

CG TRACK

continued from B1

In the final distance event of the day, freshman Drew Chapman pulled away in the final laps of the 3000 to take a comfortable victory.

While the Lions were successful, there were hiccups along the way including a dropped exchange in the 4x100 and after having five jumpers go beyond 18 feet in the long jump at the intra-squad meet last week, only two exceeded that distance (Hayden Glenn and Dylan Carlton) on Wednesday.

"No I think it was good, while some of those kids had great performances we struggled in a few other areas and I think that's a good thing because now we - it kind of helps us refocus. ... We have two weeks now until our next meet. Helps us get through spring break knowing we have things to keep working on but excited for how much they're going to improve," said Knutson.

On the girls' side, the team was anchored by hurdlers, sprinters and freshman.

In the 100 hurdles, Faryn Dahlen took first with Owen Dragt in second and Angelica Manuntag in fourth place. In the 300 hurdles Sydney Boxberger was second with Dahlen in third and Lexie Hall in fourth.

The Lions showed their depth in the 100 as Zarah Wemple and Matty Ladd took second and third with Manuntag and Hall finishing fifth and sixth. Their sprinting success carried over to the 4 x 100 team that took first.

The freshmen carried the load for the Lions in the field events with Ladd winning the high jump and Raina Herzog taking second in shot put and third in discus.

"I mean a lot of other great things today. Matty was great. This is just off the top of my head because I haven't seen results yet. Matty 4'10 in the high jump first time out today and she was close to five feet," said Knutson.

The Lions next meet is a dual meet against Junction City at home on April 5.



PHOTOS BY ZACH SILVA/CG SENTINEL

Boys Team Results:

- 1. Cottage Grove 98
- 2. North Valley 72
- 3. Pleasant Hill 52
- 4. Thurston 42
- Cottage Grove Top Finishers:
- Boys 100:
 - 1. Jacob Woods 11.36 4. Cooper Ladd 12.06 5. Gavin Ostrander 12.16
- Boys 200
 - 1. Jacob Woods 23.79 7. Fernando Soto-Cruz 25.65
- Boys 400
 - 3. Fernando Soto-Cruz 57.92
- Boys 800
 - 1. James Talley 2:06.19 2. Konrad Raum 2:07.01 7. Eric Cortes 2:20.73
- Boys 1500
 - 1. Paesen Timm 4:28.30 2. Jesse Ellingworth 4:31.53
- Boys 3000
 - 1. Drew Chapman 10:13.50
- 110m Hurdles
 - 1. Joshua Clafin 16.24 2. Hayden Glenn 16.62 4. Colton Benner 17.92
- 300m Hurdles
 - 1. Colton Benner 46.80 5. Cory Butts 53.80 7. Jayden Walter 55.0
- Shot Put:
 - 1. Joshua Clafin 42-06.5 7. Jake Hopkins 39-08.50
- Discus
 - 5. Jasper Nichols-Ferguson 97-08 6. Jared Simmons 95-11
- Javelin
 - 2. Hayden Glenn 135-07 4. Joshua Clafin 131-01

High Jump

- 1. Erick Giffen 6-00 6. Gaven Ostrander 5-02
- Pole Vault
 - 4. Quinn Kopachik 8-06 5. Luke Johns 7-06
- Long Jump
 - 2. Hayden Glenn 18-09 6. Dylan Carlton 18-01 7. Erick Giffen 17-10 7. Jacob Woods 17-10
- Triple Jump
 - 2. Markus Julien 38-04.5 3. Erick Giffen 38-02.0

Girls Team Results:

