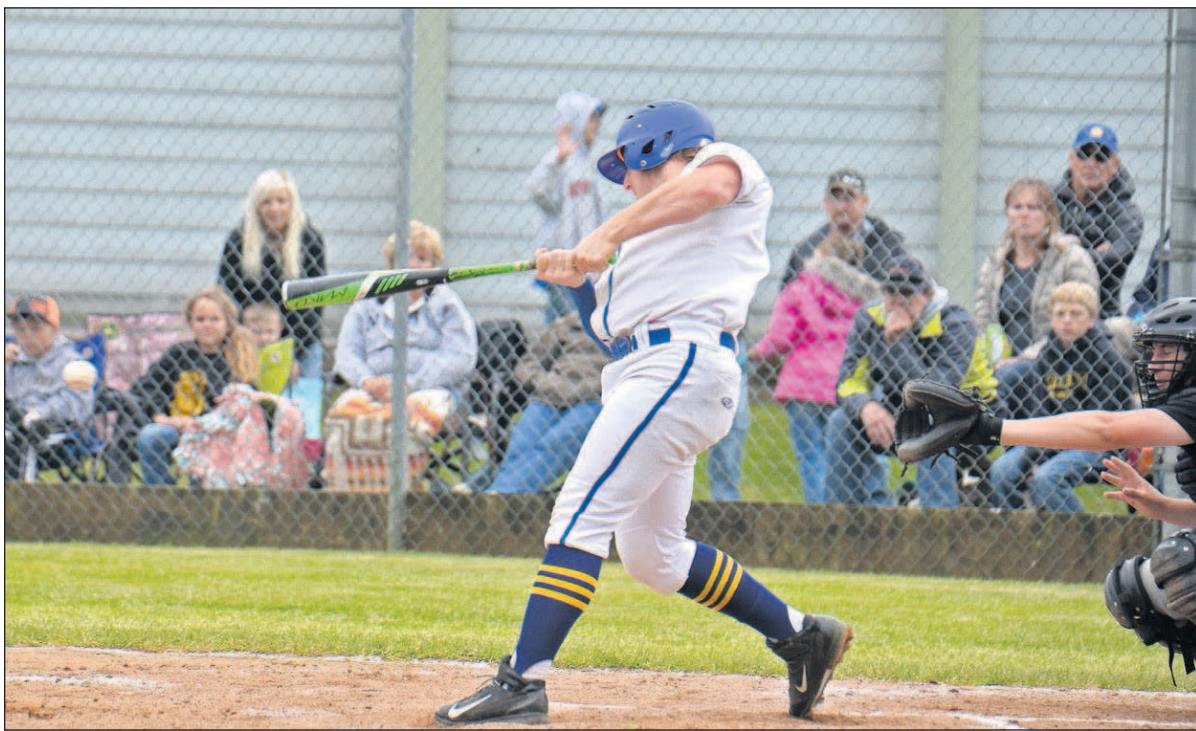


David Ball/For The Daily Astorian

Seaside senior Jackson Januik celebrates coming through the finish line first with a three-peat win in 800-meter final.

The senior Gull went out the only way a champion should — with a state title in the 800 meters at the OSAA state meet, Saturday at Hayward Field in Eugene. Months after leading the Seaside boys basketball team to a state championship, Januik came from behind to win the 800 final in 1 minute, 55.86 seconds — a personal best and his third straight championship in the 800. It was also the fourth time in five years that a Seaside runner won the event (Brett Willyard placed first in 2013).

2A/1A STATE PLAYOFFS



Colin Murphey/The Daily Astorian

Andrew Goozee tees off on a pitch for the Knappa Loggers during Wednesday's game against Lost River.

Loggers hammer the Raiders, again

By **GARY HENLEY**
The Daily Astorian

KNAPPA — Wednesday's final score from Teevin Field: Knappa 15, Lost River 1.

And if it seems like you've seen this before, you're right. Four times in the last seven years: Lost River at Knappa in the first round of the 2A/1A baseball state playoffs, and a lopsided win for the Loggers.

Three Knappa pitchers combined on a no-hitter in Wednesday's victory, and the Loggers secured their spot in the quarterfinals for the 10th year in a row.

No. 2-ranked Knappa will host seventh-ranked Sherman-Arlington Friday at Teevin Field (time to be announced).

