

# Nygard:

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Hermiston, she admits track is her favorite because of the variety of events.

"I'm a distance runner, but I have a speed aspect," she said. "I can run anything from the 400 to 3,200. I even ran the 200 once as a sophomore."

That versatility will serve her well in college.

"She showed signs of speed as a freshman," Hermiston cross-country and distance coach Troy Blackburn said. "She ran the 3,000 once as a freshman and her time was phenomenal. In college, they will look at her for everything from the 800 to the 5K. She will be successful because she is willing to compete."

The fact there are fewer miles to run per week in track than cross-country also is an appeal for Nygard.

"Every week for track, it's maybe 25 to 30 miles a week," she said. "During cross-country, we can do 40 to 45 miles a week. It helps that you have teammates and you get to do it together."



Kathy Aney/East Oregonian, File

**Hermiston's Cydney Sanchez, center, and Amanda Nygard, right, lead a group of runners in the 1,600-meter run during a track and field meet with Kennewick and Hanford on April 8, 2021, at Kennison Field. Sanchez came in second after Macy Marquardt of Kennewick.**

Her two favorite running buddies are juniors Cydney Sanchez and Alexia Serna.

"They both push me a lot," Nygard said. "It was hard when Cydney was hurt (this spring). It was super weird and I didn't like it. I was happy when she came back."

Nygard just finished her senior year of track for the Bulldogs. At the Mid-Columbia Conference Championships she finished 11th in the 800, and the 4x400

relay team that also included Jayden Ray, Madeline Franke and Abigail Sharon was fourth in a time of 4 minutes, 19.95 seconds.

She leaves Hermiston with the school record in the 600-meter run with a time of 1:54.51 seconds. She also ranks fifth in the 800 (2:23.86), fourth in the 1,600 (5:40.15) and eighth in the 3,200 (12:26.66).

As part of the 4x400 relay team over the years, the 2018 team of Nygard, Madi

Wilson, Scout Reagan and Elsa Torres ranks sixth with a time of 4:07.70. The 2019 team ranks 10th, and this year's team is 17th (4:19.95).

Nygard has been one of the top cross-country runners for the Bulldogs since she was a freshman.

At the MCC Championships in March, she finished 14th overall with a time of 20:54.80, helping the Bulldogs to fourth place in the team standings.

"All we hope is they learn to work hard, work through adversity, and learn to love running as they do it," Blackburn said. "Amanda has been one of our leaders. She will be successful — that's who she is. She has always been one of my top girls."

Nygard holds the school records for 2 miles (13:25.0) and 3 miles (18:24.70), and ranks 10th (19:29.30) at 5,000 meters.

As she thinks back at the thousands of miles she has run — avoiding snakes at the butte and the 9-mile treks — she has fond memories.

"There are plenty of funny stories," she said. "You just have to be there for the stories."

## LOCAL STANDINGS

Through games played May 11

Team	League	Overall
Wenatchee Valley	8-1	8-1
North Idaho	4-1	4-1
Walla Walla	4-2	4-3
Columbia Basin	3-2	4-2
Big Bend	3-4	3-5
Yakima Valley	2-3	3-3
Spokane	3-6	3-6
Treasure Valley	2-4	2-4
Blue Mountain	0-6	0-6

Team	League	Overall
Burns	4-2	6-6
Nyssa	3-3	3-8
Vale	2-4	3-9
Umatilla	1-0	7-7
Riverside	1-1	5-7
Irrigon	1-2	6-4
Wallowa Valley	0-0	10-1

Team	League	Overall
Heppner/lone	3-0	12-1
Dufur/South Wasco Co.	3-1	9-1
Weston-McEwen	3-0	5-6
Pilot Rock/Nixyaawii/Ukiah	3-3	9-4
Sherman/Arlington/Condon	2-2	6-5
Stanfield/Echo	1-2	4-10
Grant Union/Prairie City	1-2	2-9
Union/Cove	1-3	1-9
Adrian	0-0	0-1
Lyle/Wishram/Klickitat/Trout Lake	0-3	1-12
Glenwood	0-0	0-0

Team	League	Overall
Big Bend	8-0	8-0
Walla Walla	7-1	7-1
Spokane	5-2	6-2
Treasure Valley	3-2	3-2
Wenatchee Valley	3-3	3-3
Columbia Basin	3-6	3-6
North Idaho	1-2	1-3
Yakima Valley	1-6	1-6
Blue Mountain	0-9	0-9

Team	League	Overall
Spokane	17-1	24-4
Big Bend	10-4	11-7
Columbia Basin	11-5	15-9
Yakima Valley	15-7	15-7
Treasure Valley	6-12	6-12
Wenatchee Valley	4-12	4-12
Blue Mountain	2-16	2-18
Walla Walla	1-9	1-9

Team	League	Overall
North Idaho	18-4	19-4
Walla Walla	12-4	16-4
Big Bend	5-3	5-7
Columbia Basin	6-8	6-8
Treasure Valley	8-12	10-16
Yakima Valley	4-6	7-11
Wenatchee Valley	4-12	4-12
Spokane	1-9	2-13
Blue Mountain	0-0	0-0

Team	League	Overall
Pendleton	8-0	12-1
Ridgeview	5-3	8-5
Hood River Valley	5-4	8-6
Crook County	4-5	6-7
The Dalles/Dufur/Sherman/Wasco Co.	3-6	5-8
Redmond	0-7	0-11

Team	League	Overall
Burns	4-0	8-1
Nyssa	2-2	2-9
Vale	1-5	3-10
Wallowa Valley	0-0	9-4
Riverside	0-0	3-6
Umatilla	0-0	0-13
Crane	0-0	0-0
Irrigon	0-0	0-0

