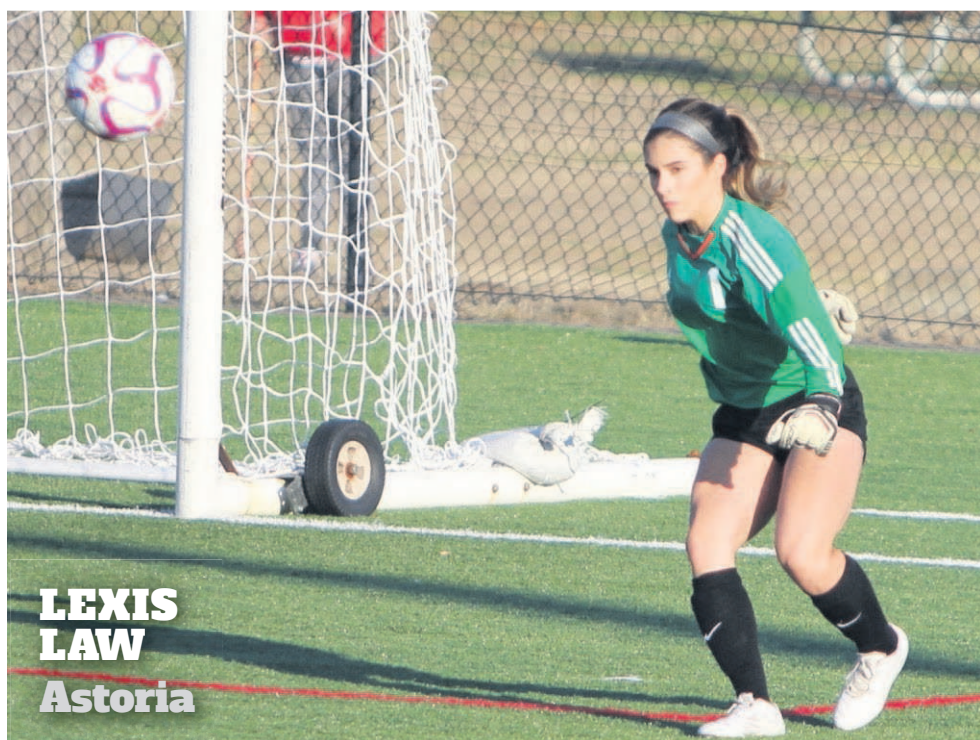


SPORTS

CONTACT US
Gary Henley | Sports Reporter
 ghenley@dailyastorian.com

FOLLOW US
 facebook.com/
DailyAstorianSports

Athletes of the Week



LEXIS LAW
Astoria



COLTON CARTER
Seaside

Photos by Gary Henley/The Daily Astorian

It had been four years since the Astoria girls soccer program had won more than two league games in a single season — until last week. Victories over Tillamook and Banks capped a three-game win streak for the Lady Fishermen. Defense wins games, and Astoria has the ultimate defender in goalkeeper Lexis Law. Her 10 saves in a 1-0 win over Banks helped the Fishermen score their fourth shutout win of the season. It was their first victory over Banks since 2012. “The girls have confidence in her, and I never have to worry about her,” said Astoria coach Tim Fastabend. “She makes all the easy saves, and makes it look routine. It’s never too exciting with her back there.”

Carter is a senior who is well on his way to earning the Cowapa League’s Player of the Year award for the third straight season. Meanwhile, the Seaside boys soccer team reached the No. 1 spot in the OSAA rankings last week, with wins over Valley Catholic and Tillamook, two of their main challengers in the Cowapa League. In a 2-0 win at defending league champion Tillamook, Carter scored off an assist from Chase Januik just nine seconds into the game, then scored again on a penalty kick in the second minute. In a 2-1 victory over Valley Catholic two days earlier, Carter scored two goals, including a penalty kick.

Lynx earn 4th WNBA title in 7 seasons with win vs. Sparks

By **JON KRAWCZYNSKI**
Associated Press

MINNEAPOLIS — Sylvia Fowles had 17 points and broke her own WNBA Finals record by grabbing 20 rebounds to lead the Minnesota Lynx to their fourth championship in seven years with an 85-76 victory over the Los Angeles Sparks in Game 5 on Wednesday night.

