

SPORTS

Hermiston boys dominate last-chance meet

EO MEDIA GROUP

Honing in on disciplines was the name of the game at Friday's Columbia River Conference last-chance track meet for most athletes squarely set for next week's meet, including Hermiston sophomore Audrey Lincoln.

The unquestioned No. 2 sprinter in the district behind reigning sprints champion Jetsena Mattson of Hood River, Lincoln set to work to cut more time off of her best race — the 100 meters — putting her other disciplines aside for the day.

"Since I was just running the 100, I was just trying to run as fast as I can," she said.

Entering the season, the diminutive Lincoln had yet to cross the 13-second threshold in a race. She's done so each time out this season and did so again on Friday. Her 12.63 time was 0.90 seconds faster than any of the 17 athletes racing Friday. It was 0.11 seconds off of her personal-best.

Chris Behrendt and Trevor Sweet ran hip-to-hip in the boys version of the 100 meters, with Behrendt nudging Sweet at the line in 11.44 seconds.

Tyler McCabe followed up Behrendt's spring success with a win of his own in the 200 meter in a personal-best time of 23.01.

Trey Neal swept the boys

throws with wins in the shot put, discus and javelin. His shot put of 47-02.5 feet and discus of 134-10 throws were well below his personal bests, but he shattered his previous best by 16 feet.

Other winners included Will Sharkey, pole vault, Jazzmin Gutierrez, shot put, Tyler Rohrman, 110-meter hurdles, Donnell Rome, 3,000 meters, Sara Ortiz, 200 meters, the boys 4x400 team of McCabe, Alexis Moreno, Sheridan Zumwalt and Behrendt, the No. 2 4x100 meter team of Joey Gutierrez, Mercado, Jonathan Hinkle and Rohrman, as well as the girls 4x100 team of Lillie Wheeler, Ortiz, Lesley Risueno and Lin-

coln.

The victories set the Bulldogs up nicely for a boys team win. They outscored The Dalles and Pendleton by more than 100 points.

The Dalles took the girls side, scoring seven more than Hermiston and 20 more than Pendleton.

BOYS TENNIS

Following a 5-3 loss to Hood River Wednesday with four singles losses, the Hermiston boys rebounded Friday with a big 6-1 win over the rival Pendleton Buckaroos.

In the No. 1 singles spot, Valentino Whitsell came out on top, edging

Henry Holdman 6-3, 6-4. Playing singles instead of doubles for the first time this season, Stephan Piers and Thomas McCullough both used a third-set tiebreaker to dispatch their opponents. Piers topped Daniel Medina 6-1, 5-7 (10-6), and after dropping the first set, McCullough rolled past Peter Wallace 4-6, 6-0 (10-6).

Continuing their likely march to state, Tyler Wadekamper and Jacob Snell eased past Gareth Haug and Jeremy Cochrane 6-0, 6-3, and the pairs of Race Latham and Cameron Meade and Patrick Wicks and Jason Morris didn't lose a set.

Friday's match against Pendleton was Hermiston's final dual of the season before the team heads to districts next weekend, which begins at 8 a.m. Friday at Sunriver Resort in Bend. The tournament concludes Saturday.

HERMISTON 6, PENDLETON 1

Singles: Valentino Whitsell (HER) def. Henry Holdman (PEN) 6-3, 6-4; Lincoln Johnson (PEN) def. Caleb Jorgenson (HER) 6-1, 6-2; Stefano Peiris (HER) def. Daniel Medina (PEN) 6-1, 5-7 (6-10); Thomas McCullough (HER) def. Peter Wallace (PEN) 4-6, 6-0 (10-6).
Doubles: Tyler Wadekamper and Jacob Snell (HER) def. Gareth Haug and Jeremy Cochrane (PEN) 6-0, 6-3; Race Latham and Cameron Meade (HER) def. Peter Wallace and Silas Johnston (PEN) 6-0, 6-0; Patrick Wicks and Jason Morris (HER) def. Josh Mendoza and Henry Scanlon (PEN) 6-0, 6-0.

Hood River tennis slips past Bulldogs

Snell, Wadekamper transition to partners paying off

BY SAM BARBEE
HERMISTON HERALD

Jacob Snell and Tyler Wadekamper started the 2015 tennis season as Hermiston's top two singles players. With districts just a week away, the duo is two weeks into a transition to doubles play. So far, it appears to be going well.

