

EAST OREGONIAN SPORTS

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A8

DISTRICT 8 TRACK

Walchli heads to state

Hermiston girls finish fourth in the team standings

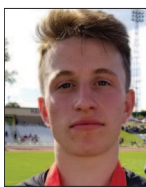
By ANNIE FOWLER
East Oregonian

Garrett Walchli qualified for state in the 200 meters by the smallest of margins Saturday afternoon.

The Hermiston junior turned in a time of 23.05 seconds at Fran Rish Stadium in Richland to place second, beating Syl Hunt of Kamiakin, who ran 23.07. Kennewick's Arnaldo Cabrera won at 22.78.

"Those kids are good," Walchli said. "You have to give them that. Arnaldo was flying."

Walchli was the No. 4 seed heading into finals.



Walchli

"I just had to trust my training," he said. "I knew what I had to do. You have to put in the work.

Offseason training matters."

The 3A state track meet will be Thursday through Saturday at Mt. Tahoma High School in Tacoma. Walchli also will run at state in the 4x100 relay with Broc Remmer, Thomas Reagan and DJ Wilson.

Walchli also placed fifth in the 100 meters (11.65), and ran a leg on the 4x400 relay team that finished sixth (3:35.94).

Walchli's efforts helped the Hermiston boys to a sixth-place finish in the team standings with 46 points.

"Garrett had an impressive weekend," Hermiston coach Emilee Strot said. "He had two phenomenal races (200 and 4x100 relay). In both he was behind and never gave up. He stayed relaxed and strong."

Reagan was seventh in the 100 (11.82). Freddy Mendoza was fifth in the 800 (2:00.07).

The Hermiston girls finished fifth in the team standings with 86 points.

The Bulldogs had a trio of throwers place in the top six of the discus, with Jazlyn Romero leading the way with a third-place finish with a mark of 109 feet, 8 inches. Paige Palzinski was fourth (107-8) and freshman Eseta Sepeni was sixth (104-6).

Palzinski also placed seventh in the triple jump with a mark of 31-8¾.

On the track, Hermiston's 4x400 relay team of Jayden Ray, Amanda Nygard, Jennifer Fuentes and Abigail Sharon just missed out on a trip to state, finishing third in a time of 4:11.43.

"They ran really well,"

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IMC TRACK FINALS

DISTRICT SWEEP



Staff photo by Kathy Aney

Pendleton's Elisabeth House punches her ticket to state in the 100 meters Saturday during the IMC District Championships in Prineville.

Bucks' Lane Maher sweeps hurdle events at district track meet

By ANNIE FOWLER
East Oregonian

Lane Maher cruised to victory in both hurdle events, and the 4x100 relay team won gold, leading Pendleton to a second-place finish in the team standings Saturday at the Intermountain Conference district championships in Prineville.

The top two in each event qualify for the 5A state meet Friday and Saturday at Mt. Hood Community College. There are at-large berths to be had, but they have not yet been handed out.

The Bucks rolled up 165 points at the meet, well behind host Crook County's 213.

Maher set a school record in the 300 hurdles, turning in a time of 39.11 seconds. The previous record of 39.34 was set by Kevin Robinson in 2012.

"He was moving," Bucks coach Larry Brizendine said. "That was fun. He cruised through pretty easily, which we thought he would."

In the 110 hurdles, Maher ran a 15.05 to land on top of the podium.

Mathias Patrick was third in the 110 hurdles (15.87) and 300 hurdles (43.59).

The 4x100 relay team of Cam Sanford, Aaron Luke, Blake Davis and Aiden Patterson clocked a 43.57 to punch its ticket to state.

Luke ran his way to a state berth in the 400 meters, placing second with a time of 52.55, while Edwin Linares placed second in the long jump with a leap of 20 feet, 8 inches.

Sanford received a trip to state in the 200. He finished third, but Crook County's Zachary Guthrie, who won the event, opted not to run the event at state.

For the girls, freshman Muriel Hoisington won the 400 meters in a time of 1:01.27. She also was third in the long jump (15-6).

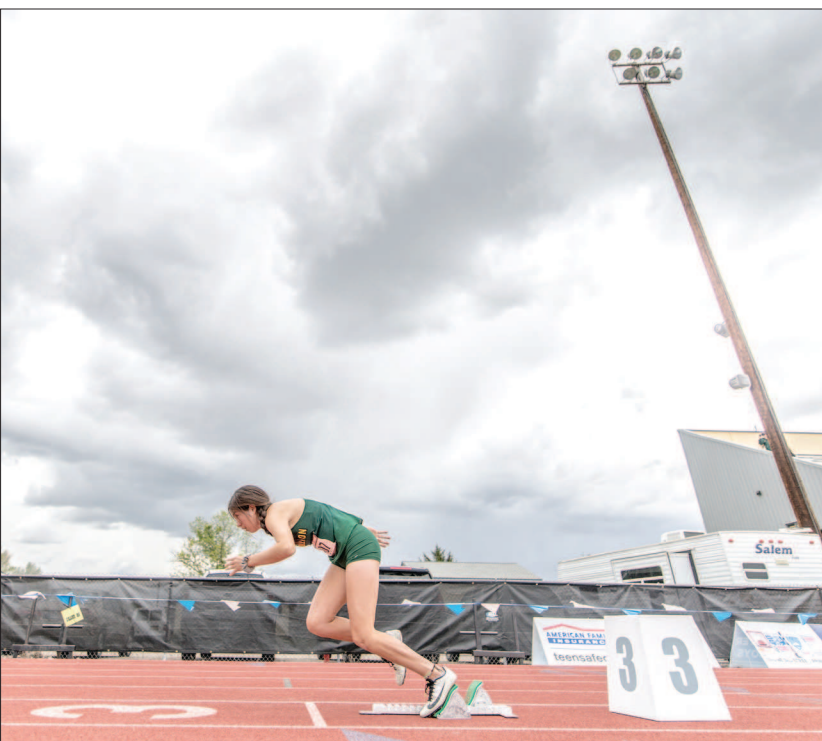
Elisabeth House won the 300 hurdles in a personal best time of 46.78, and placed second in the 100 (13.30). House ran a PR of 13.01 in the 100 prelims.

