

NASCAR

Martin Truex Jr. cruises to pole at Pocono Raceway

By DAN GELSTON
Associated Press

LONG POND, Pa. — Martin Truex Jr. has one of his four career Sprint Cup wins at Pocono Raceway.

He added his 10th career pole, too.

Truex extended Toyota's recent romp, and turned a lap of 179.244 mph to win the pole Friday.

Truex and Carl Edwards made it a 1-2 Toyota front row. Edwards just missed the top spot for Joe Gibbs Racing with a lap of 178.873 and he thought his No. 19 Toyota might have had enough to best Truex's chart-topping speed.

"That must have felt really good because mine was great," Edwards said.

Toyota has 10 wins this season and nine in the last 15 races, highlighted by consecutive wins by JGR drivers Matt Kenseth at New Hampshire and Kyle Busch last weekend at the Brickyard.

"It's a really neat time to be driving a Toyota for Joe Gibbs," Edwards said. "Hopefully, we can keep this rolling."

Truex won his third pole of the season in the Furniture Row Racing No. 78 Toyota and the 10th of his career. His win this season at Charlotte Motor Speedway might have been the most dominant performance by any Toyota driver in a race in years.

Paul Menard, Denny Hamlin and Ryan Newman completed the top five.

Driving for Richard Childress Racing, Menard posted the surprise performances of the day at Pocono. Menard has just two top-10 finishes all season and showed no signs of developing into a threat for making the Chase for the Sprint Cup championship.



Martin Truex Jr. (78) drives at Pocono Raceway during qualifying for Sunday's NASCAR Sprint Cup Series Pennsylvania 400 auto race Friday, July 29, 2016, in Long Pond, Pa. Truex qualified on the pole.

AP Photo/Mel Evans

Pennsylvania 400

• Sunday, 10:30 a.m.
• TV: NBCSN

STARTING TOP 10

- 1) Martin Truex Jr.
- 2) Carl Edwards
- 3) Paul Menard
- 4) Denny Hamlin
- 5) Ryan Newman
- 6) Tony Stewart
- 7) Brad Keselowski
- 8) Chase Elliott
- 9) Matt Kenseth
- 10) Joey Logano

Gordon said. "But at the same time if he's not, I feel like each time I'm in the car I'll be more confident and comfortable to get better results."

QUALIFYING HICCUP

Cup qualifying was pushed back about 20 minutes because of a glitch in the Laser Inspection Station. Several cars had not passed inspection when qualifying was scheduled to start. Kyle Busch did not pass inspection until the final minutes of the first round of qualifying.

HARVICK'S START

Kevin Harvick starts 17th with Dax Gerring serving as his interim crew chief.

NASCAR suspended Rodney Childers for an improperly installed lug nut at Indianapolis Motor Speedway.

Childers is the fifth crew chief suspended over a lug nut rule instituted by NASCAR earlier this season. The rule was put in place because teams were not applying all five lug nuts properly in an effort to have faster pit stops.

Gerring is Harvick's race engineer.

NFL

Ex-Duck Jordan reinstated after year-long suspension

By STEVEN WINE
Associated Press

DAVIE, Fla. — Miami Dolphins defensive end Dion Jordan's suspension ended just as training camp began.

Jordan was reinstated by the NFL on a conditional basis after sitting out last season for his latest violation of the league's substance abuse policy. Commissioner Roger Goodell notified Jordan on Friday, before the Dolphins' first practice.

Jordan may join the Dolphins and participate in meetings and conditioning work, the league

said. Once arrangements have been confirmed regarding Jordan's clinical resources, he will be permitted to take part in all preseason activities, including practices and games.

Before the start of the regular season, Jordan will meet with the league. Based on his compliance with his recovery program, he will be permitted to participate in all regular-season activities beginning in Week 1. He will be evaluated later in the season for full reinstatement.



Jordan

Jordan applied in May to return. The overall No. 3 selection in the 2013 draft, Jordan has contributed little so far in his career. He's coming back from his second suspension under the NFL substance abuse policy.

Jordan has played in only 26 games with one start, totaling 46 tackles and three sacks. The Miami group that drafted Jordan is gone, and he returns to a new coaching staff led by head coach Adam Gase.

Jordan excelled as a pass rusher at Oregon, but his lack of productivity with the Dolphins has raised questions about his best position, and they might consider moving him to linebacker. They're deep at defensive end with newcomers Mario Williams, Jason Jones and Andre Branch, and with Cameron Wake returning from Achilles tendon surgery.

Following the Dolphins' first practice, Gase declined to say much about plans for Jordan.

"We're still at the beginning stages of this," Gase said. "I know that's the boring answer, but that's

what it is right now."

When asked if Jordan needs to win back the trust of his teammates, Gase said, "I don't know him, and that's hard for me to answer. I just know when he gets here, it's a fresh start with me. So I guess that's really all that matters."

Jordan's first suspension was for the first four games in 2014, and two more games were subsequently added for an additional violation. His most recent suspension began in April 2015, and after that he didn't fail or miss any drug tests while undergoing them weekly, his agent said in May.