The pair cruised past their Hood River opponents Wednesday evening 6-2, 6-0, and they say they're starting to learn each other's tendencies with every match they play. Despite their success, Hood River took the day 5-3.

"I think it's really good

right now," Wadekamper said. "We're kind of knocking it out right now heading into districts. I think we've learned a lot going down to Boise, going down to Bend. We've grown a lot as teammates and I think it's going to be really good going into districts."

"It's definitely different when you're not on your own," he added. "You have kind of like a brotherhood: He's relying on you. You're relying on him. You're playing for each other, not necessarily for yourself."

Wadekamper and Snell's skill sets are complementary. Snell is left-handed, tall, long and plays well at the net. Wadekamper is right-handed and prefers to sit back and hit ground strokes or forehands and backhands.

The seniors have craft-

ed their own style of play almost independent of first-year coach Shann West, who admitted doubles tennis is his weakness. He's been impressed with how Snell and Wadekamper figured out how to play together.

"Those guys are smart tennis players, and they understand the game," West said. "They play a lot and study it and they're coming up with their own style based on what they know and what works for them, and that's awesome."

Race Latham and Cameron Meade, on the other hand, have been playing doubles together all season. At the Capital Classic in Boise a couple weeks ago, the No. 2 pair went 7-1 and reached the finals. Wednesday, they struggled to put away the match.

Up 1-0 in sets and 4-1 in the second set, Latham and Meade let their Eagles opponent back in the match. The second set would get to 6-5 before a double fault by HRV ended the match.

West said, although Latham and Meade play well together, they got a bit "lackadaisical" at the end of the their match and made it closer than it had to be.

"They were very close to sweeping it until the momentum shifted," he said. "They're right where they need to be. You learn from mistakes, and they know they have to stay focused the whole time, and that'll help at districts next week."

Although Hood River swept the Bulldogs in singles matches, Caleb Jorgenson's No. 3 match stood out. The sophomore lost

6-4, 6-4, but his effort and desire to improve has been a point of pride for West all year. Against a solid opponent, Jorgenson "battled" the whole match and didn't go down easy. It made West happy with the result despite the loss.

"That's just what Caleb does — he battles with everybody he plays," West said. "He does a really good job. Every once in a while he comes up on the short end of it, but I can't think of any match that I was disappointed with his effort. It's one of the things he does — he gives great effort. I let him know that every time."

With the district tournament looming, West is optimistic about his team's chances. Though the Bulldogs share a district with traditional tennis powers Sum-

mit and Bend, things have been looking up lately.

"We're as prepared as we'll ever be," West said of districts. "Hopefully the guys will show up and play like they can."

HOOD RIVER VALLEY 5, HERMISTON 3

Singles: Scottie Ziegnev (HRV) def. Valentino Whitsell (HHS) 6-0, 6-0; Victor Garbo (HRV) def. Skyler Grigg 6-3, 6-0; Will Ferrick (HRV) def. Caleb Jorgenson (HHS) 6-4, 6-4; Aiden Sova (HRV) def. Thomas McCullough (HHS) 6-1, 6-0.
Doubles: Tyler Wadekamper and Jacob Snell (HHS) def. Brandon Campos and Michael De La Rosa (HRV) 6-2, 6-0; Cameron Meade and Race Latham (HHS) def. Cole Suzpael and Hugo Sandoval (HRV) 6-0, 7-6 (7-5); Quinn Tyler and Sawyer Bogart (HRV) def. Patrick Wicks and Jason Morris (HS) 6-3, 7-6 (7-2); Koby Grigg and Stefano Peira (HHS) def. Sam Rauston and Simon Hoavange (HRV) 4-6, 6-4, 10-5.

Tiger, Viking tracksters shine at Umatilla Finale

HERMISTON HERALD

Andrea Lemus-Cisneros has spent much of the 2015 track and field season recovering from a right quadriceps injury. Thursday, at the Umatilla Finale, her final home meet, Lemus-Cisneros showed why she has signed to sprint at Eastern Oregon University next season.