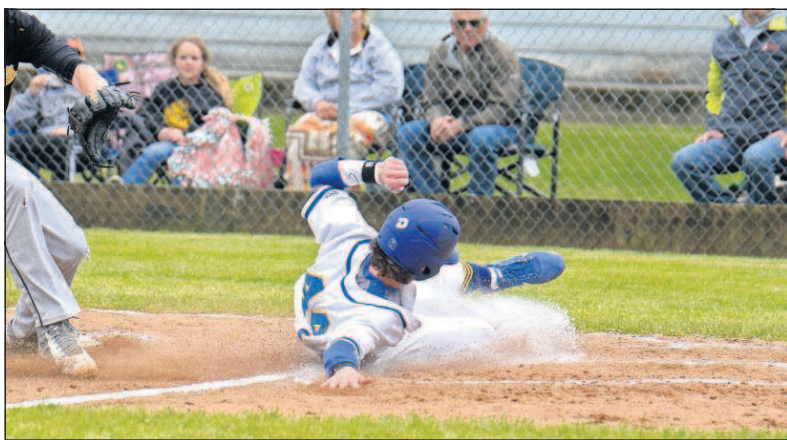
Meanwhile, the season comes to a close for Lost River, the same way it ends all too often for the Raiders — another first-round loss at Knappa.

The Loggers have now outscored Lost River by a combined 74-7 in those four first-round state playoff games, all at Teevin Field (15-3 in 2011, 25-1 in 2014, 19-2 in 2015, and Wednesday's 15-1).

"Fortunately it's never been down there yet, so they've had to make that long journey," Knappa coach Jeff Miller said of the Raiders (Lost River High School is just north of Tulelake, Calif., on the Oregon-California border). "In that sense, I feel for them. But I'm glad that we're able to host, and our kids have put themselves in a position to host those games."

And, despite the previous results and a 12-day layoff, the Loggers were fired up for Wednesday's first-rounder.

"Yeah, they were chomping at the



Colin Murphey/The Daily Astorian

Kaleb Miller slides home safe for Knappa during Wednesday's game at home against Lost River.

bit to get out and play," Miller said of his players. "Some teams like to go out and play games. And that's fine, that works for them. This has become kind of our routine in recent years. We use the week and a half off to get healthy and work on specific things in practice."

"And we like the preparation that we came in with today. The kids came out and had good energy early, and were ready to play."

Off and running

Knappa was off and running, right from the start.

On the first pitch in the bottom of the first, Logger lead-off batter Jason Miller laid down a perfect bunt and beat the throw to first, for the first of Knappa's 12 hits.

From there, Kaleb Miller drew a walk and Reuben Cruz had an infield hit to load the bases with no outs. And all three runners scored, via a

See **LOGGERS**, Page 7A

4A STATE PLAYOFFS

Astoria takes down Rangers, moves ahead

By **MIKE WEBER**
For The Daily Astorian

ESTACADA — Astoria High senior pitcher Jackson Arnsdorf threw a one-hitter with 12 strikeouts to help lead the Fishermen to a 3-0 win over the Estacada Rangers in an OSAA/U.S. Bank/Les Schwab Tires Class 4A baseball first-round state playoff game Wednesday at Estacada High School.

The No. 8 ranked Cowapa League Champion Fishermen (19-5), guided by coach Dave Gasser, advance to the next round and will travel to Grants Pass to face No. 1 ranked Hidden Valley (22-3) in the quarterfinals Friday.

"We're the road warriors and we're going to have to do it again one more time," said Gasser. "Jackson has been very good all year, but I think he pitched his best game today. He definitely has a chance to earn a first-team all-state award. He got the leadoff batter out in every inning and five times, Estacada went three up, three down. He just did a really great job."

It was scoreless pitcher's duel in the first four innings between Arnsdorf and Estacada senior Andrew Avants. Estacada, the Tri-Valley Conference Champions, got its only hit in the second by Avants (1-for-3), who hit a line-drive double that rolled all the way to the 305-foot right-field wall.

"It seemed like (Estacada) had some really good hitters, but I just had to bring my 'A' game today and I just tried to keep throwing in the strike zone," Arnsdorf said.

