

# EAST OREGONIAN SPORTS

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A8

## Jennings places fourth in the javelin at national meet

His top throw of 173-1 came on his first attempt

By ANNIE FOWLER  
East Oregonian

PENDLETON — Sam Jennings did not burst onto the high school track scene leaving opponents in his wake. It took a good four months for that to happen.

As a freshman at Pendleton High School, Jennings debuted for the Bucks at their

intrasquad meet March 21. He threw the javelin 77 feet, 6 inches.



Jennings

Jennings unleashed a throw of 173-1 on Sunday to place fourth in the 15-16 age division at the USATF National Junior Olympic Track and Field Championships in Sacramento.

"It was pretty cool," Jennings said of the experience.

"I have thrown against the top three before, so we have a friendship."

Dash Sirmon of Walla Walla won the event with a toss of 188-5.

Jennings qualified for the event with a personal best throw of 182-8½ at the Region 13 Championships the first week of July at Mt. Tahoma High School in Tacoma.

Jennings' top throw was his first of the competition.

"I don't know what was wrong," he said. "It was an off day. One day you hit your PR,

the other you are lucky to get what I got. I will have plenty of chances to compete against Dash."

Ben Bradley, who helps coach Jennings, watched the live stream of the competition.

"He had couple of good throws, but not his best," Bradley said. "He finished where he was ranked going in. It's impressive to come out at the end of the season with a 182, and being consistent between 170-175. He has such a bright future."

Jennings made a big splash

at the 5A State Track and Field Championships in May, placing fourth with a toss of 181-7 inches at Mt. Hood Community College.

The Pendleton school record is 186-10, set by Geoff Herd in 2009.

"We were teammates in high school," Bradley said of Herd. "He was impressive, but I think Sam will take that record down next season."

That is the plan. "I had no idea I would be so close to breaking the school record my first season," Jen-

nings said. "That is my goal for next year."

He'd also like to go up against the top throwers in the Northwest at the Nike/Jesuit Twilight Relays. He had an invite this spring, but was not able to go.

"I want to go and compete against the 6A schools," he said. "The best throwers are there."

Central Catholic's Joseph Nizich won the Nike/Jesuit title in May with a toss of 203-11. He later won the 6A state title with a throw of 206-3.

# GOODRICH LASSOES TITLE AT NJHFR



Staff photo by Ben Lonergan

Gator Goodrich of Stanfield won the National Junior High Finals Rodeo ribbon roping title in June, and his horse Goldilocks took home Horse of the Year honors.

## Stanfield teen wins ribbon roping title, and his horse Goldilocks earns top award

By ANNIE FOWLER  
East Oregonian

Gator Goodrich has had a rope in his hand since he was 3 years old.

He's lassoed everything from the family cat to the patio furniture, which did not stand a chance once the young cowboy had it trussed up (there is video evidence).

Goodrich's perseverance paid off in late June when the Stanfield teen won the ribbon roping title at the National Junior High Finals Rodeo in Huron, S.D.

"It was really cool," Goodrich said. "I was nervous in the finals. About 5 minutes before I ran, I knew I couldn't make any mistakes. Not enough breathing room to make any mistakes."

In ribbon roping, one partner ropes the steer, while the other runs out, takes the ribbon off the animal's tail and returns to the starting box.

In this case, Goodrich roped the steer, while his partner Adriene Steffen, of Sisters, retrieved the ribbon.

Goodrich and his partner got off to a good start at nationals with a run of 10.17 seconds in the first round. They followed up with an 8.84 run to reach the finals.

"We had a huge lead going into the finals on everyone but one team," Goodrich said. "We had a 0.3-second lead on them. They missed, and I figured we need a 13-something to win."

Goodrich, 14, and Steffen turned in a time of 11.73 seconds for the title.

"We got the start we wanted, and he went to the right," Goodrich said. "I held him steady so she could get the ribbon."

The champions in each event receive a saddle, buckle and a treasure trove of other items.

But Goodrich's fortunes did not end there.

His horse, Goldilocks, 18, was named the AQHA Boys Horse of the Year. Goldilocks is used to the limelight, having performed at the

Pendleton Round-Up with ropers Tuf Cooper, Trevor Brazile, and Goodrich's dad, Brad.

This honor brought Goodrich another saddle and a scholarship. "She is really good," he said.

### A busy week

Though Goodrich placed in just one event, he qualified for nationals in five and competed in four.

He also competed in goat typing, tie-down roping, chute dogging and team roping. He opted not to compete in the shooting event.

At state, he won the goat tying and tie-down roping, was second in chute dogging and ribbon roping, and was third in team roping. He was the reserve all-around champion.

He had a couple of tough runs at nationals, including in his signature event — tie-down roping.

"I missed one, and that brought everything down," Goodrich said.

As Goodrich moves to the high school level this next year, he will continue with tie-down roping, team roping and steer wrestling.

### A family affair

Goodrich was just 6 months old

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## NFL



AP Photo/Ted S. Warren

Seattle Seahawks wide receiver DK Metcalf makes a catch Monday during training camp in Renton, Wash.

## Metcalf settling into first Seattle camp

By TIM BOOTH  
Associated Press

RENTON, Wash. — Because of the position he plays, his slide during the NFL draft and the team that selected him, DK Metcalf has spent the offseason in the spotlight.

As much as he's trying to avoid drawing the same kind of attention during his first training camp with the Seattle Seahawks, the 6-foot-4, 229-pound rookie receiver can't shake it. Fans are already showing up for practices wearing No. 14 jerseys, even though Metcalf hasn't caught a single pass in an NFL game. Coach Pete Carroll even joked that there is a Metcalf jersey hanging in the coaches' locker room.

"I was a nobody at one point in my life," Metcalf said Monday. "I've just got to keep that same mentality."

There's a reason for all the excitement. Metcalf's pre-draft workouts, where he ran a 4.33 40-yard dash, sent the league buzzing. Then his fall in the draft got even more attention. Expected to potentially go in the first round, Metcalf ended up being selected with the 64th pick in the second round after Seattle traded up, hoping to acquire the kind of target it has longed to add to its passing game — big, physical and bruising.

"He's worthy of it. He's an extraordinary athlete and what a tremendous addition to our club," Carroll said.

Metcalf was among the Seattle receivers who spent time in Southern California before the start of training camp working out every day with quarterback Russell Wilson. In fact, Metcalf came in a week earlier than many of the others and was using the fields at UCLA as the sun was rising.

"He wants to learn. I mean, we were getting up at 5:30, working out at UCLA at 5:45, me and him the week before," Wilson said.

The goal of the workouts was for Wilson and Metcalf to accelerate the acclimation process. Wilson already has a feel for what Tyler Lockett, Jaron Brown and David Moore are going to do in certain situations because they've been together at least one season.

"I think it's important to make sure you spend that time with certain guys and try to build those one-on-one relationships," Wilson said. "DK, being the guy that he is and the position he got drafted in, there's a lot of high expectations on him and letting him know that hey, we are here to do everything we can to make you the best player you could possibly be. The great thing is he makes it easy on us because he wants to put the work in."