

PREP TRACK AND FIELD

Dragons jump, hurdle to districts

By Lukas Eggen
The Itemizer-Observer

DALLAS — Expectations are high among Dallas' boys and girls track and field teams entering the Mid-Willamette Conference district track and field championships, Friday and Saturday at Lebanon High School. "We have a chance to send 10 to 12 kids to state, but they will need to perform well," coach Bill Masei said. "Our goal is to be a top three finisher on the girls side and a district champion



Webb

on the boys side." For the boys, Trevor Cross will enter the race ranked first in the MWC in the 3,000-meter run. Cross is the lone runner from the MWC to record a time faster than 9 minutes (8 minutes, 52.13 seconds). Cody Webb enters ranked tied for second in the 100 and 110 hurdles, and third in

the 300 hurdles.

Jacob Deming will look to make his mark in track and field events. He's ranked first in the 300 hurdles, long jump, triple jump and pole vault.

Masei also expects strong performances from Aaron White (ranked second in the triple jump and third in the long jump), Jake Collins (second in the pole vault), and throwers Justin Ingram and Jacob Ronco.

"The strongest events for the boys will be the jumps and hurdles, along with the

distance races," Masei said.

The girls will also boast a strong lineup — particularly in the jump and hurdle events.

"Dallas will be led by Jenifer Webb in the long jump and hurdles, Stefani Tallon in the triple jump, Kayley Sayer in the jumps and javelin, and Haley Van Well in the jumps," Masei said.



Cross

Webb will enter the weekend ranked first in the MWC in the long jump and second in the 100 hurdles.

Sayer is ranked second in the long jump and third in the triple jump. Van Well — a freshman — is second in the triple jump. Tallon will enter ranked third in the 100 and 300 hurdles.

If each athlete performs up to his or her potential, expect to see the Dragons in the mix for team titles — and in a position to send a large contingent to state, including chances for a few

surprises.

"A dark horse in the 300 hurdles will be Jake Collins and Malakai Conella in the sprints for the boys," Masei said. "For the girls, Harlie Mounce, Regann Gavin and Amelia Burgess."

For Dallas, the focus has been on getting athletes ready to perform at their best when it matters most. This weekend, the Dragons will get their chance to show what they're capable of.

"We've been keeping them fresh and sharp for this meet," Masei said.

WESTERN OREGON ROUNDUP

Baseball earns GNAC title

Itemizer-Observer staff report

MONMOUTH — Western Oregon's baseball team clinched the Great Northwest Athletic Conference's regular season title after splitting four games with Northwest Nazarene.

WOU split the opening doubleheader, falling 5-2 before winning 11-3 on Thursday. The Wolves won 20-2 before losing 6-3 on Friday.

Western Oregon racked up 20 hits during the first game on Friday. Jacob Martinez had four hits and three RBIs, helping the Wolves build a 15-0 lead after the second inning.

WOU has won the GNAC's regular season title 14 of the last 16 years.

Western Oregon advances

to the GNAC Championships Wednesday (today) through Friday in Portland.

The Wolves open the double elimination tournament by hosting Montana State Billings Wednesday (today) at 7 p.m.

The winner plays the winner of Northwest Nazarene vs. Central Washington on Friday. The losers from each game play each other in an elimination game on Friday.

SOFTBALL FALLS IN CONFERENCE TITLE GAME: Western Oregon's softball team advanced to the championship game of the GNAC Softball Championships on Sunday before falling to Western Washington 5-0.

The Wolves advanced by defeating Central Washington twice, beating the Wildcats 4-3

on Friday and 8-6 on Saturday, but WOU lost to Western Washington twice during the double elimination tournament.

Western Oregon finishes the season with a 29-24 record overall. The Wolves did not play a home game during the 2017 season.

RIBICH WINS 1,500 IN EU-GENE: Western Oregon junior David Ribich led Western Oregon's track and field team at the Oregon Twilight meet in Eugene on Friday. Ribich won the men's 1,500-meter invitational race with a time of 3 minutes, 45.01 seconds.

Grayson Burke led the women's team with a second-place finish in the 400 in 58.67.

At the Linfield Open on Saturday, Olivia Woods won the women's 400 in 57.19, while teammate Megan Rose took second in 57.89. Burke took second



Ribich



Holmberg

in the 800 (2:21.21). Sawyer Heckard won the men's 3,000 steeplechase in 10:05.24. AJ Holmberg took second in the 800 (1:51.90), and Wesley Gray placed second in the triple jump with a mark of 13.86 meters.

Western Oregon will host the GNAC Championships on Friday and Saturday. Field events begin at 2 p.m. Friday.

Track: Labrado to lead Falls City

Continued from Page 11A

"Jeremy Labrado has natural athletic ability and determination," Simmons said. "The Kempfer twins have put in a lot of hard work."

The field events could be a strong point for the girls team.

Sophomore Jaime Shaw is ranked second in the triple jump, and Brittney Potts is tied for second in the high jump.

Simmons also expects to see strong performances from Amara Houghtaling and Madelyn Hendrickson.

Training has been a challenge with student-athletes balancing a number of

school and extra curricular activities, Simmons said.

But this is when all the work put in during the season pays off.

Simmons won't be judging how many athletes place or go state.

Instead, he hopes each kid performs their best and focus on the meet at hand.

"The key for the kids to perform at their best will be having a total mindset for each event," Simmons said.

"Success to me is in the attitude of the athlete and whether or not they felt good with their performance. If it just so happens it gets them to state, then so be it."

Central: Cirino, Panthers focused on best events

Continued from Page 11A

The Panthers have numerous athletes who will be in contention for a trip to state.

Isaac Burgett is ranked first in the MWC in the 400-meter run. Peter Mason is second in the long jump.

