



TRACK & FIELD

GULLS EXCEL AT STATE TRACK MEET

By David Ball
For Seaside Signal

EUGENE — Seaside senior Jackson Januik wouldn't be denied in his quest for a repeat title in the 800-meter final at Saturday's 4A state track meet at Hayward Field.

Januik took a crowded path to the front after getting stuck back as far back as sixth place coming off the initial turn.

"The race went out fast, but I knew it would come back to me," Januik said. "The pack was spread out enough where I was able to move my way up."

He came to the bell in fourth place and quickened his pace to join the contenders near the front. Coming along the back grandstands, Januik surged in front before the track curved into its final corner.

No one challenged him. "I got to the backstretch and knew it was time to make my move," he said.

Januik was comfortably ahead heading down the shaded straightaway, stretching his arms out wide as he came across the finish line with a winning time of 1:55.86 — more than two seconds faster than his winning time last year.

"That was awesome, even better than last year," Januik said. "I'm so happy to be going out with a win."

He is signed up to play basketball at George Fox University in the winter.

Other placers for the boys were Bradley Rzewnicki taking third in the 3,000, Juneau Meyer taking fourth in the 400 and Phoenix Johnson with a pair of third-attempt clearance to stay alive on his way to fifth place in the high jump.

Hoekstre scores big

On the girls side, the Seagulls' Gretchen Hoekstre zipped to the top of the leaderboard in the shot put with a throw of 40-feet, 1.25-inches on her first attempt. She further distanced herself from the field with a throw of 41-5 when she next stepped into the ring — a personal best by more than a foot.

Her secret weapon — eating gummy worms before the competition. Her favorites are the green and pink watermelon worms.

"I came out strong and showed people that even though I'm a sophomore I could be competitive," Hoekstre said.



DAVID BALL/FOR SEASIDE SIGNAL

Gretchen Hoekstre sets for another toss in the shot put at the state meet.

Her mark would hold up into the final round of throws before Siuslaw senior Carissa Oliver took her last spin in the ring and unleashed a monster heave that had everyone in the area watching the tape measure in anticipation. The result was a throw of 41-7 3/4 that pushed her into first place.

Hoekstra had one try to answer back, but her final attempt came in a quarter-inch short of the 40-foot line leaving her in second place.

"It's tough having the lead and losing it right at the end," Hoekstra said. "But it had been the three of us all season, and we're all friends out there competing in front of this big crowd — it was just a fun experience."

Six throws landed beyond the 40-foot line with Hoekstra claiming two of those.

Hoekstre also finished third in the discus with a personal best of 130-7.

Gulls at Districts

ST. HELENS — The Astoria girls track team cruised to their third straight Cowapa League title May 12 in St. Helens, where the Lady Fishermen racked up 177 points for the three-peat, ahead of second-place Scappoose (170).

In addition to the win for the Astoria girls, the Astoria boys scored 129 points to take second behind the Indians (162), with Seaside (110) third.

North Coast athletes won 17 of the 34 total events, and qualified even more athletes with

second-place finishes.

The Lady Fishermen dominated the girls' meet from start to finish, winning seven of the 17 events.

The Seaside girls finished sixth in the team standings, with 50 points.

Gretchen Hoekstre provided the highlights, winning the shot put with a toss of 38 feet, 4 1/4 inches, and a personal best 123-8 to take the discus.

The Seaside boys did most of their scoring on the track.

Two-time defending state champion Jackson Januik started with a personal best 1:56.72 to win the 800 meters, where Januik held off Valley Catholic's Jacob Godshalk (1:57.89). Januik heads to state with the top-ranked time in the 800.

Senior Bradley Rzewnicki was a state qualifier in the 3,000-meters, taking second (9:07.13) behind John Kavulich of Scappoose.

In the hurdles, Will Garvin suffered a disqualification in the preliminaries of the 110-meters, but as always, he came back strong in the 300's, winning in a personal best time 41.13.

Senior Juneau Meyer qualified for state in the 400 meters (second, 51.53), and the Gulls added crucial points in the field with wins for Phoenix Johnson in the triple jump (40-3 3/4) and high jump (6-0), ahead of Astoria's Karsten Johnson (5-10). Phoenix took second in the long jump.

Athletes OF THE WEEK

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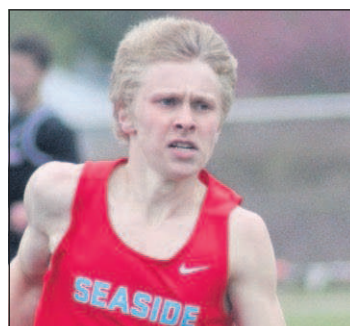
SUBMITTED PHOTO

GRETCHEN HOEKSTRE

Track

Hoekstre capped her sophomore season in grand style at the state meet May 20 in Eugene, where she placed second in the shot put event and third in the discus.

Her toss of 41 feet, 5 inches in the shot put set a new Seaside school record.



