

Grizzly girls fill in their roster gaps

HELIX TRACK

Coach: Rory Simpson, 6th year

Postseason story: With only six athletes in tow (two boys and four girls), the Grizzlies placed 19th in the boys' team standings at state, and 23rd in girls. All athletes placed in the top 10.



Key returners: (Girls) McKenzie Mize, jr., throws; Bethany Newton, soph., distance; Macey Tullis, soph., distance

Three returning state placers and a speedy freshman class have Helix track and field coach Rory Simpson excited for the possibilities the season holds.

"The girls team, I've kind of found the missing pieces to complete us," he said.

Already bringing back strong throwers and distance runners, Simpson picked up some quick sprinters and hurdlers he hopes can have the girls competing for some team titles by the end of the season.

"That upper rung of leadership should be able to carry us early, and then as those freshmen come along I expect (the team) to be very competitive," he said.

2015 Schedule

Thu., March 19	at Pendleton	Noon
Fri., April 3	at Mac-Hi	11 a.m.
Sat., April 11	at Stanfield	11 a.m.
Fri., April 17	at Umatilla	11 a.m.
Thu., April 23	at Heppner	3 p.m.
Sat., April 25	at Union	11 a.m.
Tue., April 28	at Weston-McEwen	3:30 p.m.
Wed., April 29	at Hermiston	TBD
Sat., May 2	at Joseph	1 p.m.
Thu., May 7	at Umatilla	3:30 p.m.
Sat., May 9	at Arlington	10 a.m.
Sat., May 16	Districts (Sherman)	10:30 a.m.

IONE TRACK

Coach: Ryan Rudolph

Postseason story: The Cardinals only had two boys and one girls reach the state finals, but they combined for six podium finishes to help the boys place 13th in the team points and the girls 21st.

Key returners: (Boys) Jorge Aguilar, jr., throws; (Girls) Jessie Flynn, jr., sprints/hurdles/jumps; Rachel Holland, jr., sprints/throws

Key to the season: The Cardinals lost three of their top performers from last season's squad, but also bring back a lot of experience thanks to a small senior class in 2014. Jessie Flynn made it in three events as a sophomore, but Flynn's early success was the norm in a youth-dominated district (18 district champs return).



2015 Schedule

Thu., March 19	at Wahtonka	3:30 p.m.
Fri., April 3	at Mac-Hi	11 a.m.
Sat., April 4	at Sherman	11 a.m.
Sat., April 11	at Stanfield	11 a.m.
Fri., April 17	at Hood River	4 p.m.
Thu., April 23	at Heppner	3 p.m.
Sat., April 25	at Condon/Wheeler	11 a.m.
Friday, May 1	at Riverside	1 p.m.
Sat., May 2	at Portland Christian	10 a.m.
Thu., May 7	at Umatilla	3:30 p.m.
Sat., May 9	at Arlington	10 a.m.
Sat., May 16	at Districts (Sherman)	10:30 a.m.

RIVERSIDE TENNIS

Coach: Rebeca Renfro

Postseason story: The Pirates advanced one boys doubles team and one girls doubles team to state but did not win any matches there.

Key returners: (Girls) Laura Ponce, sr.; Stephanie Madrigal, jr.



2015 Schedule

Tue., March 17	at Sherman	4 p.m.
Thu., March 19	vs Stanfield	4 p.m.
Tue., March 31	vs Ione	4 p.m.
Fri., April 3	at Umatilla	4 p.m.
Tue., April 7	vs Weston-McEwen	4 p.m.
Thu., April 9	at Stanfield	4 p.m.
Fri., April 10	at Helix	4 p.m.
Thu., April 16	at Mac-Hi	4 p.m.
Sat., April 18	at Mac-Hi	9 a.m.
Tue., April 21	at Ione	4 p.m.
Fri., April 24	at Weston-McEwen	4 p.m.
Mon., April 27	vs Condon/Wheeler	4 p.m.
Thu., April 30	vs Mac-Hi	4 p.m.
Sat., May 2	Helix Tourney (at Hermiston)	9 a.m.
Tue., May 5	at Condon/Wheeler	4 p.m.
Thu., May 7	vs Sherman	4 p.m.
Fri-Sat., May 8-9	at Districts (Hermiston)	9 a.m.
Fri-Sat., May 15-16	at Regionals (Kennwick)	9 a.m.

Knights return base

The Knights girls will need to get breakout seasons from two or three athletes to make up for the loss of Ellie Logan, who won four gold medals as a senior to lead last season's state title.

But they return a solid base to build on with most of their relay teams and throwers back in the fold, which should give them enough to make a run at another state placing.

The boys team only returns one state qualifier, but also a few athletes who weren't far off.

C/W TRACK

Coach: Larry Conaway, 3rd year

Postseason story: The Knights girls won their third consecutive team state title last season. The boys finished in 17th place.

Key returners: (Girls) Matney Jamieson, sr., relays/throws; Deana Harris, sr., relays/vault; Emma Logan, jr., relays/middle distance/throws; (Boys) Jared James, sr., vault; Beau Edwards, jr., hurdles/relays



2015 Schedule

Sat., April 4	at Sherman	11 a.m.
Sat., April 11	at Stanfield	11 a.m.
Fri., April 17	at Umatilla	11 a.m.
Sat., April 25	Condon/Wheeler Invite	11 a.m.
Sat., May 2	at Portland Christian	10 a.m.
Sat., May 9	at Arlington	10 a.m.
Sat., May 16	Districts (at Sherman)	10:30 a.m.

ECHO TRACK

Playoff story: The Cougar boys took 11th place at last year's district meet, the girls took ninth; Elizabeth McCarty was the only state qualifier, she finished fourth at the Class 2A stat meet in the javelin

Key returner: (GIRLS) Elizabeth McCarty, sr. javelin



2015 Schedule

Thu., March 19	at Pendleton	Noon
Sat., April 4	at Sherman	11 a.m.
Sat., April 11	at Stanfield	11 a.m.
Fri., April 17	at Umatilla	11 a.m.
Sat., April 25	at Condon	11 a.m.
Sat., May 2	at 1A Track Classic (Portland)	10 a.m.
Sat., May 2	at Joseph	1 p.m.
Sat., May 9	at Arlington	10 a.m.
Sat., May 16	Districts (at Sherman)	TBA

ARLINGTON TRACK

Coach: Teren Humphrey, 3rd year

Key returners: (Girls) Alyson Wiley, sr., high jump



2015 Schedule

Thu., March 19	at Wahtonka	3:30 p.m.
Sat., April 4	at Sherman	11 a.m.
Sat., April 11	at Stanfield	11 a.m.
Fri., April 17	at Umatilla	11 a.m.
Sat., April 25	at Condon/Wheeler	11 a.m.
Sat., May 2	at Portland Christian	10 a.m.
Sat., May 9	Arlington Invite	10 a.m.
Sat., May 16	at Districts (Sherman)	10:30 a.m.

Honkers look to compete

Returning state qualifier Alyson Wiley is the only Honker with state experience and the team's only senior.

She'll be joined on the track by a lot of underclassmen as the girls team has just one junior and the boys have no underclassmen at all.

That doesn't bode well in a senior-heavy district, and coach Teren Humphrey said it makes the team's goals simple this year.

"We're looking to compete and improve every track meet," he said.

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