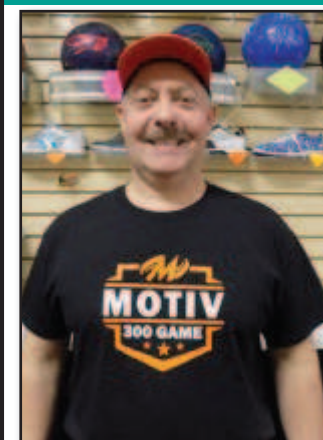
- 1. Cottage Grove 90.5
- 2. North Valley 63.5
- 3. Thurston 54
- 4. Pleasant Hill 35
- Cottage Grove Top Finishers:
- Girls 100
 - 2. Zarah Wemple 13.55 3. Matty Ladd 13.69 5. Angelica Manuntag 14.02 6. Lexie Hall 14.53
- Girls 200
 - 3. Zarah Wemple 29.07 4. Mariah Ludiker 29.79 8. Katie Geisler 32.53
- Girls 400
 - 8. Marie Gomez-Cornelison 1:18.9
- Girls 800
 - 4. Rhea Florez 2:42.87 6. Halle Petersen 2:45.40 8. Nicole Paulus 3:05.83
- Girls 1500
 - 2. Sabrina James 5:34.89 6. Richelle Rolfe 6:08.5 7. Kenzie Parsons 6:13.05

Girls 3000

- 2. Sophia James 13.21.10
- 100 Hurdles
 - 1. Faryn Dahlen 17.17 2. Owen Dragt 19.60 4. Angelica Manuntag 20.36 7. Hannah McKenzie 22.47
- 300 Hurdles
 - 2. Sydney Boxberger 53.55 3. Faryn Dahlen 56.12 4. Lexie Hall 57.58
- 4x100
 - 1. Tara Child, Faryn Dahlen, Matty Ladd, Zarah Wemple 52.30
- Shot Put
 - 2. Raina Herzog 28-05 4. Adelle Kent 27-05 6. Riley Hutchins 25-07.5
- Discus
 - 3. Raina Herzog 90-11 4. Annie Gison Becker 82-10
- Javelin
 - 3. Riley Hutchins 85-09 4. Sydney Boxberger 78-08 8. Avery Hutchins 51-03
- High Jump
 - 1. Matty Ladd 4-10 5. Avery Hutchins 4-04
- Pole Vault
 - 1. Hayle Maitia 7-00 1. Adelle Kent 7-00
- Long Jump
 - 3. Faryn Dahlen 14-05 5. Tara Child 13-11 7. Lexie Hall 13-03
- Triple Jump
 - 2. Sydney Boxberger 30-04 6. Taylor Mehan 26-05.5 7. Irene Nichols-Ferguson 22-11.00

Left: Zarah Wemple, the anchor leg of the 4 x 100 relay, speeds off to a first place finish for her team.
Center: Paesen Timm takes first in the 1500.
Right: Erick Giffen clears 6-0 in the high jump.

Bowler Of The Week



Jim Chenoweth

Age: 54

Years Bowling: 10

High Game: 300

Reason for bowling:
It's the only sport I can participate with my entire family!



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COTTAGE GROVE HIGH SCHOOL

- 3/28
 - 9:30 a.m. Baseball vs. Brookings-Harbor (@ Hidden Valley Tournament)
 - 5:00 p.m. Baseball @ North Valley (@ Hidden Valley Tournament)
- 3/29
 - 1:00 p.m. Softball vs. North Marion
- 4/2
 - 4:30 p.m. Baseball @ Cascade
- 4/3
 - 4:30 p.m. Baseball vs. Junction City
 - 4:30 p.m. Softball @ Junction City

NORTH DOUGLAS HIGH SCHOOL

- 3/29
 - 12:00 p.m. Baseball vs. Lost River
 - 12:00 p.m. Softball vs. Lost River
 - 2:00 p.m. Baseball vs. Lost River
 - 2:00 p.m. Softball vs. Lost River
- 3/31
 - 1:00 p.m. Baseball vs. Reedsport
 - 2:00 p.m. Softball @ Centrall Linn
- 4/3
 - 4:30 p.m. Baseball @ Lowell
 - 4:30 p.m. Softball @ Lowell

YONCALLA HIGH SCHOOL

- 3/31
 - 12:00 p.m. Softball @ Glendale
 - 2:00 p.m. Softball @ Glendale
- 4/2
 - 4:30 p.m. Baseball vs. Oakland

ELKTON HIGH SCHOOL

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