"Muriel is a strong runner, and she won pretty handily," Brizendine said. "What we didn't expect was



Staff photo by Kathy Aney

Pendleton's Mathias Patrick gets in the blocks in the finals of the 110-meter hurdles Saturday during the IMC District Championships in Prineville.



Staff photo by Kathy Aney

Pendleton's Muriel Jones-Hoisington bursts out of the blocks on her way to victory in the 400-meter dash during the IMC District Championships in Prineville.

Elisabeth placing second in the 100."

Hunter Blake placed fourth in the shot put with a mark of 32-3½, and was fourth in the discus with a toss of 97-4.

The Bucks finished fifth in the girls team race with 99 points.

"The big thing, is our kids competed," Brizendine said. "They gave everything they had in every event."

CLASS 1A/2A/3A/4A STATE TRACK

Nichols brings home the gold

Pilot Rock's Saber Harp is third in the 300 hurdles

By ANNIE FOWLER
East Oregonian

Heppner's Hunter Nichols won a gold medal in the 800 meters Saturday, adding to Friday's first-place finish in the 3,000 at the 2A State Track and Field Championships at Western Oregon University.

Nichols turned in a winning time of 2:01.09 in the 800. The two wins are the first state titles for Nichols, who will run collegiately at Eastern Oregon University.

"Hunter didn't have to push too hard in the 800, which was nice," Mustangs coach Russ Nichols said. "He was able to save something for the 4x4."

Nichols ran the anchor leg on the winning 4x400 relay team that turned in a school-record time of 3:30.94. The previous school record was 3:34.10. Also on the team were Trent Smith, Mason Lehman and Jayden Wilson.

"They are a great," coach Nichols said. "They work hard."

In the 1,500, Trevor Antonucci was third in a personal best time of 4:14.90, while Stanfield's Sisay Hurty was seventh (4:18.49).

Wilson also turned in a time of 52.01 in the 400, placing fifth. Leo Waite was seventh in the 300 hurdles (44.90), and Derek Howard eighth in the discus (119-9).

The Mustangs finished second in the team standings for the second year in a row, finishing with 51 points. East Linn Christian won the team title with 72 points.

Pilot Rock's Saber Harp, who is set to join the Navy after graduation, ran a personal best 42.10 to finish third in the 300 hurdles.

"It was far and away a PR for him," Rockets coach Andy Gose said. "He was at 42.34 at Stanfield, so we felt like he was in line to do that. He ran that 42.10 in the rain, in horrible conditions. He is a tough kid and ran a tough race."

Heppner sophomore Madelyn Nichols turned in a personal best 5:06.34 to finish fourth in the 1,500. Nichols also broke her own school record in the 800, finishing second with a time of 2:25.90.

The Weston-McEwen

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Heart of the Country Rodeo returns to Helix this weekend

By BRETT KANE
East Oregonian

Before Farm-City or the Pendleton Round-Up, fans can expect some local rodeo action just around the corner.

The Helix Heart of the Country Rodeo is coming back Saturday to the Quantum 9 Arena for its 19th year. Things kick off at noon and will feature bull riding, saddle bronc, calf roping, 12-U barrel racing, mutton bustin', and for aspiring cowboys and cowgirls aged 6 and under, stick horse racing.

IF YOU GO

What: Heart of the Country Rodeo
Where: Quantum 9 Arena, Helix
When: Noon on Saturday
Cost: Adult admission is \$10, children 5 to 12 are \$5, and children 4 and younger get in free.

"It's a family-friendly event," said rodeo President Jarod Campbell. "We try to incorporate the youth into our events. It's always

been that way. I think a lot of people enjoy that."

Adult admission is \$10, children 5 to 12 are \$5, and children 4 and younger get in free.

Applications for contestants are ongoing, but spots are filling up fast. The entry fee is \$150 and two-thirds of every entry fee will pool into the prize money. The rodeo will add \$3,500 to the pot that first-place winners in the bull riding and saddle bronc events will earn, and \$1,500 to calf roping.

Campbell said the turnout for rodeo contestants is the best

they've had in the past seven years. There is still room for saddle bronc entries, but the bull riding has filled up.

"We're having a higher interest in riders this year," Campbell said. "This is shaping up to be one of our better years."

But the Heart of the Country Rodeo is about more than just rewarding talented riders and ropers. Money raised will go back into the community, funding scholarships for upcoming Griswold High graduates, and various youth programs.

Previously, stock has been provided by Mike Corey of Ellensburg, Washington, but this year, Kelley Bowcutt of Gold Buckle Rodeo Company is providing the bulls, broncos and sheep.

A beer garden will be open to people 21 and over throughout the course of the day. After the rodeo, the Pendleton-based country rock outfit Wanderlost will perform.

Applications will be open the day of the event, provided that there is enough room. For more information, contact Keri Stahancyk at 541-215-0813.