

TRACK

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potatoes of our team, but we're getting some really fantastic contributions from our underclassmen. To win this meet on the boys' side with only four seniors competing really showcases what our younger guys are bringing to our team."

On the girls' side, it was the older runners that ran the show for HRV.

"(Seniors) Jestina Mattson and Emily Viuhkola continue to lead the CRC in the short sprints," Herneisen said. "Both went virtually unchallenged in their respective races, with Viuhkola just missing breaking the 400 (meter) dash school record — .04 seconds off — especially

after running a 400 as part of the winning distance medley team 30 minutes before."

In addition to running a 58.48 in the 400, Viuhkola was also on the winning 4x100 relay team with Mattson, Lily Heagle and Maya Anderson (50.41), and the winning DMR team with Lauren Robinson, Claire Davies, and Sascha Bockius (13:35.7).

As for Mattson, she had the Midas Touch during Friday's meet, taking gold in every event she entered, including the 100 (12.48), the 200 (25.75), and the high jump (5-4).

Mattson also leads 5A girls in the high jump and the 200 and is second in 5A in the 100. Viuhkola is second in 5A in the 400.

League-wise, Herneisen said that overall, "our girls

are putting themselves in a position to make a good run at winning the CRC title for the first time ever. I think Herneisen is still the favorite on the boys' side, with our boys hopefully giving them a good run at the district meet."

And to look even further into the future: Herneisen added that HRV had three athletes sign letters of intent on the same day to compete at the college level: Jestina Mattson at Fresno State, Patrick Crompton for track and field and football at Augustana, and Lauren Winans at Eastern Oregon.

After facing The Dalles and Dufur on Tuesday in The Dalles, HRV travels to Bend for the Summit Invitational on Saturday at 3:30 p.m.



Photo by Ben Mitchell

HRV's Tyrone Stintzi (No. 252) and Horizon Christian's Mason Bloomster (No. 263) sprint neck and neck with runners from Pendleton and Ridgeview during the 100 meter dash. Stintzi placed third in the event with a time of 11.65 seconds; Bloomster was close behind in sixth with a time of 11.88.

Ramirez, Kempf represent Horizon with top 1A efforts



Photo by Ben Mitchell

SALVADOR RAMIREZ heads down the homestretch during the 1500 meter run in Friday's Blossom Invitational in Hood River. His time of 4:18 was a personal record and leads all 1A times in the event.

Horizon Christian's Salvador Ramirez and Hannah Kempf registered state-leading efforts at Friday's sunny-drenched Apple Blossom Invitational track and field meet at Hood River Valley.

Ramirez, a junior distance runner, won the 1500-meter run in a personal record of 4 minutes, 18.09 seconds - the best Class 1A time in Oregon so far this season. Ramirez took the lead two laps into the metric mile and pulled away over the final 300 meters. Teammate Jony Nelson finished seventh in the race in a lifetime best of 4:36.86 and later completed his distance double by finishing sixth in the 3000 (9:58.8).

Kempf competed in the triple jump for the first time this season because of a broken arm she suffered in March. Kempf's debut included a 32-foot, 9-inch effort, which matched her lifetime best and placed her third in the event. Her jump is the best thus far in the 1A ranks.

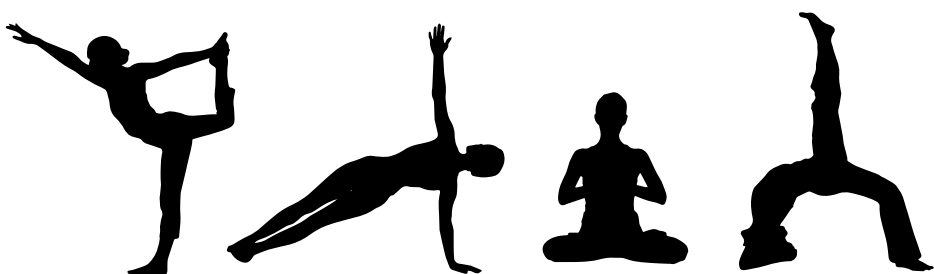
Other personal-best placings for the Hawks included: Paulina Finn, seventh, triple jump (31-2); Andrew Rinella, fifth, pole vault (10-0); Jared Davis, sixth, high jump (5-2); and Makoa Whitaker, seventh, javelin (116-8). Mason Bloomster was sixth in the 100 (11.88) and fellow senior Ryan Aldrich set a school record in the discus at 116-8, the second best mark in the Big Sky Conference this season.

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