

# SIUSLAW NEWS AND RECREATION SPORTS WEDNESDAY

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Sports News:  
The Siuslaw News  
P.O. Box 10  
Florence, OR 97439  
Fax: (541) 997-7979  
Email: [sports@thesiuslawnews.com](mailto:sports@thesiuslawnews.com)

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## New rules target football injuries

### NFHS committee expands definition of 'unnecessary roughness'

In its ongoing effort to minimize the risk of injury in high school football, the National Federation of State High School Associations (NFHS) Football Rules Committee expanded the provisions of unnecessary roughness to include contact with a defenseless player.

These changes were subsequently approved by the NFHS Board of Directors.

The revised rule now reads, "No player or non-player shall make any contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness."

Bob Colgate, director of sports and sports medicine at the NFHS and editor of the NFHS football rules, noted that an example would be when a defensive player who is not in the vicinity of the ball is "blindsided" by a blocker on the offensive team.

Another change with a focus on risk minimization is a revision of the spearing rule

See **RULES 2C**

## Sports Calendar

### Spring sports

- March 17  
SHS baseball at Taft HS 3 p.m.
- March 19  
SHS track  
SHS Icebreaker 4 p.m.
- MHS track  
Mapleton 300 4 p.m.
- March 20  
SHS softball hosts Bandon 5 p.m.

## Running for a cause



Ned Hickson/Siuslaw News file photos

Rain or shine, runners of all ages have been turning out to show their support of local middle school cross country and track programs for the last six years.

# Shamrock Run to roll Saturday in Old Town

### Sixth annual run returns to Old Town and continues raising funds for SMS cross country, track programs

BY NED HICKSON  
Siuslaw News

Though the venue has changed over the past six years, the enthusiasm to celebrate the green in terms of raising money for local middle school cross country and track programs has remained the same. This Saturday, March 14, participants in the annual Shamrock Run will once again gather for either the 5K run, 3K run/walk or, for those ages 5 and under, the 100-meter Fun Dash. Pre-registration ended, but you can still show up between 7:30 and 8:30 a.m. and get in on the fun the morning of the run for \$10 (ages 6 through 10) or \$15 (age 11 and older).

The 100-meter Fun Dash is free and begins at 8:45 a.m. The event will begin and end near Bridgeport Market along the Port of Siuslaw's east end. Both the 3K and 5K runs start

See **RUN 3C**



A bit o' the green is always welcome, no matter who is wearing it.

## Map outlines western Oregon landslide risks

CORVALLIS — New landslide maps have been developed that will help the Oregon Department of Transportation determine which coastal roads and bridges in Oregon are most likely to be usable following a major subduction zone earthquake

that is expected in the future of the Pacific Northwest. The maps were created by Oregon State University and the Oregon Department of Geology and Mineral Industries, or DOGAMI, as part of a research project for ODOT. They out-

line the landslide risks following a large earthquake on the Cascadia Subduction Zone. The mapping is part of ongoing ODOT efforts to preserve the critical

See **MAP 3C**

## On the Bite

### A weekly fishing report for the local region

[www.dfw.state.or.us/RR](http://www.dfw.state.or.us/RR)

**MID COAST LAKES:**  
The rainbow trout stocking program is underway with many of the mid coast lakes being stocked. Most water bodies will be stocked multiple times until early June. Be sure to check out the 2015 stocking schedule for the most up to date information.

Fishing for the various warm water fish species can be productive during the winter months. Anglers may need to target different areas of a lake (typically deeper) versus when fishing more shallow areas in the spring or summer.

**SIUSLAW RIVER:**  
*Steelhead*

The winter steelhead fishery is slow to fair in both the Siuslaw and Lake Creek. River conditions are low and clear. Fishing the mid to lower river and focusing on the deeper holding water will produce

See **FISHING 3C**

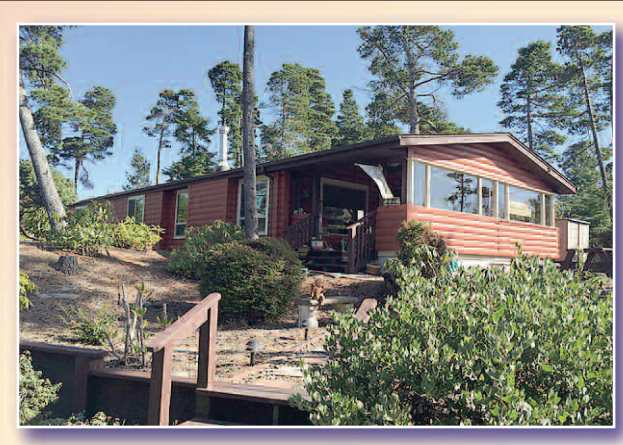
## TIDE TABLE

Entrance Siuslaw River

High Tide	Low Tide
<b>March 11</b> 3:55am / 7.0 4:52pm / 5.6	10:42am / 1.2 10:24pm / 2.7
<b>March 12</b> 4:37am / 6.9 5:58pm / 5.3	11:38am / 1.2 11:15pm / 3.1
<b>March 13</b> 5:30am / 6.8 7:14pm / 5.2	12:43am / 1.1
<b>March 14</b> 6:36am / 6.8 8:31pm / 5.4	12:24am / 3.3 1:54pm / 0.9
<b>March 15</b> 7:50am / 6.9 9:35pm / 5.8	1:47am / 3.3 3:01pm / 0.5
<b>March 16</b> 9:01am / 7.1 10:28pm / 6.3	3:05am / 2.9 4:00pm / 0.1
<b>March 17</b> 10:06am / 7.5 11:13pm / 6.9	4:10am / 2.3 4:51pm / -0.2

**SIUSLAW NEWS**  
148 Maple St.  
Florence  
541-997-3441

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