

MCC DISTRICT TRACK

Hermiston girls dominate field events

Dawgs score some season-best times



Staff photo by Kathy Aney
Hermiston's Jazlyn Romero throws the discus during Saturday's MCC Track & Field Championships. Romero finished second with a throw of 114-3.

By **ANNIE FOWLER**
East Oregonian

Paige Palzinski had herself quite the productive weekend.

The Hermiston sophomore qualified for the District 8 track meet in four events at Kennison Field — three of which she established personal best marks.

Palzinski won the shot put Friday with a PR toss of 40 feet, 10¾ inches, beating teammate Kendall Dowdy, who threw a PR of 39-11¾.

"It was nice to have Kendall PR, that drove me to be better," Palzinski said.

Bailey Young will join Palzinski and Dowdy at the District 8 meet after finishing seventh (33-11¼).

Palzinski also placed eighth in the javelin on Friday with a PR throw of 104-1, while teammate Sheridan Deike was fifth (110-2) and Sydney Seavert sixth (108-9).

Saturday brought out the best in Palzinski in the triple jump, where she soared 34-8¾ — a PR by 2 feet. She finished second to Southridge's Olivia Lee, who beat her by just three-quarters of an inch.

"I've been asked before what my favorite is," Palzinski said of her variety of events. "In the jumps it is the triple, and in the throws, my favorite is the shot put. I qualified in the long jump

too, but you can only do four events. I chose to do the javelin to have a better chance of getting to next week in all my events."

Palzinski was seventh in the discus (106-9) Saturday, but teammate Jazlyn Romero was second with a PR of 114-3, and freshman Eseta Sepeni was third with a PR of 113-11.

"I am so excited to go (to the District 8 championships) with my throws group," Palzinski said. "When you genuinely love what you do, good marks happen. It's great to have coaches who believe in us no matter what happens."

Romero won the javelin Friday with an impressive throw of 151-9 — a mark that ranks ninth in the nation, third in Washington, and first among 3A competitors.

"It's been a good week," Romero said. The weather helps; it's nice to have the sun. The coaches always say your best throw is effortless. It was easy. In the discus, Eseta was beating me, but in the finals, I hit my PR on my second throw."

On the track, Hermiston freshman Cydney Sancehz finished second in the 3,200 with a personal best time of 12:07.70. McKinzi Teeple of Kamiakin won in a time of 11:40.17.

"It was a tough race, but I felt really motivated the

entire race," she said. "She (Teeple) is really good. I have no idea what to expect (next week), but it has been fun. All the Tri-City teams are really good."

The Bulldogs got an impressive win in the 4x400 relay, turning in a time of 4:13.29 — a season best.

Jayden Ray led off the relay, followed by Amanda Nygard, Jennifer Fuentes and Abby Sharon.

"I love the atmosphere and the excitement when you run the 4x4," Ray said. "Our mission today was to do the best we can. To come in first is amazing."

MaKaylee Young, who qualified in the 100 and long jump Friday, added a trip in the 200 on Saturday, placing fourth (27.28).

Amanda Nygard will run in the 800 (5th, 2:33.07), while a trio of Bulldogs — Fuentes, Thannia Solorzano and Genesis Sanchez — qualified in the 100 hurdles, and Fuentes and Ray will run in the 300 hurdles.

The Hermiston boys 4x400 relay team finished second behind Kennewick. The Bulldogs passed Kamiakin at the end of the second lap, and were just a couple of steps behind the Lions when it came to the anchor leg.

Kennewick had Johan Correa on the final leg, and Hermiston's Freddy Men-

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Staff photo by Kathy Aney
Paige Palzinski of Hermiston competes in the triple jump during Saturday's MCC Track & Field Championships. Palzinski finished second with a leap of 34-8¾.



Hermiston's Freddy Mendoza (153) leads a group of 800-meter runners around the final curve during Saturday's MCC Track & Field Championships. Also pictured is Hermiston's Simon Headings (left) and Hayden Gorham, of Southridge. Mendoza finished fourth and Headings seventh.

Staff photo by Kathy Aney

IMC SOFTBALL

Pendleton secures playoff spot with sweep of The Dalles

Senior Aspen Garton hits a grand slam in second game

By **ANNIE FOWLER**
East Oregonian

Aspen Garton hit a grand slam, and DeLaney Duchek and Kila Soloman also hit home runs as Pendleton throttled The Dalles 17-1 on Saturday in the second game of their Intermountain Conference doubleheader in Pendleton.

The defending state champion Bucks also won the first game 8-3, securing the No. 3 seed in the conference to the 5A playoffs.

"These were absolute must-win games," Pendleton coach Tim Cary said. "We came ready to play. They knew what was at stake and brought their 'A' game. That was good to see."

The Bucks will finish IMC play Tuesday with a game at Ridgeview, the top-ranked team in



Staff photo by Kathy Aney
Pendleton's Natalie Neveau watches action elsewhere on the field as she reaches second base during the second game against The Dalles at Steve Cary Field.

the state.

Garton hit her home run in the bottom of the second inning as the Bucks hung six runs on the board to take a 15-1 lead.

"Aspen is a great hitter," Cary said. "That was a pivotal grand slam — it took the wind out of

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IMC BASEBALL

Bucks take two from Riverhawks

Stahl and Roberts have stellar performances on the mound for Pendleton

By **ANNIE FOWLER**
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Ryan Stahl and Cooper Roberts allowed just six hits over two games Saturday as Pendleton swept The Dalles on the road in an Intermountain Conference doubleheader.

The Bucks won the opener 12-2, then got a four-hit shutout by Roberts for a 2-0 victory in the second game. He struck out five and walked one batter.

"He threw well," Pendleton coach TJ Haguewood said of Roberts. "He was in the zone. He has been battling the flu and neck issues, and has missed a few days of practice."

Roberts also helped himself at the plate, hitting a double and driving in a run in the seventh inning to give Pendleton a 2-0 lead and a

little breathing room.

In the opener, Stahl allowed just two hits and struck out four as the Bucks ended the game in five innings.

Stahl, who is headed to Mt. Hood Community College, was equally as good at the plate, going 2-for-2 with a double and four RBIs. Ty Beers and Quinn Doherty also hit doubles for the Bucks.

Three Riverhawks pitchers combined for nine strikeouts, but they walked 11 and the defense committed four errors.

"We gave up two in the first on a couple of errors," Haguewood said. "After the first inning, (Stahl) threw pretty well."

The Bucks (13-7 overall) remain atop the conference standings with a 10-2 record. They will host Ridgeview at 4:30 p.m. Tuesday.

"We only need to win one of our next three games to win the league title," said Haguewood, whose team won the Columbia River Conference title last year. "Tuesday is Senior Day, hopefully we can pull one out."