POOL: Decision within a month

Continued from 1B

the kids."

Hamblin added that he understands BMCC's stance, but argues that if they are true about being there for the community, the pool is one place to show it.

"When it's not used by their college students or athletics, it is hard for them to justify the cost for improvements," Hamblin said. "But it's vital for the community, not just these teams."

Both coaches are hopeful that BMCC will opt for a band-aid approach with some minor improvements while some bigger plans can be thought out. The idea was tossed around as a possibility by BMCC officials as long as the facility can pass an air-quality test that they are currently awaiting.

BMCC says that they expect to have their final decision made within a month.

"I have swimmers and parents calling and texting me all the time ... you can feel the desperation," Ashton-Williams added. "I don't know if we need to hit the panic button just yet, though."

Neither coach said that they have a backup plan in case the pool remains closed, which could force some creativity to find some pool time for both teams.

"There's not really a backup plan because there's no usable pools within probably 60 miles," Hermiston swim coach Kevin Hamblin said on Friday. "The closest ones would be in the Tri-Cities, but each school has a team and they struggle for pool time as it is."

Ashton-Williams said that Pendleton could seek out some agreement with either La Grande or Baker — where Ashton-Williams' sister is the swim coach and has already offered pool time — though she knows those would be last resort options because of the travel.

"In the winter time, that's a long drive and a long drive through the mountains," she said.

Hamblin also said that this situation could put his team at even more of a competitive disadvantage after

having limited pool time already. He estimated his team had just over 75 hours of total time in the pool this year, many of which was in cramped quarters as it shared the five-lane pool with Pendleton swimmers for 30-minute periods so both could fit in time between end of the school day and Pendleton Swim Association class time.

"We spend more time on a bus than in a pool, but every minute in the pool is better than not being in it," he said.

There is hope that this could also drum up some buzz within the city of Hermiston and possibly the school district about building an indoor pool for the Bulldogs to use and help grow the program. Hamblin said there has been interest several times throughout the last decade of building a pool but things never materialized.

"Years ago, Hermiston (school district) looked into it when they started buying the fairgrounds," Hamblin said. "I don't think the district really wants to run a pool on their own because it's a maintenance headache and they're not moneymakers, but they're vital for the communities."

Hermiston would also have the possibility of negotiating an agreement in the future with the city of Boardman about using the pool in the soon-to-be-built recreation center, but construction is not expected to be completed until 2018.

For now, the swimmers, parents, and coaches will continue with community outreach as it aims to gather funds to help contribute to pool renovations. A fund that was started for the pool has collected more than \$1,500 as of Thursday evening.

"Those high school kids are at every meeting, talking to people, and writing letters, doing everything they can," Ashton-Williams said. "They're nervous and want a definitive answer and I wish I could give them that."

To donate, make a check to the BMCC Foundation with 'pool repairs' listed on the memo line.

Contact Eric Singer at esinger@eastoregonian.com or (541) 966-0839. Follow him on Twitter @ByEricSinger.

SCOREBOARD

Baseball

MLB				
East Division				
	W	L	Pct	GB
Baltimore	58	44	.569	—
Toronto	58	45	.563	½
Boston	56	45	.554	1½
New York	52	50	.510	6
Tampa Bay	40	61	.396	17½
Central Division				
	W	L	Pct	GB
Cleveland	58	42	.580	—
Detroit	55	48	.534	4½
Chicago	50	53	.485	9½
Kansas City	49	53	.480	10
Minnesota	39	63	.382	20
West Division				
	W	L	Pct	GB
Texas	60	44	.577	—
Houston	55	47	.539	4
Seattle	51	50	.505	7½
Oakland	47	56	.456	12½
Los Angeles	46	57	.447	13½

MLB				
Northwest League				
	W	L	Pct	GB
Everett (Mariners)	22	20	.524	—
Spokane (Rangers)	21	21	.500	1
Tri-City (Padres)	20	22	.476	2
Vancouver (Blue Jays)	17	25	.405	5

MLB				
South Division				
	W	L	Pct	GB
Eugene (Cubs)	29	13	.690	—
Hillsboro (Dbacks)	22	20	.524	7
Salem-Keizer (Giants)	19	23	.452	10
Boise (Rockies)	18	24	.429	11

Friday's Games				
Chicago Cubs 12, Seattle 1				
Toronto 6, Baltimore 5				
Cleveland 5, Oakland 3				
Detroit 14, Houston 6				
Tampa Bay 5, N.Y. Yankees 1				
Texas 8, Kansas City 3				
Minnesota 2, Chicago White Sox 1, 12 innings				
Boston 6, L.A. Angels 2				
Saturday's Games				
Baltimore (Gallardo 3-2) at Toronto (Happ 13-3), 10:07 a.m.				
Seattle (Miley 6-8) at Chicago Cubs (Arrieta 12-4), 11:20 a.m.				
N.Y. Yankees (Eovaldi 9-6) at Tampa Bay (Smyly 2-11), 3:10 p.m.				
Chicago White Sox (Gonzalez 2-5) at Minnesota (Milone 3-3), 4:10 p.m.				
Houston (Fiers 7-4) at Detroit (Verlander 10-6), 4:10 p.m.				
Oakland (Overton 1-1) at Cleveland (Tomlin 10-3), 4:10 p.m.				
Kansas City (Kennedy 6-9) at Texas (Perez 7-7), 5:05 p.m.				
Boston (Pomeranz 8-8) at L.A. Angels (Santiago 9-4), 6:05 p.m.				

