

IRRIGON TRACK & FIELD

COACH: Ken Thompson, 1st year
2015 SEASON: The Knights won the boys team title at the district meet and the girls placed sixth.
POSTSEASON STORY: Nine Knights (eight boys, one girl) qualified for the state meet in 10 total events. Their top finish was by A.J. Timpy with third in pole vault. Irrigon’s boys placed 11th in team points.
KEY LOSSES: (Boys) A.J. Timpy (vault, relay), Adrian Romero (throws), Oscar Romero (throws); (Girls) Nancy Mejia (distance)
KEY RETURNERS: (Boys) Carlos Zacharias, jr. (sprints, relay); Isaac Estrada (distance, relay); Kevin Villareal, sr. (middle distance); Justin Iveson, jr. (jumps); Luke Meyers, jr. (throws); Jose Romero, jr. (hurdles, relay); (Girls) Alexis Williams, jr. (distance); Jocelin Sanchez, soph. (distance)

Expectations are high for Coach Thompson’s first season and for good reason.
“I think anytime you have a district championship team that hasn’t graduated that much talent you’re going to have that,” Thompson said. “We’ll be alright. We have roughly 26-27 boys out right now and we’ll be able to cover just about all the events.
“They were going in the right direction last year and I just hope to continue that.”
Thompson is also excited to see what the girls team can do with about 14 total athletes out so far.
“We don’t have many throwers but we’ve got some runners and jumpers,” he said. “We might not compete for a district title but I think we’ll have some kids that will perform



really well.”
Anything the Knights accomplish in 2016 should be seen as a success — the school doesn’t have much of a track facility to speak of and twice a week buses athletes to Boardman for about an hour of work.
“We do have a track but it’s sand and it’s not even 400 meters,” Thompson said.
The athletes also depend on each other and themselves to make sure they’re staying on track, since Thompson only has time to float between events during practice.
“I’ve just really been impressed with the work ethic of the kids, the number of kids we have showing up every day,” he said. “I’m kind of a one man show and with 40 kids I kind of give them direction and they go. The kids have a lot of camaraderie. We don’t have the best facilities but we have a lot of determination.”

2016 SCHEDULE

March 17	at Pendleton	Noon
March 23	at Oregon City	Noon
April 1	at Mac-Hi	Noon
April 2	at Sherman	11 a.m.
April 8	at Umatilla	Noon
April 15	at Pendleton	3 p.m.
April 22	at Crane	1 p.m.
April 23	at Union	11 a.m.
April 27	at Hermiston	TBA
April 30	at Madras	TBA
May 7	at Gilchrist	11 a.m.
May 13-14	at Districts (Athena)	TBA

IONE TRACK & FIELD

COACH: Ryan Rudolf, 10th year
2015 SEASON: The Cardinal girls were fifth at the district meet and the boys were eighth. Ione advanced three athletes to state in seven total events.
POSTSEASON STORY: Ione was 15th in girls team scoring and 36th in boys at state. Jessie Flynn had their highest placing taking third in the 100-meter dash.
LOSSES: (Boys) TJ Patton (middle distance)
KEY RETURNERS: (Girls) Jessie Flynn, sr. (sprints, hurdles, jumps); Rachel Holland, sr. (middle distance, throws); Ann Rietmann, sr. (middle distance); (Boys) Jorge Aguilar, sr. (throws); Hector Aguilar, jr. (middle distance, relay); Cord Flynn, jr. (throws)



have coming in and the kids we have coming back, on paper we could cover a lot of events. I don’t know how well we’ll do in some of them. We have some young kids so we’ll just kind of see where we can fit them

in.”
The girls have 11 out for the team, but return two multi-event standouts in seniors Jessie Flynn and Rachel Holland. They’ll do the bulk of the scoring for the Cardinals, Rudolf said.
“We have a lot of (girls) throwers and we have some new people where we’re trying to figure out where we have to put them,” he said. “Rachel and Jessie are going to score in seven or eight events just between them, and fairly high. We don’t have a lot of numbers but we have two really good females that are going to do really well.”

2016 SCHEDULE

March 17	at Crook County	3:30 p.m.
April 1	at Mac-Hi	Noon
April 2	at Sherman	11 a.m.
April 8	at Umatilla	Noon
April 9	at Burns	Noon
April 15	at Pendleton	3 p.m.
April 19	at Grant Union	3:30 p.m.
April 22	at Glenwood, Wash.	TBD
April 23	at Portland Christian	11 a.m.
April 27	at Hermiston	TBD
April 30	at Prairie City	11 a.m.
May 14	at Districts (Moro)	10:30 a.m.

IONE TENNIS

COACH: Maureen McElligott, 12th year
2015 SEASON: The Ione boys won the district title and Jan Glasen was the singles champion.
POSTSEASON STORY: Three Cardinal boys reached the state bracket and the team placed eighth. Glasen went 1-1 and the doubles team of Kai Arbogast and Daichi Walters also went 1-1.
LOSSES: None
RETURNERS: Jan Glasen, sr.; Kai Arbogast, sr.; Daichi Walters, sr.



2016 SCHEDULE

March 29	at Riverside	4 p.m.
March 31	vs. Stanfield	4:30 p.m.
April 1	at Weston-McEwen	4 p.m.
April 5	at Stanfield	4:30 p.m.
April 7	vs. Condon/Wheeler	4 p.m.
April 8	at Mac-Hi	3 p.m.
April 12	at Helix	4 p.m.
April 21	vs. Sherman	4 p.m.
April 22	vs. Helix	4 p.m.
April 26	vs. Riverside	4 p.m.
April 28	at Condon	4 p.m.
April 29	at Umatilla	2 p.m.
April 30	at Helix Invite (at Hermiston)	9 a.m.
May 3	at Sherman	4 p.m.
May 7-9	at Districts (Kennewick, Wash.)	9 a.m.
May 13-14	at Regionals (Ontario)	11 a.m.

