

Swimming: ‘The girls’ effort was impressive’

Continued from Page A8

Leif Rehnert, Leif DeWinter, Sam Heroux and Henry Garvin had the second-best time in the 200-yard medley relay (2:03.17), behind Valley Catholic.

Another second-place relay finish came from Shawn Collins, Cameron Lippert, Justin Halllocks and Leif Rehnert in the 200-yard backstroke relay, in a time of 2:15.81.

The Cheese Relays “are a great opportunity to race with some different kinds of events,” Spell said. “The girls’ effort was impressive, due to only having eight swimmers for the day.”

Garvin “had some impressive legs in a couple of relays, including battling through some cramping issues towards the end,” he said. “Westin Carter was able to make his competitive debut after being cleared for action after recovering from a foot injury from soccer.”

Gulls score wins in three-way meet

Four days later, the Gulls had their second home meet of the season, hosting Tillamook and Taft in a three-way dual.

In the girls’ team results, Til-

lamook defeated Taft (80-76) and Seaside (74-69), and Taft topped Seaside (79-76).

For Seaside, Shay (2:31.12) and Brooke Blankenhorn (2:31.82) finished 1-2 in the 200 freestyle.

Liljenwall (1:06.41) and Nicole Blankenhorn (1:06.95) were second and third in the 100 freestyle.

In boys’ team scoring, Taft defeated both Tillamook (118-37) and Seaside (88-81), while the Gulls beat Tillamook (122-27).

Garvin (25.66) and Carter (26.40) had the top two times in the 50 freestyle, as well as the best times in the 100 freestyle, Garvin winning in 57.65 to Carter’s 59.46.

Carter, Logan Dennis, Luke Vurley and Garvin teamed up to win the 200 freestyle relay in 1:44.85.

Spell said, “The team was excited about racing again at home, and responded with a lot of quality swims. The girls’ team scores were competitive amongst all the teams, and it’s great for our swimmers to see some of the faster individual swims as we get closer to districts.”

The distance swimmers “had some nice time drops, and overall there is growing potential to advance a good number of swimmers to the second day of districts.”

Willamina closes out Warrenton girls

The Astorian

Warrenton played right with No. 3-ranked Willamina through three quarters Tuesday night in a Coastal Range League girls basketball game at Warrenton.

But that’s exactly when the scoring stopped for the Warriors, as Willamina outscored Warrenton 12-0 in the fourth quarter for a 42-23 win.

The Bulldogs — who have no seniors and just three juniors on their roster —are still perfect in league play at 4-0, 15-4 overall, while Warrenton drops to 0-4, 4-15.

Trailing 12-4 early in the second quarter, the Warriors rallied with a pair of 3-pointers, and Ken-

zie Ramsey’s steal and score gave Warrenton a 16-15 lead.

Willamina closed the first half with a 4-0 run for a 19-16 halftime advantage.

Ramsey managed to keep the Warriors close, drilling a 3-point shot to force a 21-21 tie.

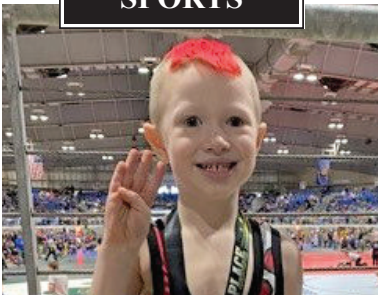
From there, Willamina’s Kira Rankin scored off a steal, sophomore Piper Shrabel hit two free throws and another 3-pointer gave the Bulldogs a 28-21 lead.

The Bulldogs finished the game on a 21-2 run.

“We ran out of gas in the fourth, and (the Bulldogs) really got after it defensively to pull away,” said Warrenton coach Jake Mullins.

Ramsey led the Warriors with seven points.

SPORTS



Knapka Kids Wrestling
At 41 pounds, Knapka’s Gary (“LG”) Newberry III took fourth, advancing to the quarterfinals.



Lower Columbia Wrestling
Brayden Cooley, 10, of the Lower Columbia Wrestling Club, took third place in the 117-pound weight class in the recent state championships, Under 12 division.

Young grapplers score big

The Astorian

The future of wrestling in Clatsop County is in good hands, as a few youngsters showed last weekend in the Oregon Kids State Championships.

The youth wrestling event was held Saturday and Sunday at the Oregon State Fair & Expo Center, where some young members of the Knapka Kids and Lower Columbia youth clubs posted some big results.

Lower Columbia had two participants, and both placed.

Competing in the Under 12 (U12) novice category, Brayden Cooley, 10, of Seaside took third place in the 117-pound division.

Cooley lost his opener in the championship bracket, then bounced back in consolation with four straight wins. He pinned Damian Rael of the Silverton Mat Club in 1:57, then followed with a major decision against Lowell’s Aayden Dillon (10-2), then back-to-back pins over Rocco Caranna of Deschutes (1:50) and Matteo Calderon of the Rock of Redmond club (1:52).

In the second place match, Hillsboro’s Isiah Conner pinned Cooley in 16 seconds.

Lower Columbia’s Kaison Smith added team points with a fifth place finish at 170 pounds, in the U16 Cadet division.

Astoria girls cruise past Tillamook

The Astorian

Astoria outscored Tillamook 24-0 in the second quarter Tuesday night, highlighting an easy 76-24 win for the Lady Fishermen in a Cowapa League girls basketball game.

Four players scored in double figures for Astoria, led by Hailey O’Brien’s 20.

The Fishermen drop to No. 4 in the OSAA rankings, but improve to 3-0 in league, 16-2 overall. Tillamook falls to 0-2 in league.

Westerholm scores 40 in Knappa win at Vernonia

The Astorian

Vernonia High School was the “Westerholm Zone” Monday night, for a Northwest League boys basketball game.

Knappa senior Mason Westerholm scored 40 points to lead the Loggers to another easy league win, 93-46, over the other Loggers. Knappa improved to 17-1 overall, 9-1 in league.

Since losing at Nestucca Jan. 17, the Loggers have won their last two games by a combined 77 points.

And of their nine league wins, Knappa’s average margin of victory is 27.9 points.

That trend should continue for at least another week, with upcoming games against Portland Christian, Neah-Kah-Nie, Faith Bible and Mannahouse Christian.

“It was a great group effort, but the story was Mason Westerholm,” Knappa coach Paul Isom said of Monday’s win at Vernonia.

Westerholm connected on 11 3-pointers, which broke the previous school record of 10, held by Isom’s brother, Ryan Isom.

“It was a very impressive accomplishment, and couldn’t happen to a better kid,” Paul Isom said of Westerholm, who joined Knappa’s “40-point Club.”

Only five other players have scored 40 or more in a single game in Logger history. The single game scoring mark is still 54 by Bob “Pudgy” Hunt (in 1956 vs. Rainier), while others on the list are Brian Jackson, Steve Gertulla, Ron McClintock and Tyson Burnard. Jackson’s career high was 43.

As for Monday’s game, Knappa held an early 7-5 lead, then built a 51-31 halftime lead to lock up the victory.

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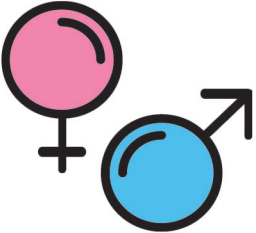
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The HPV vaccine helps protect against 6 cancers including cervical, tongue, throat, and tonsil

Talk to your doctor about vaccinating your sons and daughters against HPV

Questions? Contact Clatsop County Department of Public Health

Clatsop County Department of Public Health



503-325-8500

820 Exchange St., Suite 100 Astoria, OR