

**4A GREATER OREGON LEAGUE**

The top two teams and top five individuals at the district meet will advance to state. La Grande looks to grab several of those berths and comes back loaded on the boys and girls teams while Ontario also returns some of the league's top runners.

**2015 Boys Finish**

	District Points
La Grande*	25
Ontario*	33
McLoughlin	81

**2015 Girls Finish**

	District Points
Ontario*	21
McLoughlin	37

**Head coach:**

John Milleson, 9th year  
**Returning lettermen:** 3  
**Returning starters (top 2105 time):**  
**(Boys)** Kaleb Marsh (20:12.4), sr.; Isael Ibarra (21:00.3), jr.  
**(Girls)** Brianna Hernandez (23:52.4), jr.  
**Milleson's keys to the season:** "Our key for the season is to focus on getting as many as possible to qualify for state. We will start out slow to get a good



base but still set the goal to increase our speed and tempo weekly. Hopefully it will all come together at district.  
 "Kaleb (Marsh) and Brianna (Hernandez) are possible strong district performers. With that being said our district has really graduated a ton of kids in the last two years so really not sure who is the team or individuals to watch for."

**2016 Schedule**

Sept. 3	at Hermiston	12:55 p.m.
Sept. 17	at Clarkston (WA)	TBD
Sept. 24	at Connell (WA)	12:30 p.m.
Sept. 30	at Mac-Hi	Noon
Oct. 8	at La Grande	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 21	at Baker	TBD
Oct. 28	at GOL Districts (at La Grande)	TBD

**GOL top returning girls runners (2015 district time):**

- \*Heather Keniry, sr., La Grande (21:03.3)
- \*Kendra Blake, jr., La Grande (22:02.3)
- \*Sierra Smith, sr., La Grande (22:43.9)
- \*Alioz Mason, jr., Ontario (22:53)
- Aniyah Brown, jr., Ontario (23:39.8)

\*-Qualified for state meet

**GOL top returning boys runners (2015 district time):**

- \*Braden Crews, sr., La Grande (17:48.8)
- Quinn Susuki, jr., Ontario (18:43.7)
- Wyatt Perry, sr., La Grande (18:53.3)
- Nolan Clements, jr., La Grande (19:08.4)
- Bennett Welch, so., La Grande (19:23.3)

\*-Qualified for state meet

**3A SPECIAL DISTRICT 5**

Nineteen teams make up SD5 in the OSAA's lowest cross country classification. Despite this fact, on the top two teams and five individuals will get a chance to run at the state meet. Union dominated the league last season but the rest of the pack appears to be closing the gap in 2016.

**2015 Boys Finish**

	District Points
Union*	35
Nyssa*	87
Umatilla	94
Vale	132
Weston-McEwen	170
Stanfield	170
Burns	198
Heppner	213
Enterprise	219
Elgin	245
Helix	248
Grant Union	270

**2015 Girls Finish**

	District Points
Union*	29
Enterprise*	57
Nyssa	85
Burns	101
Culver	109
Umatilla	145

**SD5 top returning girls runners (2015 district time):**

- \*Delia Deleon, sr., Nyssa (19:24.10)
- \*Alisa Fox, so., Union (19:51.7)
- \*Isabelle Tingelstad, sr., Enterprise (20:05.59)
- Brooke Kaaen, sr., Vale (20:28.16)
- Kathryn Sheehy, sr., Union (20:51.72)

\*-Qualified for state meet

**SD5 top returning boys runners (2015 district time):**

- \*Hayden Scott, 12, Weston-McEwen (16:24.6)
- \*Alex Graffunder, 11, Union (16:54.5)
- \*Jeremy Baxter, 11, Union (17:05.7)
- \*Daniel Letham, 12, Burns (17:14.9)
- Zayne Troeger, 10, Umatilla (17:42)

\*-Qualified for state meet

**Helix Grizzlies**

**Head coach:**

Jeff Newton, 4th year  
**Assistant coach:** Martin Vito, 2nd year  
**Returning lettermen:** 7  
**Returning starters (top 2105 time):**  
**(Boys)** Caiden Marks (20:51.1), sr.; Justin Williams (22:03.4), sr.; Jake Sprenger (22:05.3), sr.; Allan Holden (20:48.2), sr.; Gavin Newton (19:15.5), so.; Colton Reynolds (21:03.5), so.  
**(Girls)** Kyla Roberts (30:23.4), sr.  
**Other seniors:** (Boys) Jon Shaw, Grant Christman; (Girls) Bethany Newton  
**Impact additions:** (Girls) Newton, junior Emma Fehrenbacher, sophomore Hannah Christman and freshman Kaylee Cope will combine with Roberts to give Helix its first girls' team in 30 years.  
**Newton's keys to the season:** "Our key to our boys team is to see improvement from our second-year runners and support from our incoming freshmen, who had very successful junior high careers. Four of our top five runners are returning this year."

