

Lions head to districts feeling good

By Zach Silva
zsilva@cgsentinel.com

After a successful Wally Ciochetti Invite, the Cottage Grove track team is right where it wants to be heading into the most important week of the year: the district meet.

"It always feels good when we're improving still going into the last week," said head coach Ricky Knutson after Friday's meet.

On Friday, at a meet with over 1,000 entries and 17 teams competing, the Lions stayed competitive on the boy's side as the team finished third behind familiar 4A faces in Crook County and Scappoose.

Leading the way was Jacob Woods who won both the 100 and 200. Jimmy Talley added points with his second-place finish in the 800 that saw him break 2:00 for the first time with a seven second personal record. Talley now has the

fourth fastest time in the 4A classification.

"I told him I thought he was capable of running under 2:00 and he kind of looked at me surprised. He hadn't really been in a lot of fast 800s and I knew if he got in and could really race some guys, we thought take some risks and see what happens today. So that was a really big one for him," said Knutson.

On the girl's side, the team finished 12th. The high scorers for the team included the second place 4x100 relay team of Angelica Manuntag, Matty Ladd, Tara Child and Zarah Wemple which moved up to the fifth best time in the 4A classification. Ladd also finished second in the high jump.

Heading into districts, the girls team will be working to catch up to the favorite Sisters, who took second place at Friday's meet.

For the boys' team at districts, they head into the meet

as the team to beat as they look to win their third-straight title. This Cottage Grove team has been guided all season by both individual talents and their team depth.

The Lions have the top athlete in the district in seven of the 17 events (Jacob Woods in the 100, 200 and long jump; Juice Clafin 110 hurdles; Erick Giffen high jump; Hunter Hall shot put; and the 4x100 team). But what elevates the team is the individuals that will finish after that top spot.

There are four events where Cottage Grove has the ability to score at least 18 points. In the field events, behind Hall at first in shot put, Clafin is second and freshman Jake Hopkins in seventh. In the 110 hurdles, Clafin leads the way but fellow seniors Hayden Glenn and Colton Benner sit in fourth and fifth place, respectively.

While Jordan Pollard of Sisters has the fastest time in the district in the 400, 800, 1500 and 3000, the Lions distance runners have a chance to leave their mark on the meet. The trio of Talley, Konrad Raum

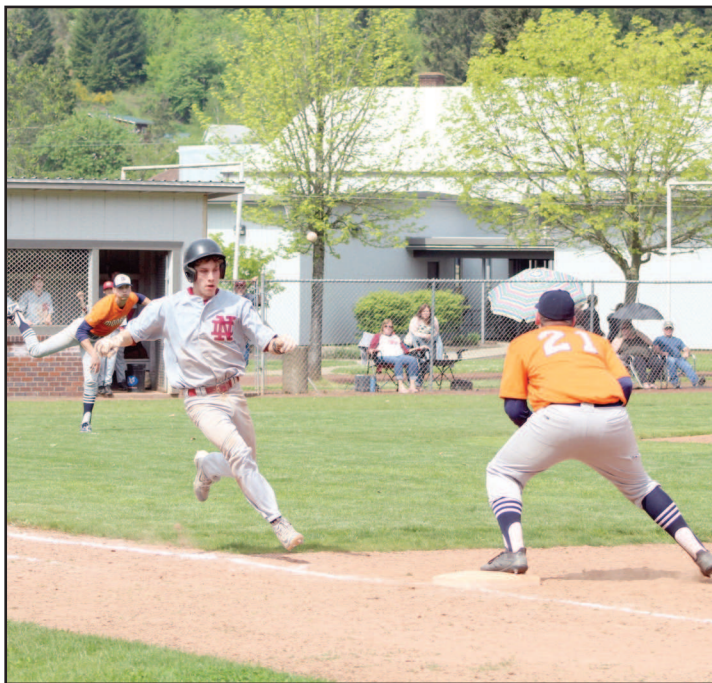
and Paesen Timm are all currently in the top five in the district in both the 1500 and 3000. After Friday's 800, Talley is now second in the 800.

"I think we have the best five guys in the state at the 4A level. It's going to be really hard to decide who to run. They looked stronger than the 4A state cross-country champs. I mean, they're pretty solid," said Knutson.



Cottage Grove's Jacob Woods wins the 200 on Friday night.

Warriors get game off of Dragons



North Douglas' Kyle Bowen beats out a throw to first after a successful bunt on Friday in a 13-3 win over Monroe.

By Zach Silva
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Undefeated in league and carrying a 10-game win streak, Monroe met their match in the start of a double-header on Friday against North Douglas.

The Dragons were victorious against the Warriors in their midweek game and in the second game of Friday's double-header. But to start the day, it was the Warriors coming away with a win, and 10-run ruling the Dragons in the process.

In the first game, it was North Douglas from the start as they turned two hits into four runs in the first inning.

With the bases loaded, Caleb Parks hit a chopper to the third basemen he couldn't handle that scored Kyle Bowen and didn't record an out. With the bases still full, Jimmy Barrone then delivered a shot to right that scored both Austin and Koldan Frieze before a passed ball led to Parks scoring from first.

Monroe's pitcher Kai Garber took back control of the game,

striking out the side in the second inning and forcing two pop-ups to start the third inning. But with two outs, Parks' bunt turned the tide. After successfully stealing second, Parks was caught in a pickle after taking a sizable lead from second. As Parks cautiously ran to third, Garber's throw went past the third basemen and Parks was free to sprint home to score.

After the overthrow, the next two North Douglas batters were walked setting up Tyler Kallinger's double that sailed to deep left field and scored both Barrone and Brandon Rundell. On the next at bat, Brian Erickson's single to right then scored Kallinger for what was the second four-run inning of the game.

"We thought, from our perspective, showed pretty good patience at the plate. Sprayed the ball around the field, hit the ball fairly well. Executed a bunt or two. So we were able to keep pressure on them most of the game which is what they did to us up there," said head coach Jeff Davis.

Loading the bases for the third inning of the game, North Douglas was able to bring in three more runs in the fourth inning behind three hits and three batters getting hit by pitches.

Down 10 in the top of the fifth with two outs, the Dragons were able to temporarily stave off being 10-run ruled as they brought in a pair of runs. With the bases loaded again for North Douglas in the sixth inning, Kallinger's single scored a run before Erickson was walked to finish the game at 13-3.

"That's a good win. Good confidence builder for us regardless of what happens in the second game because we know we can," said Davis. "Those are also the kind of games that sometimes, we don't know if this will be one, that you point to and say 'hey, remember that game. That was the one.'"

In the second game of the day, the Warriors lost 7-2. Three games back from Monroe and a game back from Oakland, North Douglas is now tied for third in the league standings with Oakridge. The team now faces Elkton/Yoncalla this week before next week's final series against Oakland.

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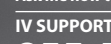
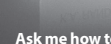
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