

SCHEDULE

WEDNESDAY, MAY 13
Baseball: South Albany at Dallas (DH), 2:30 p.m. Central at Corvallis, 4:30 p.m. Perrydale at Santiam, 4:30 p.m.
Softball: Lebanon at Dallas, 4:30 p.m. Central at Corvallis, 4:30 p.m. Dayton JV at Perrydale, 4:30 p.m.
Track and Field: Dallas, Central at Mid-Willamette Conference championships at Western Oregon University, Monmouth, 4 p.m.
Boys Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 8 a.m.
Girls Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 1 p.m.

THURSDAY, MAY 14
Track and Field: Dallas, Central at Mid-Willamette Conference championships at Western Oregon University, Monmouth, 4 p.m. Perrydale at Tri-River Conference championships, Kennedy, 2 p.m.
Boys Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 1 p.m.
Girls Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 8 a.m.

FRIDAY, MAY 15
Baseball: Dallas at South Albany, 4:30 p.m. Corvallis at Central, 4:30 p.m.
Softball: Silverton at Dallas, 4:30 p.m. Central at Woodburn, 4:30 p.m.
Track and Field: Perrydale at Tri-River Conference championships, Kennedy, 3:30 p.m. Falls City at 1A Special District 1 championships, Portland Christian High School, 11 a.m.
Boys Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 1:30 p.m.
Girls Tennis: Dallas, Central at Mid-Willamette Conference championships at Timberhill Tennis Club, Corvallis, 1:30 p.m.

SATURDAY, MAY 16
Track and Field: Falls City at 1A Special District 1 championships, Portland Christian High School, 11 a.m.

MONDAY, MAY 18
Girls Golf: Class 5A State championships, Trysting Tree Golf Club, Corvallis, TBA.

TUESDAY, MAY 19
Baseball: Perrydale at Kennedy, 4:30 p.m.
Softball: Perrydale at Kennedy, 4:30 p.m.
Girls Golf: Class 5A State championships, Trysting Tree Golf Club, Corvallis, TBA.

WEDNESDAY, MAY 20
Softball: Central Linn at Perrydale, 4:30 p.m.

Schedules Subject to Change Online

Check out the *Itemizer-Observer's* Facebook page and follow us on Twitter @PolkIOSports to see results of Tuesday's district golf tournament, baseball and softball scores and district track and field results from Dallas, Central, Perrydale and Falls City high schools. Also, visit www.polkio.com for sports stories, photos and more.

COLLEGE BASEBALL

WOU rallies to win GNAC title

Western Oregon defeats Northwest Nazarene twice on Saturday

By Lukas Eggen
The Itemizer-Observer

BILLINGS, Mont. — After a 3-2 loss to Northwest Nazarene to open the Great Northwest Athletic Conference baseball tournament on Thursday, Western Oregon's season stood on the brink. The Wolves would have to win three games over the next day and a half



Harpole
first (game) and you know you can't drop another one," senior Garret Harpole

to win the conference title. One loss and WOU's season would come to an end.

"We did everything to get our minds right and not panic too much. We've had to come back a couple of times this year and we knew we could do it."

Western Oregon responded by reeling off three-straight wins to earn the conference crown, culminating with a 4-3 win over Northwest Nazarene on Friday. "For us, it was getting to



Taylor
at a time to get back into it. They did that and found a way to come away with the

the next game, the next pitch," Wolves coach Kellen Walker said. "We had to take it one game

gritty win."

Western Oregon eliminated top-seeded Montana State Billings 4-3 in 10 innings on Friday night to set up a rematch with the Crusaders Saturday. The Wolves needed to win both games against NNU.

WOU won the first matchup 7-2 to set up a winner-take-all finale.

See GNAC, Page 14A

CLASS 5A PREP TRACK AND FIELD

McBeth excels after season threatened

Sophomore forced to cut back miles

By Lukas Eggen
The Itemizer-Observer

INDEPENDENCE — When it comes to running, Central sophomore Abby McBeth doesn't like to slow down.

As a freshman, McBeth placed second at the OSAA Class 4A State Championship meet in the 1,500-meter run and fourth in the 3,000. But headed into the Mid-Willamette Conference track and field championships, McBeth has had to slow down to keep moving fast.

Despite recording some of the league's fastest times in the 1,500, McBeth's season — and running career — was in doubt.

"I'm just thankful to have a season," McBeth said.

The trouble began after the fall. "This winter after cross-country, I did have some health problems," McBeth said.

Among them included near stress fractures — an injury that could end her season, if not her career.

"I visited a sports medicine doctor in Corvallis at the beginning of spring," McBeth said. "It was shocking to hear that I was so close to losing my career."

The culprit: over training. Part of what made McBeth one of the fastest runners in the state threatened to be her undoing.

McBeth's season was saved, but it re-

MWC Track and Field Championships

What: Mid-Willamette Conference track and field championships.

When: Wednesday, 4 p.m.; Thursday, 4 p.m.

Where: Philomath High School.

Admission: Adults, \$6; students, \$4.