**2016 Schedule**

Sept. 3	at Hermiston	12:55 p.m.
Sept. 10	at Clarkston (WA)	TBD
Sept. 23	at The Dalles	4 p.m.
Oct. 8	at La Grande	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 21	at Helix	TBD
Oct. 28	at SD5 Districts (Pendleton)	TBD

**Heppner Mustangs**

**Co-head coaches:** Russ and Toni Nichols, 2nd year

**Returning lettermen:** 4  
**Returning starters (top 2105 time):**  
**(Boys)** Hunter Nichols (17:51.6), so.; Trent Smith (18:52.8), so.; Hayden Qualls (20:17.4), so.; Gibson McCurry (22:19.6), so.  
**Newcomers:** Sophomore Leo Waite ran the 3,000-meters for the Heppner track team as a freshman with a PR of 13:26.50. Senior Sydney Qualls gives the Mustangs their first female runner as the program enters its second season.  
**Russ Nichols' key to the season:** "Our key focus is team unity, hard work and discipline. We are small so we have to work hard everyday in order to compete."

**2016 Schedule**

Sept. 3	at Hermiston	12:55 p.m.
Sept. 9	at Union	2:30 p.m.
Sept. 23	at The Dalles	4 p.m.
Sept. 30	at Mac-Hi	Noon
Oct. 6	at Heppner	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 21	at Baker	TBD
Oct. 28	at SD5 Districts (Pendleton)	TBD

**Umatilla Vikings**

**Head coach:** Josh Ego

**Returning runners (2015 top time):**  
**(Boys)** Zayne Troeger, so. (17:42.1); Bradley Benson, sr. (18:26.9); Trey Dohman, jr. (18:58); Salvador Alvarez, sr. (19:07.2); Aiden Capello, so. (21:25.1); Tony Contreras, jr. (22:08.1)  
**(Girls)** Aleesha Watson, sr. (20:58); Samantha Ball, sr. (23:59); Katelyn Lorence, jr. (24:25.3); Fernanda Hernandez, jr. (26:44.6); Cameron Sipe, sr. (29:35.9); Paige Matlack, jr. (32:09.3)

**2016 Schedule**

Sept. 3	at Tillamook	Noon
Sept. 9	at Union	2:30 p.m.
Sept. 16	at Umatilla	1:30 p.m.
Sept. 23	at The Dalles	4 p.m.
Sept. 29	at Hermiston	4:45 p.m.
Oct. 8	at La Grande	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 21	at Baker	TBD
Oct. 28	at SD5 Districts (Pendleton)	TBD

**Weston-McEwen**

**Head coach:** Tanna Munck, 3rd year

**Returning lettermen:** 7  
**Returning starters (top 2015 time):**  
**(Boys)** Hayden Scott (16:24.7), sr.; Kellen Fairchild (20:03.7), sr.; Gavin Smith (19:46.5), jr.; Tanner Sater (18:45.3), so.; Lawson Denny (19:41.1), so.  
**(Girls)** Adrienne Olson (24:22.1), jr.; Katie Vescio (22:00.8), so.  
**Other seniors:** Martin Wenzel-Schenck, Brendan Dearing, David Froese.  
**Impact newcomers:** Dearing and Froese both played football in 2015 and Munck expects them both to challenge for starting roles.  
**Munck's keys to the season:** "Hayden Scott is hoping to place first in district and state this year. The boys team is also hoping to make it to state. There is potential if we can put in the work."

**2016 Schedule**

Sept. 3	at Hermiston	12:55 p.m.
Sept. 9	at Union	2:30 p.m.
Sept. 14	at Hood River	TBD
Sept. 16	at Umatilla	1:30 p.m.
Sept. 23	at The Dalles	4 p.m.
Sept. 30	at Mac-Hi	Noon
Oct. 8	at La Grande	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 28	at SD5 Districts (Pendleton)	TBD

**Stanfield Tigers**

**Head coach:** Eric Jensen, 8th year

**Assistant coach:** Mandy Blackburn, 8th year  
**Returning lettermen:** 8  
**Returning starters (top 2015 time):**  
**(Boys)** Carlos Flores (17:22.1), sr.; Tony Flores (22:09.8), sr.; Elias Esquivel (18:00), so.; Hugo Hernandez (20:29.1), so.; Cody Griffin (21:05.2), so.  
**(Girls)** Anna Lemmon (22:33.4), sr.; Jenny Garcia (22:48.4), sr.; Chelsey Lemmon (22:20.9), so.  
**Jensen's keys to the season:** "Despite having some really good leaders, we are still a fairly young team. But if everyone runs well and we're not set back with injuries and such, I feel both the boys and the girls teams can make an impact this year. But we're also still a team for the future."

**2016 Schedule**

Sept. 3	at Hermiston	12:55 p.m.
Sept. 9	at Union	2:30 p.m.
Sept. 16	at Umatilla	1:30 p.m.
Sept. 23	at The Dalles	4 p.m.
Sept. 29	at Hermiston	4:45 p.m.
Sept. 30	at Bend	2 p.m.
Oct. 6	at Heppner	TBD
Oct. 13	at Pendleton	4 p.m.
Oct. 21	at Baker	TBD
Oct. 28	at SD5 Districts (Pendleton)	TBD

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