Team	League	Overall
Union/Cove	3-1	9-3
Stanfield/Echo	3-1	8-4
Grant Union/Prairie City	3-1	7-2
Weston-McEwen	1-2	8-5
Heppner/lone	0-1	4-7
Pilot Rock/Nixyaawii	0-4	4-9
Adrian	0-0	0-0
Elgin	0-0	0-0

Team	League	Overall
Kamiakin	1-0	1-0
Richland	1-0	1-0
Walla Walla	0-1	0-1
Chiawana	0-1	0-1
Hanford	0-0	0-0
Hermiston	0-0	0-0
Kennewick	0-0	0-0
Pasco	0-0	0-0
Southridge	0-0	0-0

Team	League	Overall
Walla Walla	5-1-4	5-1-4
Columbia Basin	4-2-2	4-2-2
Spokane	3-3-0	3-3-0
Blue Mountain	3-3-0	3-3-0
Yakima Valley	2-3-2	2-3-2
North Idaho	1-4-1	1-4-1
Treasure Valley	0-5-0	0-5-0
Wenatchee Valley	0-0-0	0-0-0

Team	League	Overall
Blue Mountain	5-0-2	5-0-2
North Idaho	3-2-1	3-3-1
Wenatchee Valley	2-3-2	2-3-2
Columbia Basin	2-3-1	3-3-1
Spokane	1-2-2	1-2-2
Treasure Valley	0-3-0	0-3-0
Walla Walla	0-0-0	0-0-0

Team	League	Overall
Walla Walla	5-1-4	5-1-4
Columbia Basin	4-2-2	4-2-2
Spokane	3-3-0	3-3-0
Blue Mountain	3-3-0	3-3-0
Yakima Valley	2-3-2	2-3-2
North Idaho	1-4-1	1-4-1
Treasure Valley	0-5-0	0-5-0
Wenatchee Valley	0-0-0	0-0-0

Team	League	Overall
Pendleton	9-0	11-2
Hood River Valley	7-2	9-4

## SPORTS BRIEFING

### CCC, EOU not allowing fans at track meet

LA GRANDE — Fans will not be allowed to attend the 2021 Cascade Collegiate Conference Outdoor Track & Field Championships,

which are scheduled to be hosted by Eastern Oregon University on May 14-15 at Banner Bank Track, according to a press release from EOU.

The decision to exclude fans is because of safety protocols related to the

continuing coronavirus pandemic.

"After an assessment of the facilities in relation to hosting fans and with the large number of student-athletes, officials and workers that will already be in attendance, the decision for no

spectators was arrived at jointly between meet host EOU and the CCC," the release said.

Fans can follow the meet on the EOU athletics website, [www.eousports.com](http://www.eousports.com).

—EO Media Group

## ON THE SLATE

### THURSDAY, MAY 13

**Prep boys basketball** Kamiakin at Hermiston, 7 p.m.  
**Prep girls basketball** Hermiston at Kamiakin, 7 p.m.  
**Prep baseball** La Grande at Pendleton, 4:40 p.m.  
**Prep softball** Pendleton JV at Echo/Stanfield (2), 3 p.m.  
**Prep wrestling** Hermiston at Chiawana, 5 p.m.  
**Prep track and field** Irrigon, Umatilla at District 3 meet at Riverside, 2 p.m.  
**College baseball** Blue Mountain at Yakima Valley (2), 1 p.m.

### FRIDAY, MAY 14

**Prep baseball** Stanfield/Echo at Umatilla, 1 p.m.  
 Dufur/South Wasco County at Heppner/lone (2), 2 p.m.  
 Joseph/Enterprise/Wallowa/Elgin at Pilot Rock/Nixyaawii (2), 3 p.m.  
**Prep softball** Heppner/lone at Riverside (2), 2 p.m.  
 McLoughlin at Pilot Rock/Nixyaawii (2), 4 p.m.  
**Prep track and field** Heppner, Pilot Rock, Stanfield/Echo, Weston-McEwen at Wapiti League Championships, Union, 11 a.m.  
 lone at Pirate Invite, Bickleton, 3 p.m.  
**Prep boys golf** Heppner at Grant Union, 10 a.m.

**College men's basketball** Blue Mountain at North Idaho, 7:30 p.m.  
**College women's basketball** Blue Mountain at North Idaho, 5:30 p.m.  
**College volleyball** North Idaho at Blue Mountain (2), 5 p.m.  
**SATURDAY, MAY 15**  
**Prep boys basketball** Hermiston at Richland, 1 p.m.  
**Prep girls basketball** Richland at Hermiston, 5 p.m.  
**Prep baseball** Crook County at Pendleton (2), 11 a.m.  
 Union/Cove at McLoughlin (2), 11 a.m.  
 Riverside at Sherman/Arlington/Condon (2), noon  
 Grant Union/Prairie City at Weston-McEwen (2), 11 a.m.  
**Prep softball** Pendleton at Crook County (2), 11 a.m.

Union/Cove at Umatilla (2), 11 a.m.  
 Weston-McEwen at Grant Union/Prairie City (2), 11 a.m.  
**Prep track and field** IMC District Championships at Pendleton, 11 a.m.  
 McLoughlin at GOL District Championships, Ontario, 10 a.m.  
 Griswold at Jo-Hi Invite, 11 a.m.  
**Prep wrestling** Hermiston at Hanford, 9 a.m.  
**College men's soccer** Blue Mountain at Spokane, 5:15 p.m.  
**College women's soccer** Blue Mountain at Spokane, 3 p.m.  
**SUNDAY, MAY 16**  
**College baseball** Yakima Valley at Blue Mountain (2), 1 p.m.

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