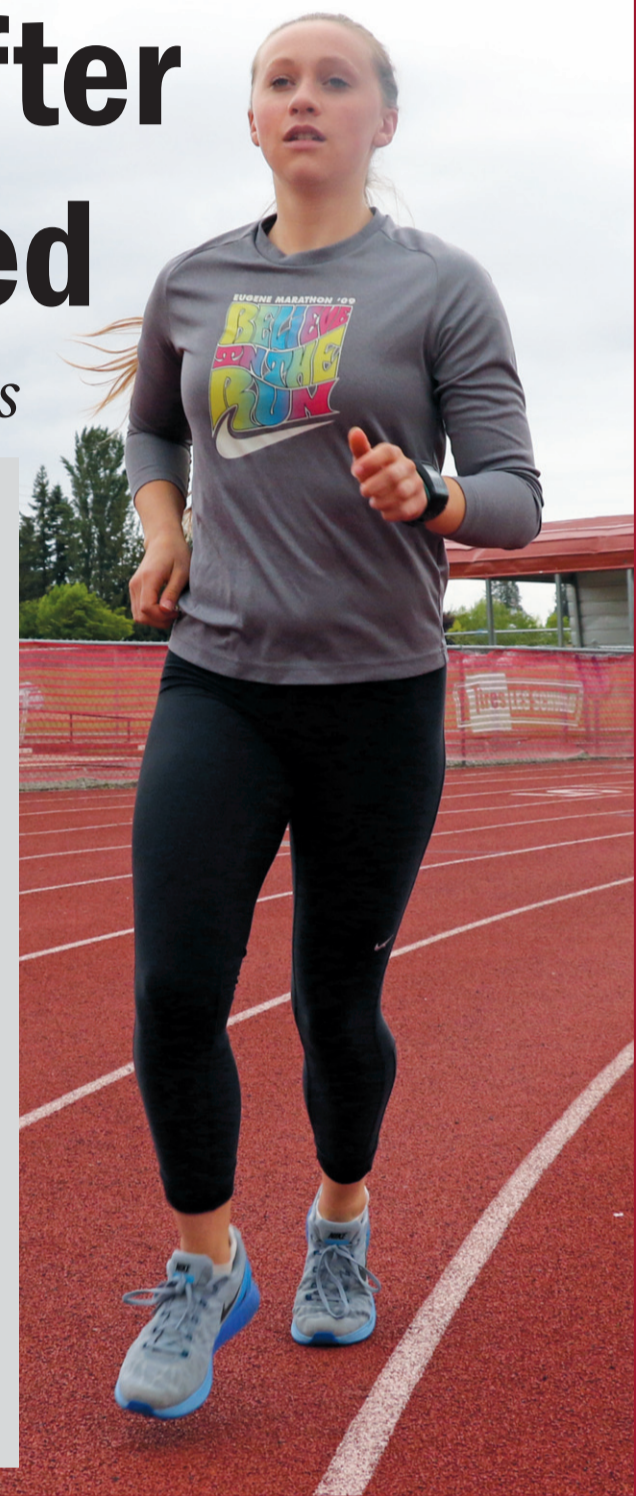
Who: Athletes from Central, Dallas, Corvallis, Crescent Valley, Lebanon, Silverton, South Albany and Woodburn high schools.

What's at stake: Winners and second-place finishers from each event at the district meet automatically qualify for the Class 5A state track and field championships, May 22-23 at Hayward Field in Eugene. Any athlete meeting a predetermined qualifying standard may also qualify for state, regardless of number.

quired some big changes in her approach. Last year, McBeth said she took a total of two weeks off and averaged 70 miles a week. This spring, that number is down to around 30.

"I haven't run with a base at all," McBeth said. "I've sort of been racing myself into shape, but at the same time trying not to overdo it."

See MCBETH, Page 12A



CLASS 5A PREP TENNIS

Dallas girls aim to surprise at districts

Coach hopes new attitudes lead to improved results for the Dragons



LUKAS EGGEN/Itemizer-Observer
Dallas singles player Marissa Brewen hopes to help lead the Dragons to a successful run at districts.

By Lukas Eggen
The Itemizer-Observer

DALLAS — When the 2015 season began for Dallas' girls tennis team, first-year coach Jordan Sollman had a simple message — forget the past.

"I told them I didn't care what has happened in the past," Sollman said. "This team is a different team, and we're going to play like we're out to win."

That message has taken hold, perhaps for the first time in recent memory, as the Dragons prepare for the

Road To State

Who: Dallas and Central boys and girls tennis.

What: Mid-Willamette Conference championships.

When: Wednesday, 8 a.m. (boys), 1 p.m. (girls); Thursday, 8 a.m. (girls), 1 p.m. (boys) and Friday, 1:30 p.m.

Where: Timberhill Tennis Club, Corvallis.

What's at stake: The top four finishers in singles and doubles play advance to the state championship later this month.

Mid-Willamette Conference district tournament Wednesday (today), Thursday and Friday at Timberhill Tennis Club in Corvallis.

"I'm feeling good after

this year," No. 1 singles player Marissa Brewen said. "We had some nice wins at the end of the season to get us pumped up and ready."

See DALLAS, Page 13A

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