The senior won the 100- and 200-meter sprints, clocking 12.77 seconds in the 100 and 26.40 in the 200. The 100 time was her best since she set a personal record at McLoughlin April 3. It was the first time since April 17 at River's Edge in Umatilla that Lemus-Cisneros broke 13 seconds. Lemus-Cisneros also teamed up with Berenice Chavez, Aleasha Watson and Gabriela Contreras Thursday to win the 4x400-meter relay in 4:43.19.

Amie Zitterkob ran just the 4x100-meter relay, teaming up with

Lemus-Cisneros, her sister Sonia and Cassandra Galbraith to post a 51.63 time.

The Umatilla girls won their side of the event with 197 points, while the Stanfield girls finished third with 198. The Stanfield and Umatilla boys tied for third with 118 points each.

Stanfield's Hunter Braithwaite had a day for the Stanfield Tigers, winning both the 200-meter and 300-meter high hurdles. The senior was the only athlete to run under a minute in the 200, finishing in 54.86, and was comfortable in the high hurdles at 43.55.

Fabian Cardenas of Umatilla continued to dominate the 1,500-meter run, posting a time of 4:21.56. He also won the 800-meter run, clocking a 2:01.62. Cardenas just missed a PR in the 800. He set his personal best time of 2:00.96 at the McLoughlin Carnival of

Speed April 3.

Milan Davchevski of Stanfield continued to improve in the throwing events, placing second in the shot put and sixth in the javelin. His shot put toss of 39-07.50 feet set a new personal best, eclipsing his previous best of 38-7.50. His javelin throw of 111-03 was nearly five feet off his personal best.

For Umatilla, Genesis Lugo kept turning in good distances. The junior thrower finished second in both the shot put and discus. Her shot toss of 35-4 set a new personal best, but her second-place discus heave of 93-01 was eight feet short of her best mark.

Umatilla is off this weekend as it prepares for the 3A Eastern Oregon League meet in Nysa on May 16. Stanfield, meanwhile, heads to Weston-McEwen Sunday for the Weston-McEwen CBC meet, which starts

at 11 a.m., and the Tigers

will host the 2A Colum-

bia Basin Conference

championship meet May

15, with events begin-

ning at 10 a.m.

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ZITTERKOB:

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It turns out, Zitterkob was capable of setting school records.

At the 30th Annual Kiwanis Invitational last month, Zitterkob set a school record in the girls 200-meter sprint, breaking teammate Andrea Lemus-Cisneros' record of 25.72 from 2014 by clocking a speedy time of 25.71. After the race, she was happy with how she ran, but Mosher approached her solemnly. He said she was slow and he was disappointed, prompting Zitterkob's satisfaction to evaporate.

"I was so bummed out," she said of Mosher's joke.

When Mosher broke into a smile and told her she set a school record, Zitterkob's emotions rebounded immediately.

"I was super excited," she said.

As Mosher talks about

Zitterkob, his voice becomes shaky. The two share a special bond, and their relationship is one of mentor and student rather than just coach and athlete.

"Amie Zitterkob the person is cooler than Amie Zitterkob the athlete," Mosher said. "She's extremely special to me."

The feeling is mutual. "He's always believed in me and pushed me to be as hard as I can be," she said.

From that first day of Zitterkob's sprinting career, Mosher knew she could be special, but not even he thought she would get to these heights.

"She's exceeded," Mosher said. "The girls have exceeded from how things worked out."

In three short years, Zitterkob went from not wanting to run any meet to winning most of them. She hasn't lost a 100- or 200-meter sprint since March 21 and has posted the fastest 100- and 200-meter times in Oregon 3A. She is already signed with

teammates Lemus-Cisneros, who is third in the 100 and second in the 200, and Berenice Chavez to Eastern Oregon University.

Naturally, Zitterkob is enjoying the decision she made three years ago and reaping the benefits of her coach's confidence.

"I just had so much fun with it and realized I loved it so much," she said of track.

When talking about Zitterkob, Mosher spoke of her legacy. With a school record in her pocket, a scholarship on her résumé and a state title on her mind, Mosher said Zitterkob will leave Umatilla High School as one of the best sprinters to ever walk its halls.

She's earned and also deserves every bit of recognition, he said.

"She's a great human," Mosher said. "There's no other words I can come up with besides great human. I'm serious when I say Amie the person is cooler than Amie the athlete. People don't see that."