“I think every time you do this, it gets a little more special because it gets a little harder,” Whalen said. “And more meaningful because you know it’s not easy. It’s not something we try to take for granted ever.”

Moore had 18 points and 10 rebounds and hit a huge runner with 26 seconds to play, Whalen had 17 points and eight assists and Seimone Augustus added 14 points, six assists and six boards to help the Lynx move into a tie with the Houston Comets for most titles in league history. The Lynx staved off elimination twice in this series, winning Games 4 and 5, and avenged a last-second loss to the Sparks in Minnesota last season that prevented them from making history a year sooner.

SCOREBOARD

PREP SPORTS SCHEDULE

TODAY

Volleyball — Tillamook at Astoria, 7 p.m.; Valley Catholic at Seaside, 7 p.m.; OES at Warrenton, 6 p.m.

Girls Soccer — Astoria at Valley Catholic, 7:15 p.m.

Boys Soccer — Valley Catholic at Astoria, 7:15 p.m.

Football — Naselle at Washington School for the Deaf, 3:30 p.m.

VOLLEYBALL

	Standings	
	Cowapa League	Overall
Valley Catholic	7-0	15-2
Tillamook	6-1	12-2
Astoria	4-3	9-6
Scappoose	3-4	7-6
Banks	1-6	4-10
Seaside	0-7	8-10

Lewis & Clark League

Portland Chr	8-1	13-4
Rainier	7-0	10-1
Catlin Gabel	6-3	6-6
Warrenton	5-3	8-7
OR Episcopal	4-3	10-8
Portland Adv	4-4	5-4
Riverdale	2-6	5-10
Clatskanie	0-7	2-12
De La Salle	0-9	0-15

Northwest League

Gaston	9-0	13-1
Vernonia	8-0	10-5
Nestucca	5-3	8-5
Delphian	4-3	8-10
Columbia Chr	4-3	5-6
Knappa	2-5	3-8
City Christian	1-6	4-8
Faith Bible	1-6	4-10
Neah-Kah-Nie	0-8	2-12

Astoria girls win annual Relay meet

The Daily Astorian

RAINIER — The Astoria girls cross country team continued its winning ways Wednesday, taking first place out of seven schools in the team standings of the Trojan Relays.

The annual meet is a 10-mile relay around the lake at Trojan Recreation Park in Rainier. Each team consists of five members, and teams can be all male, all female, or coed.

Astoria senior McKenzie Burnett had the fastest lap time for the Lady Fishermen, covering the approximately 2-mile leg of the 10-mile relay in 12 minutes, 29 seconds.

Freshman Sophie Long had the second-fastest lap (12:35), while Emma Roe, Kathy Perez and Abby Gronki also ran on the winning varsity team.

On the boys’ side, Cameron Van Raden had the fastest time for Astoria (11:12), followed by Parker Ivanoff

(11:30). Will Berezay, Calvin Kaul and Nikolai Boisvert rounded out the Astoria team, which finished second overall behind St. Helens.

“The Trojan Relays was a good way to switch up the distance and pace, and really just get out and have a fun time racing in a little different format,” said Astoria coach Andrew Fick. “It’s nice to run in a smaller meet mid-week to shake things up, and keep it light before heading into the George Fox Invitational next weekend, and

then Districts another couple weeks after that.”

He added, “cross country is such a unique sport, because you can be racing against hundreds of other runners from around the country one weekend, bounding through mud pits the next, and then running with local teams through a park the week after that.

“The camaraderie of distance runners is pretty special, and it’s even more fun when you come home knowing that you ran well together as a team.”

Sale vs. Verlander; Judge, Yanks’ power vs. Bauer

Associated Press

A look at what’s happening around the majors today:

MARQUEE MATCHUP: Red Sox lefty Chris Sale makes his first postseason appearance when he starts against Astros righty Justin Verlander in Game 1 of the AL Division Series at Minute Maid Park. Sale led the majors with 308 strikeouts while going 17-8 with a 2.90 ERA for Boston. Verlander excelled after being traded from Detroit to Houston, winning all five starts for his new team with a 1.06 ERA.