Estacada (16-7) didn't get another hit as Astoria's No. 1 ranked defense (2.58 runs allowed per game average) shut down the Rangers

throughout the contest. Arnsdorf threw a solid curveball/fastball combination that had Ranger hitters off balance the entire game. Estacada went down one, two, three in the five of seven innings as their offense was basically nonexistent against Astoria.

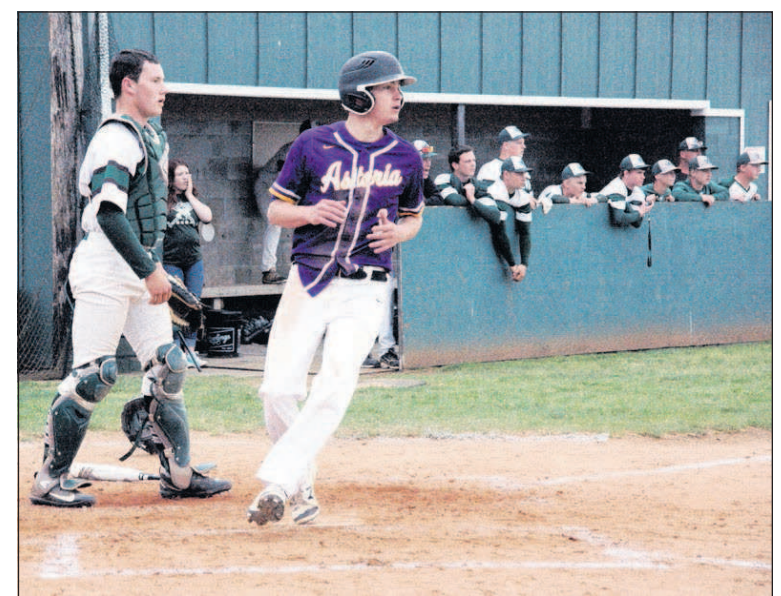
Astoria got off track offensively in the fifth until senior Lyle Strange (1-for-3) helped ignite a rally with a leadoff single as he drilled a line drive into center field. Senior Sam-boy Tiunato (1-for-2) then drew a walk, giving Astoria a golden opportunity to score with two base runners.

Both runners then advanced one base on wild pitch by Avants, with Strange going to third base and Tiunato running to second. Senior catcher Jason Gohl (1-for-3) then hammered a ball to right field for an RBI single, driving home Strange for the first Fishermen run. Tiunato then scored on a sacrifice fly RBI by junior Trey Hageman to give Astoria a 2-0 advantage.

"It felt good to get a key hit to help our team win," Gohl said. "Our defense has been the key part of our team all year and it will continue to be the key for us throughout the playoffs. We have strong pitching, we have the best infielders in the state and our outfielders cover all the ground with outstanding plays. We're road warriors and we love playing on the road."

Arnsdorf struck out Estacada's leadoff batter and then the outstanding Fishermen defense got the next two Ranger batters out on consecutive infield groundouts at first base as Astoria held onto a 2-0 lead after five.

See **ASTORIA**, Page 7A



Mike Weber/For The Daily Astorian

Astoria's Kyle Strange scores a run in the fifth inning.

SCOREBOARD

PREP SCHEDULE

FRIDAY

Baseball — 4A Quarterfinal: Astoria at Hidden Valley, TBA; 2A/1A Quarterfinal: Sherman-Arlington at Knappa, 4:30 p.m.

BASEBALL

Knappa 15, Lost River 1
 Lost River 001 000 0-1 0 9
 Knappa 441 024 x-15 12 1
 Goodman, E.Takalo (6), Hoover (7) and K.Miller; Moore, Girtman (3), A.McAuliffe (7) and Britton. W: Goodman. L: Moore. RBI: Kna, D.Takalo 2, Hoover 2, Goozee, J.Miller, K.Miller, Cruz. 2B: Kna, Hoover. 3B: Kna, Cruz. LOB: Lost River 4, Knappa 6.

Astoria 3, Estacada 0
 Astoria 000 021 0-3 5 1
 Estacada 000 000 0-0 1 2
 W: Arnsdorf. L: Avants. RBI: Ast, Fremstad, Hageman, Gohl. 2B: Ast, Fremstad; Est, Avants. LOB: Astoria 3, Estacada 2.