HELIX TRACK & FIELD

COACH: Rory Simpson, 7th year
2015 SEASON: The Grizzlies won the Special District 3 championship and the boys placed seventh. Five girls and one boy qualified for state in six total events.
POSTSEASON STORY: The Helix girls placed 10th at the state meet and Makenzie Mize had their highest individual finish taking third in discus.
LOSSES: (Boys) Braden Sprenger (hurdles)
KEY RETURNERS: (Girls) Makenzie Mize, sr. (throws); Tegan Jackson, sr. (throws); Macey Tullis, jr. (distance); Bethany Newton, jr. (distance); Lucy Case, soph. (distance); Emma Fehrenbacher, soph. (sprints); Sadie Wilson, soph. (hurdles, jumps); (Boys) Brady Cope, sr. (sprints, middle distance); Tucker Wilson, sr. (hurdles); Tylor Fehrenbacher, jr. (middle distance, sprints); Glae Bird, soph. (jumps)



to develop them a bit before we start putting pressure on them.”
Adding to the returners is a large group of underclassmen that gives the team 23 total athletes.
“We’ve just got a lot of talent across the board,” Simpson said. “We’re all really excited for the season to start and we’re hoping for good things on the boys and girls side. We’re excited about the numbers we have and the overall talent.”
Makenzie Mize, Bethany Newton, Lucy Case and Macey Tullis are the Grizzlies’ returning state qualifiers.

2016 SCHEDULE

March 17	at Pendleton	Noon
April 1	at Mac-Hi	Noon
April 9	at Stanfield	1 p.m.
April 14	at Heppner	11:30 a.m.
April 23	at Union	1 p.m.
April 26	at Weston-McEwen	TBD
April 27	at Hermiston	TBD
April 30	at Condon	1 p.m.
May 6	at Baker	1:30 p.m.
May 14	at Districts (Moro)	1 p.m.

Graduation was kind to the Grizzlies as nearly every member of last year’s team returns to the track.
“I try not to put too much pressure on them but obviously we discussed hopefully repeating a district title and doing well at state,” said Coach Simpson. “We do have a lot of younger athletes and we’re hoping

HELIX TENNIS

COACH: Sue Herbert Holden, 3rd year
2015 SEASON: The Grizzlies did not place as a team at the sub-district tournament, but Lynne Roberts took fourth in girls singles.
POSTSEASON STORY: The Grizzlies did not advance any player to the state tournament.
LOSSES: (Boys) John Shaw, Kaden Marks; (Girls) Kyla Roberts, Jake Sprenger, Sierra Bryant
KEY RETURNERS: (Boys) Eric Jones, jr.; Allan Holden, jr.; (Girls) Paige Gabriel, jr.; Lynne Roberts, soph.; Mecailla Espe, soph.



district have had to deal with, but we’re doing our best.”
To start the season the Grizzlies will compete in single only, and Eric Jones and Lynne Roberts appear to have a solid handle on the No. 1 positions.

2016 SCHEDULE

March 17	at Umatilla	4 p.m.
March 29	at Stanfield	4:30 p.m.
March 31	vs. Weston-McEwen	4 p.m.
April 5	at Mac-Hi	4 p.m.
April 7	vs. Weston-McEwen	4 p.m.
April 8	at Riverside	4 p.m.
April 12	vs. Ione	4 p.m.
April 14	at Umatilla	4 p.m.
April 19	at Mac-Hi	4 p.m.
April 21	vs. Stanfield	4 p.m.
April 22	at Ione	4 p.m.
April 23	at Mac-Hi Tourney	TBD
April 28	vs. Umatilla	4 p.m.
April 30	Helix Invite (at Hermiston)	9 a.m.
May 3	vs. Stanfield	4 p.m.
May 7-9	at Sub-Districts (Kennewick)	9 a.m.
May 13-14	at Districts (Ontario)	11 a.m.

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ECHO GOLF

COACH: Stacy Lowrance, 1st year
2015 SEASON: The Cougars did not send any participants to state.
RETURNERS: Jimmy Dorn, sr.; Jesse Goldie, soph.; Robert Lowrance, soph.; Ty Mulder, soph.; Ian Faulkner, soph.; Brock Moffit, sr.; Kyle Ranger, soph.

Under its third head coach in as many years, the Echo golf program hopes to find consistency. No girls turned out for 2016, but a handful of boys did, some with previous experience. First-year coach Stacy Lowrance is excited about the progress made by the new players and the experienced ones.
“Well, I think we have some pretty good players right now,” Lowrance said. “In the two weeks we’ve been working with the real new ones, they’ve been starting to come around. Real pleased with how things are progressing.”
After not sending anyone to state last season, Lowrance is optimistic he could send some in 2016.
“Just have to see how we progress,” he said. “I really think there’s a good chance that some of them could go if they keep working at it.”

2016 SCHEDULE

Mar. 18	Echo Hills GC	10 a.m.
April 8	Wildhorse	Noon
April 15	Big River GC	10 a.m.
April 22	Alpine Meadows	10 a.m.
April 29	Echo Hills GC	10 a.m.

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