



Sports & Recreation

Calendar

April 18

• SHS track & field hosts SHS Invite
3:30 p.m.

April 19

• SHS baseball at Elmira (DH)
3 p.m. and 5 p.m.
• SHS softball at Elmira (DH)
3 p.m. and 5 p.m.

April 23

• SHS baseball at Marshfield
5 p.m.
• SHS softball at Marshfield
5 p.m.
• MHS track & field at Crow
4 p.m.

Tide Tables	
Entrance Siuslaw River	
High Tide	Low Tide
April 17 11:17am / 7.2 11:49pm / 7.8	5:20am / 0.8 5:35pm / 0.0
April 18 12:12pm / 7.3	6:09am / -0.1 6:19pm / 0.3
April 19 12:27am / 8.1 1:04pm / 7.2	6:55am / -0.7 7:01pm / 0.7
April 20 1:04am / 8.2 1:54pm / 7.0	7:40am / -1.1 7:42pm / 1.2
April 21 1:42am / 8.2 2:44pm / 6.7	8:25am / -1.1 8:24am / 1.7
April 22 2:19am / 7.9 3:35pm / 6.4	9:09am / -1.0 9:07pm / 2.3
April 23 2:59am / 7.5 4:29pm / 6.0	9:56am / -0.6 9:53pm / 2.9



MIKE SMITH/FOR THE SIUSLAW NEWS

Siuslaw's Hannah Rannow, the defending state 4A 800-meter champion, set a new school record in the girls mile on Saturday in Coos Bay during the Prefontaine Rotary Invitational.

NEW RECORD, 15 PRs FOR VIKS AT PREFONTAINE

By NED HICKSON
Siuslaw News

It was a long day for Siuslaw's track and field team during last Saturday's Prefontaine Rotary Invitational in Coos Bay, where athletes from 33 schools competed for nine hours in a full line-up of events.

It was during those hours that Siuslaw athletes not only claimed 15 personal records but, in the case of junior Hannah Rannow

also set a new school record.

Rannow, the defending 800-meter state champion in the 4A, bested her previous record in the girls' mile set nearly a year ago at the El Jefe in Eugene, where she ran a time of 5 minutes, 25.55 seconds. During last year's Prefontaine Mile, Rannow finished in 5:36.0 for seventh place and besting a record set in 1968 by Sherry Wells (5:38.6).

On Saturday, Rannow shaved more than 10 seconds off of her

previous school record set last May in Eugene, crossing the finish in 5:13.44 to claim second in the invitational's signature event.

Arcata, Calif., senior Thea Norlund won the race in 5:10.68.

Rannow, a junior, went on placed second in the 800 meters as well, running a season-best time of 2:25.45.

The Lady Vikings also got standout performances from

See TRACK 3B

SHS FALLS TO J. CITY, MOVES ON TO FALCONS FRIDAY

By NED HICKSON
Siuslaw News

J. City: 237 08 — 20 17 0
Siuslaw: 001 02 — 3 3 8

J. City: 030 201 0 — 6 9 0
Siuslaw: 000 000 0 — 0 5 2

Though the visiting Tigers of Junction City outscored Siuslaw 26-3 during Friday's doubleheader at at Siuslaw High School, there were a lot of shining moments for the young Vikings line-up, particularly in the night-cap.



NED HICKSON/SIUSLAW NEWS

The Vikings leave the mound after a timeout during Friday's doubleheader against Junction City.

See VIKS 4B

Lady Vikings scratched by visiting Tigers

Siuslaw will face the Falcons at Elmira this Friday.

By NED HICKSON
SIUSLAW NEWS

J. City: 18 SHS: 1
J. City: 16 SHS: 2

Taking on the No. 3-ranked Tigers of Junction City was going to be a challenge in

Siuslaw sophomore Adrianna Edwards keeps a Junction City runner in check at third base last Friday.



NED HICKSON/SIUSLAW NEWS

itself. Add an injury-depleted Viking roster that forced Siuslaw players out of their normal position, and last Friday's double-header challenge became magnified.

"We went up against the Sky-Em's No. 2 seed and gained some valuable experience in handling adversity and facing the challenges that that type of team brings to a field," said Siuslaw coach Sean O'Mara.

Friday's sweep of Siuslaw extended Junction City's winning streak to nine

See SIUSLAW 4B

Dunes City seeks volunteers for annual triathlon

Dunes City will host the 7th annual Oregon Dunes Triathlon and Duathlon on Saturday, June 8.

In the meantime, Dunes City and event organizers are seeking volunteers to help staff the locations needed for support throughout the venue.

School clubs, veterans' organizations, community groups all are welcome. In addition, the City will award a \$250 check to the group that brings the most volunteers on race day.

Volunteers are essential each year to ensure that the races run smoothly and safely. Volunteers play a vital support role for all of the participating athletes by providing encouragement, answering questions and being friendly faces of the community to athletes and visitors alike.

Most volunteers work only a half day and all volunteers will receive a free commemorative t-shirt. Volunteers are needed between approximately 6 a.m. and 1 p.m. on race day.

Anyone with a few hours to spare who wants to be part of this exciting event can call Dunes City Hall at 541-997-3338 to sign up.

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES/ RIVERS:

Stocking of the mid-coast lakes will begin the first week of February. Check the stocking schedule online for dates and locations of stockings. These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs, and Devils Lake.

SILTCOOS and TAHKENITCH LAKES:

Warmwater fishing is starting to get going on Siltcoos and Tahkenitch lakes. The recent warm weather is warming up the water and getting the warmwater fish more active. These fish will start heading into the shallows for the spring spawn creating good fishing opportunities.

See FISHING 3B



Lynnette Wikstrom
Broker
Cell: 541.999.0786



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