

# SPORTS

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

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## Astoria girls win Trojan Relays

By **GARY HENLEY**  
*The Astorian*

The Astoria girls cross-country team, warming up for a run at a possible state title Nov. 9 in Eugene, won another meet last week by taking first place in the annual Trojan Relays at Trojan Park, just east of Rainier.

The Astoria boys placed third in the team standings, behind former Cowapa League schools Scappoose and St. Helens.

Astoria junior Sophie Long had the best time among the girls varsity runners, covering the 3,100-meter course in 11 minutes, 56 seconds.

The Lady Fishermen swept the top four spots, with sophomore Lindsay Riutta second in 12:55, followed by junior Allyson Pritchard and freshman Ella Zilli (both 13:26). Annalyse Steele ran a 15:08.

John Clement was the fastest Astoria male, running a 5:33 mile pace for a finishing time of 10:45, sixth among boys runners.

He was followed by teammates Elias Harding-Coe (11:27), Nikolai Boisvert (11:29), Jack Colquhoun (11:32), and Tommy Laman (12:14).

"We had another excellent day," said Astoria coach Andrew Fick. "We've been training hard through this week, so to be able to come out and put up such strong marks is another encouraging step forward."

The Trojan Relays "is always a fun, team-building meet, and it's great to see us enjoying the camaraderie while remaining focused on competing and pushing ourselves."

He added, "I'm pleased with how we're looking individually, as well as closing up our team spread. It's exciting when every runner is getting energized, whether you're the top few or in the back of the pack. That is a big factor in what will make us successful."

"If we keep on the path we're on, I think we'll be really competitive for the final meets of the season."

## SCOREBOARD

### PREP SPORTS SCHEDULE

#### TUESDAY

Volleyball — Seaside at Banks, 6:30 p.m.; Taft at Warrenton, 6 p.m.; St. Paul at Jewell, 6 p.m.  
 Girls Soccer — Astoria at Valley Catholic, 7:15 p.m.; Tillamook at Seaside, 7:15 p.m.  
 Boys Soccer — Valley Catholic at Astoria, 7:15 p.m.; Seaside at Tillamook, 7:15 p.m.  
 Cross Country — Bigfoot Classic, Rockaway Beach, 3 p.m.

#### THURSDAY

Volleyball — Astoria at Seaside, 6:30 p.m.; Clatskanie at Warrenton, 6 p.m.; Columbia Christian at Knappa, 6:30 p.m.; Jewell at Falls City, 6 p.m.  
 Girls Soccer — Seaside at Banks, 4:30 p.m.  
 Boys Soccer — Banks at Seaside, 4:30 p.m.

#### FOOTBALL

##### Banks 49, Astoria 7

|         |    |    |   |      |
|---------|----|----|---|------|
| Banks   | 20 | 15 | 7 | 7-49 |
| Astoria | 0  | 7  | 0 | 0-7  |

#### First Quarter

BAN: Martial Stegemeier 7 run (Jacob Slifka kick) 8:17

BAN: Slifka 79 pass from Tanner Shook (Slifka kick) 4:48

BAN: Stegemeier 21 run (kick failed) 1:15

#### Second Quarter

BAN: Jarred Evans 54 pass from Shook (Slifka from Walker Copley) 9:32

AST: T.J. Colvin 4 pass from Ryan Stutznegger (Tristan Boyle kick) 6:06

BAN: Stegemeier 5 run (Slifka kick) 3:08

#### Third Quarter

BAN: Evans 8 pass from Shook (Slifka kick) 7:02

#### Fourth Quarter

BAN: Slifka 13 pass from Cooper Gobel (Slifka kick) 10:06

#### Banks Statistics

Rushing: Stegemeier 16-94, #31 5-24, Evans 3-13, Shook 1-5. Passing: Shook 13-19-292-0, C.Gobel 1-1-13-0. Receiving: Evans 8-175, Slifka 5-116, C.White 1-14.

#### Astoria Statistics

Rushing: Stutznegger 5-12, Williams 12-11, Schauer 2-(-10), Jones 2-(-28). Passing: Williams 17-29-206-0, Stenblom 0-1-0-0.

0. Stutznegger 1-1-4-0, Stenblom 0-1-0-0. Receiving: Stutznegger 7-53, Jones 6-97, Colvin 3-38, Boyle 2-82, Dietrich 1-7.



From left to right, Knappa's Devin Hoover, Kanai Phillip, Jaxson Goodman and Ryson Patterson enjoy a light moment on the sideline late in Friday's game.

Photos by Krissy Barendse-Goodman

## KNAPPA CUTS DOWN VERNONIA IN LOGGER BOWL

By **GARY HENLEY**  
*The Astorian*

**T**he Logger Bowl has been a little one-sided the last few years.

It was again Friday night at Knappa, where the home Loggers built a 36-0 halftime lead, on their way to a 42-17 win over Vernonia in a Northwest League football game.

Over the last four years, Knappa is now 4-0 against Vernonia, with wins of 50-6, 40-7, 62-30 and now 42-17.

Before a loss in the 2015 game, Knappa defeated Vernonia 64-6 and 63-0 in 2013 and '14, respectively.

Vernonia outscored Knappa 17-6 in the second half of Friday's game, but the outcome had already been decided.

"We did what we needed to do and got the win," said Knappa coach Aaron Barendse. "The JV kids played pretty much the whole second half. It was nice to get them a chance to play a bunch."

Knappa improves to 2-0 in league, and for the first time this season moves over .500 overall (3-2).

"The goal in these games is to always get better and come out healthy," Barendse said. "We have a lot of work to do if we want to reach our goals."

