

## Ione track team flies high at district meet



Sarah Knop on the podium for her second place finish in the 300M hurdles. -Contributed photo.



Hayden Qualls runs the last lap of the 1500M which he won, also breaking the Ione School record for the second time this season. -Contributed photo.

The Ione track team finished the season off well with the girls team coming in second and the boys team surprising everyone to come in at fifth.

An excellent start to the day came in the field events with Kathryn Burns earning a trip to state in the shot put with a second place finish and PR of 32'07". Kathryn also finished third in the discus adding more points to the team. Sarah Knop helped the Cardinals out by winning the high jump and earning a trip to state with a PR at 4'8". Later in the day Sarah finished second in the 300M Hurdles for another state event. She also finished third in the 800M run and was part of the 4x400M relay team along with Jessica Medina, Laura Ayala and Barbara Garcia, who finished a very close third.

Laura Ayala earned a trip to state in two events this year, coming in second in the 100M dash and the 100M hurdles where she had an eighth place state finish last year. Laura was also part of the 4x100M and 4x400 relay teams which both placed third. Jessica Medina made a strong showing as a freshman, finishing fourth in the 100M

dash with a PR of 13.88, fourth in the 400M and anchoring the 4x100M relay.

Serenity Rodriguez was part of the 4x100M relay and had a PR in the triple jump of 29'4" to finish in third place. She also finished with a PR in the 100M hurdles at 20.38. Ola Rietmann was part of the 4x100M relay team, had a PR in the 100M with a time of 14.41 and finished seventh with a PR of 31.06 in the 200M. Garcia did an excellent job on the 4x400M relay, finished in eighth in the discus and was sixth in the javelin.

Sonia Medina had a PR of 23'8" in the shot put and also finished eighth in the discus. Mackenzie Heideman performed well, finishing third in the 1500M and fourth in the 3000 to contribute 11 points for the team's second place finish. The Ione Cardinal boys teams outperformed expectations all day with many PRs. Although few in numbers they showed up to perform, scoring 59 points to finish in fifth place with only five boys competing.

Austin Morter threw for a PR of 82'5" in the discus, threw the javelin, finished sixth in the 100M

and had an incredible split in the 4x400M relay. Dominick Giefing worked hard throughout the day completing the javelin, long jump and finishing sixth in the 800M with a PR of 2:35.35. Angel Velasco did well at the district meet, scoring third in the 1500M, fifth in the 800M and was the second runner in the 4x400M relay. Junior Verduzco made a strong showing, finishing fourth in the long jump, fourth in the 100M with a PR of 12.40, fifth in the 200M and was the lead runner for the 4x400M relay.

Hayden Qualls had an exciting down to the wire first place finish in the 1500M breaking the Ione high school record for the second time this season. He had another first place finish in the 3000M, sixth in the 400M and anchored the 4x400M relay which placed third.

Representing the Cardinals at state this Thursday and Friday are Kathryn Burns in the shot put, Laura Ayala in the 100M dash and 100M hurdles, Sarah Knop in the high jump and 300M hurdles and Hayden Qualls in the 1500M and 3000M runs.

## Students participate in IMESD spelling contest

Students from school districts in Morrow, Umatilla and Union counties participated in the Inter-Mountain Education Service District's spelling contest on May 8 at Blue Mountain Community College. The IMESD sponsors the spelling contests for each county every year.

The students who competed in the county competitions had already won a spelling contest in their division at their schools.

At the contest, students took a 35-word written test. First through third places were selected in each of the three divisions. An awards ceremony immediately followed, with winners receiving medals. The first place winner from each division is invited to participate in the state competition, which occurs on the Saturday of Labor Day weekend in Salem at the Oregon State Fair.

Morrow County Division one winners (first-fifth grades) were Jackson Coiner, Heppner Elementary in first place, Michael McEligott, Ione Elementary in second and Dakota Seufert, Irrigon Elementary in third.

