

# Throwers pace Bulldogs in Kiwanis Invitational

## Umatilla's Zitterkob sets school record

BY SAM BARBEE  
HERMISTON HERALD

Before the 2015 track and field season began, Trey Neal had never held a shot put. He had never thrown a javelin or picked up a discus.

None of that mattered, as the powerful junior is showing he isn't just a force on the defensive line, but also a force in the ring, as well. At the 30th Annual Kiwanis Invitational Saturday afternoon at Kennison Stadium, Neal gave a glimpse of what he is capable of.

Neal won the shot put event with a toss of 49 feet, 4.25 inches, more than three feet further than The Dalles' Riley Bardes. In the discus, on a slick ring due to heavy late-morning showers, Neal spun a 143-01, good for second place, but three feet shorter than Wyatt Musser of Kamiakin. In the javelin, which Neal said was his worst event and worst of the day, Neal fired 131-10, placing him ninth.

Neal's 10 points in the shot put helped the Bulldog boys claim third place with 116 points. Kamiakin High School took the team title with 122.5 points, and Southridge (Washington) finished second with 121.5. For the girls, Kamiakin dominated with 203, and Hermiston finished a distant second with 73.25.

It was an impressive day for Neal, despite the fact he missed a few days a couple weeks ago because he was sick. He said he's still getting back to his peak form and is about halfway there.

"I'm not really sure what I'm doing, but (throwing coach David Faeteete)'s



Umatilla's Amie Zitterkob (center) runs away from Hermiston's Audrey Lincoln (left) and Kamiakin's Mirannda Shulman during the girls 200-meter final Saturday at Kennison Stadium. Zitterkob set a school record.

getting me along," Neal joked after his events. "I think when we get me along I'll be putting up some (good) results."

Faeteete also sees Neal's potential.

"(He's) just a young kid that doesn't know what he's doing," he said. "Once he figures it out, jaws are gonna drop at the numbers he's gonna put out there. He needs a lot of improvement."

That improvement has already come a long way. Neal last threw at the Oregon Relays in Eugene and walked away disappointed. He finished 14th in the shot put and 11th in the discus. Faeteete said it was a good experience for both Neal and the rest of the throwing team to compete in a large meet with a strong field and big crowd.

Neal said that experience helped him Saturday.

"I think at the relays it was just nerves that got to us," Neal said. "Just the experience of being there, not being used to having that many people around, that many teams to compete against, just how good

the throwers were."

Neal wasn't the only Hermiston thrower to have a good home meet. The girls placed three Bulldogs in the top five of the shot put, one Bulldog earned a top-five finish in the discus and two were in the top six of the javelin.

Jazzmin Gutierrez took top honors in the girls shot put, unleashing a toss of 34-07, edging Tabitha Wellsandt of Kamiakin by four inches. Noa Ena (33-00.50) finished third and freshman Maddy Juul (33-07) rounded out the top five in fifth.

"The three girls in the shot competed," Faeteete said. "They maybe didn't throw their best, but they just competed and contended all the way through it."

Bulldog Ayleen Sandoval held her own in the javelin, launching a 99-09 toss, good for fourth place. It was a six-foot personal record for the junior, who also set a personal record in javelin by five feet with a 95-09 toss. Juul (103-04) finished fifth in the javelin.



Hermiston's Ayleen Sandoval hurls her discus during the 30th Annual Kiwanis Invitational at Kennison Stadium on Saturday.

In other Hermiston results, Chris Behrendt (22.85 seconds) and Tyler McCabe (23.03) finished second and third, respectively, in the boys 200 meters. Josiah Niederwerfer ran the 10k steeplechase in 10:35.94, good for third. The 4x100 meter relay team of Ethan Snow, Sheridan Zumwalt, McCabe and Behrendt won convincingly over Southridge, clocking a time of 43.46. Vaemu Ena cleared 5-06 on the high jump, placing him in a tie for fourth, Will Sharkey cleared 11-06 on the pole vault, placing him in third, and Zumwalt placed fourth in the both the long (19-06.75) and triple jump (39-06).

For the girls, Audrey Lincoln placed third in the 200 meter to add to her second-place finish in

the 100. Freshman Sara Ortiz in the 400 metes in 1:06.15, good for third place.

## ZITTERKOB WINS AGAIN

Umatilla sprinter Amie Zitterkob hasn't cooled or slowed down this season. The Eastern Oregon-bound Viking won the girls 100- and 200-meter sprints Saturday, clocking a 12.68 time in the 100 and 25.71 in the 200. Zitterkob's 100 time edged Hermiston's Lincoln by just five 100ths of a second, and the 200 spread was a little larger: nearly three 10ths over Pasco's Angela Cardon. Zitterkob's 25.71 was a school record in the 200 meters. In the 200, Zitterkob pulled away in the final 100 meters to set the school record.

Zitterkob was humble after the blistering 200 time on her favorite track.

"It was a good day," she said. "I felt comfortable and relaxed. I was glad the sun came out. It was cold and wet during the 100 meter. Once the sun came out, things were good. I want to continue to focus on improving."

Umatilla finished with 25 points on the day, and 20 of those came from Zitterkob's two wins. The senior has now won four straight 100-meter sprints and three straight 200 meters. She hasn't lost since March 21 at the Ray Cross Invitational, when she finished second in both the 100 and 200 meters.

Despite all the wins, Zitterkob is looking at her times. Since running her 100-meter PR of 12.14 at Stanfield earlier this month, she's clocked times of 12.73 and 12.63 in her last two 100 meters. She said the wins are nice to have, but she's looking to get her time as low as possible.

"To me, it's never about placement," she said. "It's trying to beat personal bests and PRs and stuff."

Umatilla had just three other participants Saturday. Genesis Lugo placed seventh in the shot put (32-10.5) and eighth in the discus (93-02). Adriana Madrigal notched a 10-placed finish in the javelin (89-08), but Cassandra Galbraith struggled in the triple jump.

Hermiston will be joined by Irrigon and Helix today for the Knight-Grizzly-Bulldog three-way dual at Kennison Stadium. Events begin at 4 p.m. Umatilla is off until Saturday when it heads to Lake Washington High School for the 39th Annual Lake Washington Girls Invite. Events there start at 9:30 a.m.

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