



Blue Mountain Eagle
Grant County Life

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SECTION

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STATE CHAMPS

Team effort gives Grant Union girls an edge

State win is the first for coach Sonna Smith

By Angel Carpenter
Blue Mountain Eagle

EUGENE — After winning the Wapiti League championship on May 13, Grant Union's track and field head coach Sonna Smith knew her girls team had a good chance to claim the 2A OSAA Track and Field State Championship title last weekend.

And that's just what they did.

She also knew it would take great effort on the part of each team member.

"Before we left for state, I ran the numbers to see how we were sitting for a state championship," Smith said. "The rankings going in showed the team would come up three points short."

The night before leaving for the meet, she spoke with her team.

"I told them we would have to move up in some areas and not give anything back from where we were seeded. Every athlete did exactly that. Kenzie Wilson and Sydney Brockway moved up, and all the other girls held their spot."

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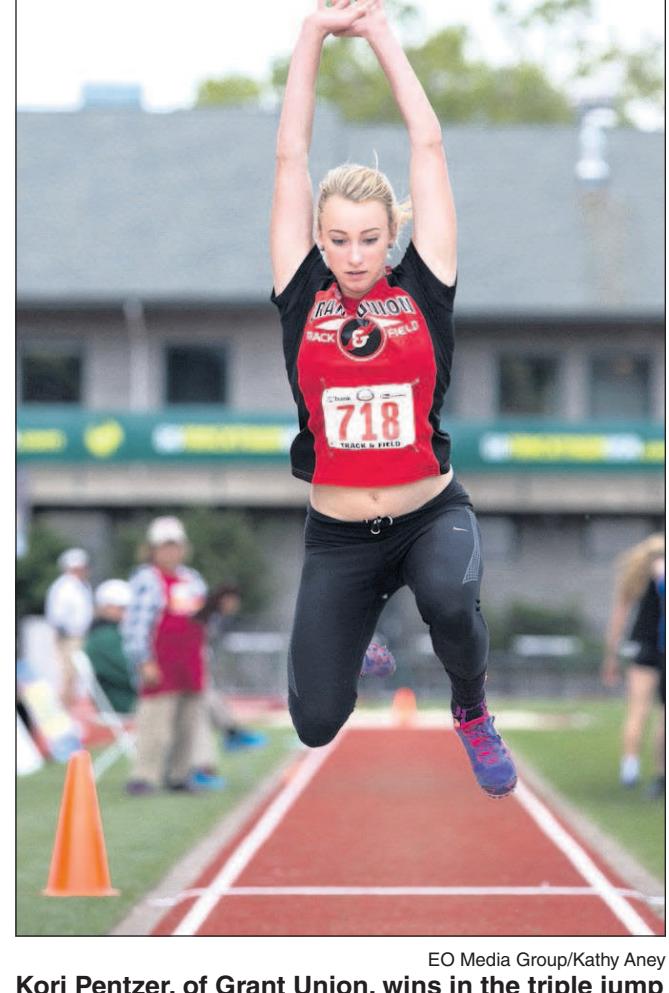


ABOVE: Grant Union senior Samantha Brock competes in the 100-meter hurdles at the state track championships. She placed second with a time of 16.55.

TOP: The Grant Union girls track and field team poses with the 2016 State Track and Field Championships 2A girls team trophy after winning Friday evening. Each girl earned points for the team, which beat second-place East Linn Christian by only half a point. The team includes, from left, Chelsie Kodesh, Kaylee Wright, Kenzie Wilson, Samantha Brock, Sydney Brockway, Jozie Rude and Kori Pentzer.

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Sonna Smith
Grant Union's track and field head coach



Kori Pentzer, of Grant Union, wins in the triple jump Friday at the Oregon State OSAA Track & Field Championships at Hayward Field in Eugene. She also won the long jump Thursday for the second consecutive year.

Pettit sprints to two state titles

Two Monument freshmen take on Hayward Field

By Angel Carpenter
Blue Mountain Eagle

EUGENE — Monument's Sophie Pettit was the best 1A girls sprinter at the OSAA State Track and Field Championships, and she's only a freshman.

Pettit sprinted her way

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Dayville freshman wins 1A javelin title

By Angel Carpenter
Blue Mountain Eagle

EUGENE — Dayville High School freshman Kristina Humphreys set a goal for first in state in javelin and reached it with a throw of 129.2.

She's competed in the sport since sixth grade, and this year, with the help of head coach Peter Bogardus and assistant coaches Skip Inscore and Savannah Martin, Humphreys sailed to victory.

Humphreys said she was nervous at first with the big crowd.

"I started warming up, and then they called us down to the field," she said. "My heart was racing because everyone was watching. It was crazy."

Still, she enjoyed the experience.

"My goal next year is for going again and seeing if I can do better," she said.

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Garrett Hitz shatters state pole vault record

Prairie City athletes reach new heights

By Angel Carpenter
Blue Mountain Eagle

EUGENE — Prairie City High School senior Garrett Hitz shattered the 1A pole vault state record for the title at last weekend's OSAA Track and Field State Championships.

He finished with a mark of 14-6.00, beating the old record by 5 1/2 inches.

Placing well in three other events, Hitz single-handedly achieved a fifth-place team score.

Hitz placed second with a personal record in javelin at 165-5.00, was second in the 100-meter hurdles with a time of 15.81 and was third in the 300 hurdles with a personal record of 41.18.

"It was a great moment when they announced that he had won a fifth-place overall team score," said coach Joe Weymouth. "Not only that, but he was just edged out of Athlete of the Meet by 1/2 a point at the 1A level."

Weymouth was also pleased with Zweygart for setting and reaching her goals.

She had a second-place finish in pole vault with a mark of 8-6.00, at her personal record height reached at the May 13 1A-Special District Championship in Ontario.

This was Zweygart's first



Prairie City's Amaya Zweygart pole vaults to second place at Hayward Field at the OSAA Track and Field State Championships.

year trying pole vault, and Weymouth said she worked hard at it all season.

"She discovered right away, at the beginning of the year, that she would be competitive," the coach said. "That just made her work really hard at it with her coach Joe Hitz."

Seeing both athletes succeed at the state competition was a

great experience for both the athletes and the coaches, Weymouth said. Behind the glory was a lot of practice.

"They both worked really hard all year long and put in extra hours," he said.

This included attending sports camps in Boise, and Garrett competed in Australia through Down Under Sports



Prairie City track and field athlete Garrett Hitz stands with head coach Joe Weymouth, left, and his pole vault coach, and dad, Joe Hitz.

last summer.

"They put their time in, and that's what it takes," Weymouth said.

"I can't do it without the coaches, my dad and Mr. Weymouth," Garrett said, adding that he set the goal last year to break the meet record.

"It felt good," he said. "I knew I could do it. I had been hitting it during practice all week. It was a relief that it all came together."

Zweygart said she made it her goal at the beginning of the season to reach state.

"From there it was my goal to make it to the podium," she said.

She said they practiced at their own new pole vaulting pit at their school, and she appreciated having Joe Hitz as a coach.

"We got to put up the extra time to make it all the way there" to state, she said.