

Weston-McEwen TigerScots

2017 Schedule

Mar. 18	at Wahtonka	11 a.m.
Mar. 23	at Pendleton	Noon
April 7	at Mac-Hi	11 a.m.
April 8	at Stanfield	10 a.m.
April 14	at Umatilla	Noon
April 18	at W.-McEwen	4 p.m.
April 22	at Union	11 a.m.
April 27	at Riverside	4:30 p.m.
April 29	at Joseph	11 a.m.
April 29	at Willamette U.	11 a.m.
May 5	at Baker	10 a.m.
May 13	at Districts	(Noon)

Senior Hayden Scott is back to defend his state titles in the 800- and 1,500-meters and the TigerScots have several returners that will be in the running for state medals in their own events this year.

HEAD COACH: Lorán Monaco, 25th year
ASSISTANT COACH: Tyler Tompkins, 3rd year; Shawn White, 1st year

RETURNING STATE QUALIFIERS:

(Boys) Hayden Scott, sr., middle distance/relay; Jacob Speed, jr., sprints/relay; Khai Robertson, so., sprints/relay/jumps; Kirk Scott, so., throws (Girls) Maddi Muilenburg, jr., throws/jumps/relay; Bryce Thul, so., sprints/relay/jumps; Keree Graves, so., middle distance/relay; Katie Vescio, so., middle distance/relay/jumps

OTHER RETURNERS: (Boys) Cody Caldwell, jr., throws;

OTHER SENIORS: (Boys) Brayden Rudolph, sprints/hurdles/jumps

IMPACT NEWCOMERS: (Girls) Ellie Scheibner, fr., sprints/relay/jumps; Trinity Hearn, fr., sprints/throws

SEASON GOALS: The TigerScots are looking for incremental success starting with season records and progressing to personal records and state qualifications.

MONACO'S KEY TO THE SEASON: "Lots of hard work."

BIGGEST STRENGTHS: Monaco said he's got a bunch of hard workers that have proven to be coachable and want to get better at their events.



Hayden Scott, of Weston-McEwen, leads the 1500-meter run Friday at the 2016 OSAA Track & Field Championships at Hayward Field in Eugene.

EO file photo

Echo Cougars

The Cougars return just one of their two state qualifiers from 2016, but a large influx of new athletes should give Echo a boost in 2017.

HEAD COACH: Ryan Ross, 3rd year

ASSISTANT COACH: Tyler Watson, 2nd year

RETURNING STATE QUALIFIERS: Taylor Swaggart, jr., sprints.

IMPACT NEWCOMERS: Echo has 20 new kids out for the 2017 season, giving the team a total of 22 competitors for its biggest team in several years.

SEASON GOALS: To not only start the season with 22 student athletes but finish with the same number. Coach Ryan Ross wants to build a program and a fun culture and he believes it is headed in the right direction. Echo also hopes to compete within Class 1A Special District 3 and take more than the two athletes to state meet as it did in 2016.

ROSS'S KEY TO THE SEASON: "I expect the kids to be fully engaged during practice, giving themselves 100 percent effort and getting better by at least one percent every day in their specific events. We have been doing the little things right, which will add up big for us in the end."

BIGGEST STRENGTHS: Echo has a 22-person track team at the 1A level is a big advantage for Echo, a size the school has not had for a while now. And the final thing is the Cougars' ability to listen and follow through, as Ross says the team is always willing to learn and do the little things.

2017 Schedule

Mar. 18	at Wahtonka	11 a.m.
Apr. 1	at Riverside	11:30 a.m.
Apr. 7	at Mac-Hi	11 a.m.
Apr. 8	at Stanfield	10 a.m.
Apr. 28	at Condon	Noon
Apr. 29	at Sherman	11 a.m.
May 2	at Hermiston	4 p.m.
May 5	at Baker	10 a.m.
May 6	at Arlington	10 a.m.
May 13	at Districts (Sherman)	10:30 a.m.

Helix Grizzlies

The Grizzlies' girls return several from a second-place state finish and are poised for another run while the boys are looking to take that next step as a team and become competitive at the state level.

HEAD COACH: Rory Simpson, 9th year

Assistant coaches: Jim Smith (throws), 10+ years; Jeff Newton (distance), 4th year; Dusty Bennett (jumps), 1st year

RETURNING STATE QUALIFIERS:

(Girls) Bethany Newton, sr., distance/relays; Sadie Wilson, jr., hurdles/throws/relays; Emma Fehrenbacher, jr., sprints/relays; Arianna Krol, jr., throws/relays (Boys) Jonathan Shaw, sr., jumps/sprints; Tyler Fehrenbacher, sr., 400m/relays; Grant Christman, sr., distance/relays; Gavin Newton, so., distance.

