

QUICK HITS

Central to host sports physicals

INDEPENDENCE — Central High School will hold sports physicals Aug. 9 from 9:30 a.m. to noon.

Physicals will take place at the Panther Pit. Cost is \$10.

DHS, CHS fall sports registration coming

POLK COUNTY — Registration for the high school fall sports season will take place Aug. 8-11 at Dallas and Central high schools.

Those who are not registered by Aug. 11 will not be able to practice on Aug. 15, the first day of official practices.

Cost in Dallas is \$150 for all sports. Those qualifying for free lunch must provide a letter from the district office. Cost will then be reduced to \$35.

Paperwork is available online at www.sites.google.com/a/dsd2.org/dallas-high-school-athletics/ and will be in the athletic office starting Aug. 8.

At Central, registration will be held from 6 to 8 p.m. Aug. 8-11 at the athletic office.

Cost is \$50. Forms will be available at the office.

Bike MS returns to WOU Friday

MONMOUTH — Bike MS will set up camp at Western Oregon University Friday through Sunday.

The charity ride offers a variety of distances for cyclists from 18 to 100 miles.

Money raised from the event goes toward helping people affected by multiple sclerosis live the best lives possible.

It's not too late to register to ride, volunteer or donate.

For more information: www.mainnationalmssociety.org/site/TR/Bike/ORCBikeEvents?pg=entry&fr_id=27007.

Cross Creek men's club results

DALLAS — Cross Creek's men's club results for July 24:

Progressive Tees Tournament

Gross: 1, Joe Johnson, 74; 2, Wayne Weathers, 77.

Net: 1, John Mangini, 66; 2, Bob Bennett, 67; 3 (tie), Randy Wiley, Wayne Baughman and Lynn Hurt, 68.

July 26

Low gross/low net

Gross: 1, Lee Gamaney, 37; 2 (tie), Rich Dominick and Kevin O'Brien, 38.

Net: 1, Jim Schroeder, 30; 2, John Hopkins, 32; 3, Bob Sprinkle, 33; 4, John Mangini, 34.

Golf scramble set for Thursday

DALLAS — Western Oregon will host the Wolves on the Green golf scramble for women's athletics Thursday at noon at Cross Creek Golf Course.

Cost is \$75 each or \$300 per team and includes dinner. Money raised will help create championship experiences for student-athletes. For more information: 503-838-8449.



LUKAS EGGEN/Itemizer-Observer
Racers take off at the start of the Summerfest Fun Run on Saturday morning. Runners and walkers took part in the 5-kilometer race.



LUKAS EGGEN/Itemizer-Observer
Grayson Keene races to the finish at the Dallas Aquatic Center's Kids Triathlon on Friday morning.



LUKAS EGGEN/Itemizer-Observer
Dashiell McNett-Barth gets a little help preparing for the start of the Kids Triathlon.



LUKAS EGGEN/Itemizer-Observer
A trio of runners sprints toward the finish line at the Summerfest Fun Run Saturday.



LUKAS EGGEN/Itemizer-Observer
Ivy Nicolas gets ready to start the Kids Triathlon at the Dallas Aquatic Center.

DALLAS HIGH SCHOOL ATHLETICS

Condition of high school track up for debate

By Lukas Eggen
The Itemizer-Observer

DALLAS — When Dallas track and field coach Bill Masei began the 2016 season, he looked for a way to cut down on the number of injuries — specifically shin splints. That included giving athletes an extra day of rest and staying off the high school's track as much as possible.

Dallas School District Facilities Manager Kevin Montague said the track isn't the culprit and still has "several" years of life left.

"I don't deal with feelings, I deal with data," Montague said. "The data simply does not support the theory that we need to replace the track at this point. Any evidence like shin splints, it's purely anecdotal. You can't draw



LUKAS EGGEN/Itemizer-Observer file
The track at Dallas High School was installed in 2004

the correlation from a scientific perspective and say the track was the cause when a majority of shin splints can be reduced by additional stretching and exercises."

Montague said the district had representatives from Beynon Sports Surfaces examine the track in 2015 and again on July 26. In a letter from 2015, Gary Logsdon, vice-president of sales for

Beynon Sports Surfaces, said the track showed no significant signs of wear.

Logsdon said the company tells people 10 to 12 years is the time frame for resurfacing. Dallas' track was originally installed in 2004, making it 12 years old, but Montague said that number is more of a guideline than a hard deadline.

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Dirtbags fall in state tournament

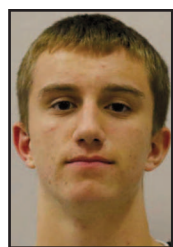
By Lukas Eggen
The Itemizer-Observer

KEIZER — Offensive explosions and a dash of controversy highlighted the DeMarini Dirtbags' run in the American Legion AAA state tournament in Keizer.

The Dirtbags advanced to day four of the double elimination tournament.

The squad opened the championship with a 16-3 win over the Bi-Mart Challengers on July 27 that saw the Dirtbags jump out to a big lead early thanks in part to a three-run home run from Sam Swenson.

The bats went silent on



Mendazona

day two, as the Dirtbags fell to the Withnell Dodgers 7 - 1, bumping them to the loser's bracket.

The Dirtbags stayed alive by blowing past Advanced Metals (of Gresham) 17-6 on Friday, but the team's run for a state title came to an end on Saturday after a 4-3 loss to the Medford Mustangs.

The Dirtbags trailed 4-1 earlier in the game, but pulled to within one run with runners on first and second and two outs.

The potential game-tying runner was thrown out at home plate to end the team's season in a close call.

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Weaver

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