Sterling Hutchinson (200) and Zach Meyer (800) are also ranked second.

For the girls, Bethanie Altamirano is ranked first in the 400 and second in the 200. Sophia Henke is first in the high jump and triple jump.

"The key to their performance at district, assuming they are healthy, is mostly dealing with the mental aspects of preparation and performance," Cirino said.

Competition will be tough, and Cirino expects each event to be hotly con-

tested by several teams.

"Our league is one of, if not the, top leagues in the state and it's going to be a great meet," he said. "We have tremendous athletes on all the teams."

No matter what an athlete's ranking is, Cirino is

quick to point out that anything can happen, and once you step onto that track, rankings count for little.

"Matt Raines, Zach Meyer, Aaron Padilla, AJ Morales, Jaydon Aydelotte and Bailie Hartford are all athletes that, on paper, are

not favored to make it to state or score high in their events," Cirino said. "But all these kids are running or jumping really well right now and could surprise at district. Anything can happen. We've had eighth-seeds win league titles."

DALLAS ROUNDUP

Softball improves to 15-0

Itemizer-Observer staff report

DALLAS — The wins keep on coming for Dallas' softball team. The Dragons defeated Crescent Valley, Corvallis and Silverton last week to improve to 15-0 in Mid-Willamette Conference play.

Dallas opened the week with 13-3 and 19-0 wins over

the Raiders on May 2. The Dragons defeated Corvallis 10-0 on May 3 and Silverton 10-5 on Friday.

Olivia Nelson had eight hits against Crescent Valley.

Lauren Wallace had four hits and four RBIs during the team's first game against the Raiders.

With the wins, the Dragons clinched the MWC title.

Dallas played Central Tuesday after press time. The Dragons host Lebanon Thursday at 4:30 p.m. and South Albany Friday at 4:30 p.m. before closing out the regular season with a non-league game at Tualatin on

May 17. The first round of the state softball championships will be held May 24.

BASEBALL LOSES THREE TO CV: Dallas' baseball team dropped three games to league-leading Crescent Valley last week. The Raiders defeated the Dragons 10-3 on May 2, 10-0 on May 3, and 20-7 on Friday.

The losses dropped Dallas' record to 14-9 overall and 11-7 in Mid-Willamette Conference play. The Dragons entered the week tied for third with Lebanon.

Dallas closes out the regular season by hosting Corvallis Wednesday (today) at 4:30 p.m. before playing at Corvallis on

Friday. The Spartans entered the week in second.

The top two teams in the MWC earn an automatic berth to the state tournament. The third and fourth seeds will host a play-in game on May 19.

The fifth and sixth-place teams will play on the road for the play-in round.

CENTRAL ROUNDUP

Softball wins two of three against Rebels

Itemizer-Observer staff report

INDEPENDENCE — Central's softball team won two of three games last week.

The Panthers defeated South Albany 15-4 on May 2 and Crescent Valley 12-2 on May 3 before losing to Lebanon 6-2 on Friday.

Central entered the week in third place in the Mid-Willamette Conference. The Panthers are two games behind Silverton for second and one game ahead of Lebanon for fourth.

Central played Dallas Tuesday after press time.

The Panthers play at Cor-

vallis for a doubleheader Wednesday (today) at 3 p.m. Central closes out the regular season with a nonleague game at home against Gladstone Tuesday at 4:30 p.m.

BASEBALL TAKES TWO FROM SOUTH ALBANY: Central's baseball team won two of three games against South Albany.

The Panthers won 11-1 on May 2 before losing 3-1 on May 3. Central bounced back for a 14-1 win on Thursday.

The Panthers close out the regular season at Lebanon Wednesday (today) and at Scappoose on Saturday for a nonleague game.

Dallas: Blair is seeded fifth

Continued from Page 11A

"We have to calm down and focus on every point," Price said. "And then we have to move on to the next one because every point counts."

Caedmon Blair is seeded fifth in the singles bracket and opens play against Lebanon's Roberto de Jong.

None of Dallas' girls are seeded entering the district tournament.

In singles play, Karlie Dalke will play top seeded Anna Kern, of Corvallis, in the first round. Kinzi Boer faces South Albany's Samantha Axall; Addie Gillette plays Lebanon's Miriam Birrueta; and Molly Peffley plays South



LUKAS EGGEN/Itemizer-Observer

Zac Price and Josh Dudley hope to qualify for state.

Albany's Kambria Luckenbach.

The top four finishers in

singles and doubles play advances to state.

For results, visit

www.polkio.com and follow the *Itemizer-Observer* on Twitter: @PolkIOSports.

Tennis: Girls face a tough road ahead

Continued from Page 11A

"We have several who could do well in consolation if they play well," girls coach Dave Eble said. "Based on the regular season, we do not have anyone in line to quali-

fy for state, but there is always the chance they could have a good tournament and qualify for state."

For results, follow the *Itemizer* on Twitter and visit www.polkio.com.

PERRYDALE ROUNDUP

Baseball splits with East Linn Christian

Itemizer-Observer staff report

PERRYDALE — Perrydale's baseball team defeated Country Christian 6-4 on May 2 before splitting a doubleheader with East Linn Christian on Thursday. The

Pirates won 11-1 before losing 14-4. Dustin Silver went 2-for-3 with three RBI in the first game. Perrydale also lost to Western Mennonite 9-2 on Friday. The Pirates entered the week 3-8 overall

and 3-7 in Special District 2 play. Perrydale played St. Paul Tuesday after press time. The Pirates play at Central Linn Thursday at 4:30 p.m. before hosting Regis Tuesday at 4:30 p.m.

Perrydale's softball team defeated Western Mennonite 17-6 on Friday. The Pirates play at Western Mennonite on Friday, at Delphian on Monday and at Nestucca on Tuesday.