Division two winners (sixth-eighth grades) were Nathan Ellsworth, Heppner Elementary, first place, Jozen Byers, Irrigon Ele-



Morrow County division two winners are (L-R): Axel Paredes-Rosales (third place, Windy River Elementary), Jozen Byers (second place, Irrigon Elementary) and Nathan Ellsworth (first place, Heppner Elementary). -Contributed photo.



Morrow County division one winners are (L-R): Michael McEligott (second place, Ione Elementary), Dakota Seufert (third place, Irrigon Elementary) and Jackson Coiner (first place, Heppner Elementary). -Contributed photo.

mentary in second and Axel Lizette Berryessa, IMESD Paredes-Rosales, Windy spelling contest coordinator.

"IMESD is pleased to congratulate all of our spelling contest winners and would like to thank all the students who devoted time to compete this year," said

For additional information about the spelling contest, contact Berryessa at 541-966-3126 or lizette.berryessa@imesd.k12.or.us.

## Heppner men's track team takes district championship



L-r: Xavier Bohanan, Jacob Wallace, Evan Kollman, Jordan Sweeney, Carson Brosnan, Leo Waite, Hunter Nichols, Jayden Wilson, Alex Lindsay, Derek Howard, Blake Wolters, Ethan Holmgren, Jackson Lehman, Trevor Antonucci, Mason Lehman and Mitchell VonGuntzen

The Heppner track team stepped up to the competition at the district meet on Friday, May 11. With pressure to perform, the athletes on both the men's and women's teams took on the challenge and competed well. With a total of 132 points, the men's team took the district championship and the small, but deep women's team scored 45 points. Nine athletes are heading to the state competition in Eugene on Thursday and Friday, May 17 and 18 and most will be competing in multiple events.

The district championship meet started strong in the field events. Derek Howard earned first place in both the shot put and the discus and second place in the javelin. Carson Brosnan and Ethan Holmgren came in third and fourth in the javelin, Xavier Bohanan and Blake Wolters earned fourth and fifth place in the shot put and Brosnan also earned fifth place in the discus. Alex Lindsay, Jayden Wilson and Mason Lehman swept the top three places in the long jump and Makayla Silvia jumped to third place in the long jump after earning a second place finish in the high jump. Alex Lindsay also won the triple jump and took second place in the high jump. Susanna Tee-man and Alison Cecil took third and fourth place in the women's javelin throw, throwing personal record distances in the process.

The running started with a smooth 4x100 relay team that came in fourth place. Madelyn Nichols came in second in the 1500m run and first in the 3000m run. Hannah Palmer followed her in third for the 1500m and the 3000m runs. Hunter Nichols and Trevor Antonucci took first and second place in both the 1500m and the 3000m run. Makayla Silvia ran the 100m dash and took third place in a fast field and Alison Cecil ran a season record time of 1:10.79 in the 400m dash. Hunter Nichols fought hard for second place in the 400m dash,

chasing down the fastest 400m runner in the state and closely followed by Mason Lehman in third and Jackson Lehman in fifth. Jacob Wallace dominated the 110m hurdles and stood in first place on the podium.

Jordan Sweeney and Evan Kollman dug deep in the 800, each earning personal record times and fourth and fifth place in the event. The women's 4x400 team, made up of Makayla Silvia, Hailey Holmgren, Alison Cecil and Madelyn Nichols, ran a fast 4:34.94 for third place and are looking forward to a good season next year. The men's 4x400 team, made up of Alex Lindsay, Jayden Wilson, Mason Lehman and Hunter Nichols, secured their spot in the fast heat at state, and are anxious to show what they can do on fresh legs.

The nine athletes that will be representing Heppner at the state competition are Alex Lindsay - long jump, high jump, triple jump and 4x400m relay; Hunter Nichols - 1500m, 3000m and 4x400m relay; Jayden Wilson - long jump and 4x400m relay; Mason Lehman - 4x400m relay; Derek Howard - shot put, discus and javelin; Jacob Wallace - 110m Hurdles; Trevor Antonucci - 1500m and 3000m; Makayla Silvia - high jump; Madelyn Nichols - 1500m and 3000m.

For full results please visit athletic.net.

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