Knappa plays Friday at Neah-Kah-Nie, which remains a half-game ahead of the Loggers in the league standings at 3-0.

"We'll need to be a lot more focused to accomplish a win in that game," Barendse said. "Having Eli (Takalo) back on the field, our offense is able to move the ball well and put points on the board."

In Friday's win, Takalo had two touchdown passes to Kanai Phillip and also ran for a score. Cameron Miethe also had two first half TD runs.

"Getting Devin (Hoover) back to receiver and having Kanai out there obviously makes us a lot



ABOVE: Vernonia's Dustin Carreon (56) gives chase to Knappa's Cameron Miethe, with Knappa lineman Dylan Anderson looking on. BELOW: Knappa running back Mark Miller looks to pick up yards in Friday's win over Vernonia.



harder to defend," said the coach. "Eli's leadership carries our team."

"As for our line, defensively they're a handful for teams," he said. "Jaxson (Goodman) and Ryson (Patterson) are two of the best D-ends out there, and Kaleb Roe is a solid D-tackle."

In addition, Knappa's offensive line "has a ton of potential, and once we tighten a few things

up we'll be where we need to be," he said.

Knappa's only second half score came from freshman running back Josh Bangs, who "got his first ever varsity touchdown," Barendse said. "Seeing his excitement is why we all coach. The line gave him a hole and he made the right cut. That's what it's all about, seeing those smiles."

## SPORTS IN BRIEF

### CROSS-COUNTRY

#### Strong showing by Knappa runners at Tillamook

The Knappa and Seaside cross-country teams took part in the Fred Berkey cross-country Invitational held Friday at Camp Magruder in Tillamook.

The Logger boys took third in the team scoring, behind Class 6A Tigard and 4A Tillamook, and ahead of teams including Molalla, Centennial, Gladstone and Marshfield. Seaside was ninth.

Robert Piña-Morton paced the Knappa boys, taking second in the boys' race. He finished in 17 minutes, 54 seconds, just behind Tillamook's Marshall Bush (17:49).

Freshman Isaiah Rodriguez took seventh for the Loggers in 19:07, followed by freshman Clay Keyser (28th, 20:40), sophomore Shane McMahan (30th, 20:43) and freshman Finn Corcoran (33rd, 20:51).

Freshman Cole Jervis was Seaside's top finisher (31st, 20:46).

Tillamook won the girls' team title, while Seaside placed seventh.

Elise Seppa led the Lady Gulls (19th, 22:08), while freshman Emily Larson led Knappa (31st, 23:33).

### Ilwaco wins home meet

The host team from Ilwaco swept all the top awards in the J.W. Black Lake cross-country race, held last Thursday at Black Lake Trail in Ilwaco, Washington.

Ilwaco won both team titles, while Fishermen sophomore Daniel Quintana won the boys' 5,000-meter race in 18 minutes, 30 seconds, and Ilwaco's Estella Sheldon won the girls' race in 24:39, helping the Lady Fishermen to the team win.

The Warrenton girls were second out of three scoring teams, led by sophomore Abigail Miller (fifth, 25:37), followed by Kaisa Liljenwall (10th, 26:20) and Tori Rehner (11th, 26:57).

The Warrenton boys took third behind Ilwaco and Ocosta, with Forrest Cooley (seventh, 20:19) and Kale Moss (eighth, 20:20) leading the Warriors.

### VOLLEYBALL

#### Knappa sweeps Knights

The Knappa volleyball team scored a much-needed Northwest League win Saturday afternoon, with a sweep at Columbia Christian, 25-19, 25-19, 26-24.

Playing without front row weapon Hannah Dietrichs, the Loggers tried a new rotation, and finished off the Knights in three sets.

Sophia Carlson led the Knappa attack with 10 kills (and was 14-for-14 from the service line), while Ava Skipper had 12 assists and Aiko Miller served up five aces. Megan Hellberg added eight blocks.

Vicki Ramvick had six kills, nine digs and nine blocks and Carlie Casper added nine digs for the Loggers, who host Manahouse Christian on Monday, then host Columbia Christian for a rematch Thursday.

— *The Astorian*

## Seaside takes down Valiants, 24-6

*The Astorian*

The race for the 2019 Cowapa League football title has turned into a replay of the battle for the 2018 championship.

And the same two teams that played for the state championship in '18 may just end playing for the title this year.

While the Banks Braves fell to No. 2 in the rankings, the Seaside Gulls are 13th and rising rapidly up the ranks, following a 24-6 win Friday night over Valley Catholic at Broadway Field.

Seaside improves to 2-0 in league play, and the Gulls will likely be 3-0 when they play at Banks Oct. 18.

Seaside ran all over the Valiants, literally, in Friday's contest.

After rushing for 102 the previous week in a shutout win over Astoria (99 in the first half), Seaside running back Andrew Teubner ran 23 times for 202 yards and two touchdowns against Valley Catholic.

Aedyn Cook added 61 yards on seven carries, and Jake Black gained 50 yards and scored a touchdown on 15 attempts.

Kaleb Bartel kicked a 20-yard

field goal for Seaside's other three points.

The Gulls had Friday's game wrapped up by halftime, leading 17-0, and Seaside tacked on seven in the fourth quarter.

The Seaside offense controlled the contest, running 57 plays (to Valley Catholic's 39), and racking up 320 yards in total offense, 307 on the ground. The Gulls also had 17 first downs, and were 8-of-12 on third down conversions. The Valiants were just 3-of-9 on third downs.

Seaside plays Friday at Molalla (1-4).



Jeff Ter Har

Seaside running back Andrew Teubner, who rushed for 202 yards and two touchdowns, heads for the end zone for one of his two scores.