The acers spent several years together in the AL Central — Sale with the White Sox, Verlander with the Tigers — and started against each other five times. In those matchups dating to 2012, Verlander was 2-0 with a 1.46 ERA; Sale was 0-2 with a 2.78 ERA. Detroit won all five of those games.

POWER VS. BAUER: The Yankees led the majors in home runs this season, and Aaron Judge, Didi Gregorius and Brett Gardner connected to lead New York over Minnesota in the AL wild-card game and into a matchup with the Indians in the ALDS.

Manager Terry Francona has opted to start Trevor Bauer in Game 1 at Cleveland, rather than dominant Corey Kluber. Francona said



AP Photo/Kamil Krzaczynski

Chicago Cubs pitcher Kyle Hendricks will start Game 1 of the NL Division Series against Washington on Friday.

part of his decision is so he can use his best pitcher — Kluber — in a potential Game 5. Bauer shook off a slow start and went 17-9 with a 4.19 ERA in 31 starts this year. Since he began throwing a slider, he’s 10-1 with 2.60 ERA in 14 games. Sonny Gray will start the opener for New York.

WASHINGTON WAITS: The Nationals still aren’t saying who will start Game 1 of the NLDS vs. the visiting Cubs on Friday. Max Scherzer is recovering from a hamstring he hurt last weekend, and

general manager Mike Rizzo said the team hasn’t determined when the two-time Cy Young Award winner will face Chicago. Stephen Strasburg (15-4, 2.52 ERA) remains a top candidate to start the playoff opener for the Nats.

Kyle Hendricks will pitch Game 1 for the Cubs. The righty led the majors in ERA last year, missed time this season because of pain in the middle finger of his pitching hand, and had a 2.19 ERA in his final 13 starts after the All-Star break.

Odhiambo back practicing for Seahawks after scary incident

By **TIM BOOTH**
Associated Press

RENTON, Wash. — Rees Odhiambo left CenturyLink Field last Sunday in an ambulance, headed for a hospital to be examined for breathing problems caused by a bruised sternum.

By this Sunday, he could be back in the Seattle Seahawks lineup at left tackle.

“I’m going to try and go out there and play,” Odhiambo said Wednesday.

Odhiambo was back on the practice field just three days after an alarming postgame scene following the Seahawks’ 46-18 win over the Indianapolis Colts. Odhiambo had been injured in the third quarter when he was hit in the chest during an interception return. He was having trouble breathing the rest of the game, but never missed a snap through a combination of adrenaline and determination.

It was in the minutes after the game when the adrenaline wore off that Odhiambo’s breathing issues became more serious and required medical attention.

“It felt scary in the locker room when I couldn’t really breathe at the time,” Odhiambo said. “Overall, once I got to the hospital it got a lot better. I was pretty much good from there.”

Odhiambo received attention from numerous team personnel and eventually medics were brought into the locker room to assess his condition. His fellow offensive linemen, coach Pete Carroll and offensive line coach Tom Cable huddled around as medics eventually determined Odhiambo needed to be transported to the hospital.

For his part, Odhiambo doesn’t remember much until he was already in the ambulance. He was eventually diagnosed with a bruised sternum and was discharged Monday afternoon.

In danger of missing World Cup, US needs win over Panama

By **RONALD BLUM**
Associated Press

ORLANDO, Fla. — Months and months of stumbles have put the United States in a precarious position. The Americans could miss the World Cup for the first time since 1986.

Preparing for Friday’s crucial qualifier against Panama, the U.S. held a closed-doors scrimmage

Wednesday against Orlando City’s B team. A victory Friday would put the U.S. on track to reach its eighth straight World Cup with a win or possibly a tie at Trinidad and Tobago next week. Less than a victory against the Panamanians could lead to either a playoff next month or elimination.

“There’s been a real sense of urgency,” captain Michael Bradley said. “Obviously you get to the end and our margin for error is virtually gone.”

Mexico has 18 points and has clinched one of the three berths from North and Central America and the Caribbean. Costa Rica has 15 points heading into its game against visiting Honduras and is on the verge of clinching.

Panama is third with 10 points, and the U.S. has nine and leads Honduras on goal difference. Trinidad has three points and is all-but-eliminated.