NATIONAL LEAGUE				
East Division				
	W	L	Pct	GB
Washington	61	42	.592	—
Miami	55	49	.534	6
New York	53	49	.520	7½
Philadelphia	47	58	.448	15
Atlanta	36	67	.350	25
Central Division				
	W	L	Pct	GB
Chicago	62	40	.608	—
St. Louis	56	47	.544	6½
Pittsburgh	52	49	.515	9½
Milwaukee	45	56	.446	16½
Cincinnati	41	61	.402	21
West Division				
	W	L	Pct	GB
San Francisco	59	44	.573	—
Los Angeles	58	45	.563	1
Colorado	51	52	.495	8
San Diego	44	59	.427	15
Arizona	42	61	.408	17

Friday's Games				
Chicago Cubs 12, Seattle 1				
Colorado 6, N.Y. Mets 1				
St. Louis 11, Miami 6				
Atlanta 2, Philadelphia 1				
Milwaukee 3, Pittsburgh 1				
Washington 4, San Francisco 1				
L.A. Dodgers 9, Arizona 7				
Cincinnati 6, San Diego 0				
Saturday's Games				
Seattle (Miley 6-8) at Chicago Cubs (Arrieta 12-4), 11:20 a.m.				
Washington (Lopez 0-1) at San Francisco (Peavy 5-9), 1:05 p.m.				
Colorado (De La Rosa 6-7) at N.Y. Mets (Colon 9-5), 4:10 p.m.				
Philadelphia (Hellickson 7-7) at Atlanta (Teheran 3-8), 4:10 p.m.				

Pittsburgh (Taillon 2-1) at Milwaukee (Anderson 5-10), 4:10 p.m.				
St. Louis (Garcia 7-7) at Miami (Rea 5-5), 4:10 p.m.				
Cincinnati (DeSclafani 6-0) at San Diego (Friedrich 4-6), 5:40 p.m.				
Arizona (Shiple 0-1) at L.A. Dodgers (Kazmir 9-3), 6:10 p.m.				

MLB				
Northwest League				
	W	L	Pct	GB
Everett (Mariners)	22	20	.524	—
Spokane (Rangers)	21	21	.500	1
Tri-City (Padres)	20	22	.476	2
Vancouver (Blue Jays)	17	25	.405	5
South Division				
	W	L	Pct	GB
Eugene (Cubs)	29	13	.690	—
Hillsboro (Dbacks)	22	20	.524	7
Salem-Keizer (Giants)	19	23	.452	10
Boise (Rockies)	18	24	.429	11

Friday's Games				
Boise 8, Eugene 7, 10 innings				
Everett 3, Spokane 1				
Hillsboro 10, Salem-Keizer 4				
Vancouver 4, Tri-City 3				
Saturday's Games				
Salem-Keizer at Hillsboro, 5:03 p.m.				
Eugene at Boise, 6:15 p.m.				
Everett at Spokane, 6:30 p.m.				
Tri-City at Vancouver, 7:05 p.m.				

Golf

PGA Championship				
Friday				
At Baltusrol GC (Lower Course)				
Springfield, N.J.				
Purse: \$10 million				
Yardage: 7428; Par 70				
Second Round				
Jimmy Walker 65-66=131-9				
Robert Streb 68-63=131-9				
Yuta Ikeda 70-67=137-3				
Emiliano Grillo 66-67=133-7				
Jason Day 68-65=133-7				
Rickie Fowler 68-66=134-6				
Henrik Stenson 67-67=134-6				
Martin Kaymer 66-69=135-5				
Patrick Reed 70-65=135-5				
Brooks Koepka 68-67=135-5				
Hideki Matsuyama 69-67=136-4				
Harris English 67-69=136-4				
Rickie Fowler 68-66=134-6				
Jamie Donaldson 69-67=136-4				
Yuta Ikeda 70-67=137-3				
Jordan Spieth 70-67=137-3				
William McGirt 70-67=137-3				
Daniel Summerhays 70-67=137-3				
Zach Johnson 71-66=137-3				
Chicago 4, 10, 5, 17, 25, 32				
Adam Scott 70-67=137-3				
Gregory Bourdy 69-68=137-3				
Hideito Tanihara 71-66=137-3				

Soccer

MLS						
EASTERN CONFERENCE						
	W	L	T	Pts	GF	GA
NYC FC	9	7	6	33	35	39
New York	9	9	4	31	36	28
Philadelphia	8	7	6	30	35	30
Montreal	7	5	8	29	35	33
Toronto FC	7	7	6	27	25	23
New England	6	7	8	26	27	33