OTHER RETURNERS:

(Girls) Kailey Mize, sr., jumps/relays; Hannah Christman, so., hurdles/relays.

(Boys) Colton Reynolds, so., distance.

IMPACT NEWCOMERS:

(Girls) Kyleen Stahancyk, fr., sprints/hurdles; Kaylee Cope, fr., distance. (Boys) Michael McBee, so., sprints/throws; Preston Brower, so.

SEASON GOALS:

The Grizzlies' girls want to claim a third-straight district title while again competing for the state crown, and the boys' main goal is increasing its contingent of state qualifiers.

SIMPSON'S KEY TO THE SEASON:

"Stay healthy and build on the success of last year. Some of our athletes surprised themselves with their performance at state, we hope that will give hem the mental ability to compete at that level all year this year."

GRIZZLIES' BIGGEST STRENGTHS:

Tons of experience at the state level and a great work ethic are the reasons Helix is looking for another big year.

2017 Schedule

March 18	at Wahtonka	11 a.m.
March 23	at Pendleton	Noon
April 1	at Riverside	11:30 a.m.
April 8	at Stanfield	10 a.m.
April 14	at Umatilla	Noon
April 18	at Weston-McEwen	4 p.m.
April 22	at Union	11 a.m.
April 27	at Riverside Relays	4:30 p.m.
April 29	at Sherman	11 a.m.
May 2	at Hermiston	4 p.m.
May 5	at Baker	10 a.m.
May 13	at Districts (Sherman)	10:30 a.m.

Condon/Wheeler Knights

The Knights don't have many athletes out this season, but they've got some good experience with three returning state placers.

HEAD COACH: Jim Smith, 2nd year

RETURN STATE QUALIFIERS: (Girls) Christine Segura, sr., high jump; Justine Homer, sr., throws. (Boys) Jose Cortez, sr., sprints

OTHER RETURNERS: (Boys) Hunter Winslow, so., distance/hurdles; Jacob Hoover, jr., throws

IMPACT NEWCOMERS: Cooper Johnson, fr.

SEASON GOALS: Giving maximum effort while making sure they're setting themselves up for success by preparing smart.

SMITH'S KEY TO THE SEASON: "Preparation, planning and focus."

KNIGHTS' BIGGEST STRENGTHS: Smith said his group is high on character and extremely coachable with a strong drive to improve.

2017 Schedule

April 4	at Grant Union	3:30 p.m.
April 11	at Crook County	4 p.m.
April 14	at Crane	10 a.m.
April 28	C/W Invite (at Condon)	Noon
April 29	at Sherman	11 a.m.
May 6	at Arlington	10 a.m.
May 13	District 3 Meet (at Sherman)	10:30 a.m.

Ione Cardinals

HEAD COACH: Ryan Rudolph

ASSISTANT COACH: Kate Knop

RETURNING STATE QUALIFIERS: (Boys) Hayden Qualls, soph., distance.

2017 Schedule

March 16	at Wahtonka	2 p.m.
March 17	at Condon	2 p.m.
April 7	at AMJ Invite	1 p.m.
April 8	at Glide	11 a.m.
April 13	at Heppner	Noon
April 14	at Umatilla	Noon
April 18	at Grant Union	3:30 p.m.
April 28	at Condon	Noon
April 29	at Sherman	11 a.m.
May 2	at Hermiston	4 p.m.
May 6	at Madras	TBD
May 13	at Districts (Sherman)	10:30 a.m.

Arlington Honkers

HEAD COACH: Teren Humphrey

RETURNING STATE QUALIFIERS: Shawn Hauner, sr., throws/high jump; Thomas Evans, jr., throws; Tyler Longacre, soph., mid-distance.

2017 Schedule

March 17	at Condon	2 p.m.
April 8	at Seaside	10 a.m.
April 14	at Umatilla	Noon
April 14-15	at Oregon Relays	TBD
April 18	at Weston-McEwen	4 p.m.
April 28	at Condon	Noon
April 28	at Jesuit Relays	2:30 p.m.
April 29	at Willamette U.	11 a.m.
May 6	at Arlington	10 a.m.
May 13	at Districts (Sherman)	10:30 a.m.

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