FILE PHOTO

JACKSON JANUIK

Track

For the fourth time in the last five years, a Seaside runner won the 4A boys' 800-meter final at the state track meet.

In 2013, former Gull Brett Willyard won in 1 minute, 58.34 seconds. Januik took over in 2015, winning in 1:58.06. He won again in 2016 (1:58.42), and completed his run of three straight titles May 20 in Eugene, coming from behind to win in 1:55.86, the second-fastest time in Seaside school history.

SEAGULLS VARSITY SCOREBOARD

BASEBALL

Seaside 10, Scappoose 5
Scappoose 002 030 0-5 9 4
Seaside 601 210 x-10 11 1
Plampin and Walsh; Travis, Anicker (1), Searle (4) and Gill. W: Plampin. L: Travis. RBI: Scp, Riemann 2, Holmason, Gross; Sea, Boyd 2, McFadden, Plampin, Walsh, Blanchard, Hoekstre, Thompson, Meyer. 2B: Scp, Riemann; Sea, Thompson. 3B: Scp, Holmason; Sea, Hoekstre. HBP: Scp, Gross; Sea, Walsh, Blanchard, Thompson. LOB: Scappoose 5, Seaside 8. DP: Scappoose.

Astoria 5, Seaside 0
Seaside 000 000 0-0 2 2
Astoria 101 201 x-5 5 0
Walsh, Plampin (4) and Hoekstre; Englund, Fremstad (7), Lyngstad (7) and Gohl. W: Englund. L: Walsh. S: Lyngstad. RBI: Ast, Tuimato, Strange, Fremstad, Lucore. HBP: Sea, Blanchard, Hoekstre. LOB: Seaside 4, Astoria 7. DP: Astoria.

TRACK

Cowapa League Championships
Girls Team: Astoria 177, Scappoose



170, Valley Catholic 98, Tillamook 89, Banks 72, Seaside 50.

Boys Team: Scappoose 162, Astoria 129, Seaside 110, Tillamook 96, Banks 87, Valley Catholic 72.

BOYS GOLF

District 1 Regionals
Team: Scappoose 636, Valley Catholic 653, Crook County 699, Seaside 716, Molalla 733, Tillamook 737, Banks 743, Astoria 798, Corbett 824, Gladstone 934.

Medalist: Mayson Tibbs, Crook County (141)

Individual (Top 10)
Mayson Tibbs, CC, 141
Carter Lee, Til, 151
Nathan Mapes, Scp, 152
Jake Gray, Scp, 152
Cole Schmidlin, VC, 159
Cole Heinsen, VC, 160
Peter Boileau, VC, 163
Chase Elliott, Scp, 165
Jackson Kunde, Sea, 166
A.J. Miltich, Scp, 167
Seaside (716)
Jackson Kunde, 84-82—166
Samson Sibony, 89-86—175
Mason Shamion, 92-95—187
Connor Merrell, 91-97—188

John Whittle, 105-102—207

GIRLS GOLF

District 1 Regionals
Team: Oregon Episcopal 805, Valley Catholic 822, Crook County 874, Astoria 919, Molalla 1007, Gladstone 1030, Catlin Gabel 1322. Incomplete—Horizon Christian, Riverdale, Scappoose, Seaside, Tillamook.

Medalist: Anna Li, OES (171)

Individual (Top 10)
Anna Li, OES, 86-85—171
Morgan Hall, Scp, 85-89—174
Macy Goehring, CC, 89-92—181
Lanie Sticka, Gla, 90-93—183
Caroline Hobson, VC, 96-88—184
Abby Papke, CC, 91-102—193
Matti Thurman, VC, 105-99—204
Emma Nelzen, Mol, 93-111—204
Samantha Hemsley, Ast, 96-114—210
Lucy Hu, OES, 105-105—210

Seaside
Caroline Kotson, 111-109—220
Madeline Brown, 141-122—263
Caitlin Hillman, 155-143—298

GOLF

Oregon Episcopal wins girls' golf title

Seaside Signal

CORNELIUS — Oregon Episcopal and Valley Catholic secured their spots at the state tournament next week, as the Aardvarks and Valiants finished first and second, respectively, in the District 1 Regional golf championships.

The tournament concluded Tuesday, May 16, at Forest Hills Golf Course.

Astoria took fourth in the team standings, while Samantha Hemsley finished tied for ninth individually, good enough for all-Region honors.

After shooting 96 in Monday's round, Hemsley had a 114 Tuesday to card a 210.

Anna Li of OES, second after Day 1, overtook Morgan Hall of Scappoose to win medalist honors with a final round total of 171, to Hall's 174.

Rounding out the Astoria scores were Jenna Travers with a 216, Sadie Wooldridge (245), Kristen Travers (248) and Sarah Lertora (265).

Seaside had three golfers competing: Caroline Kotson (17th overall with a 220), Madeline Brown (263) and Caitlin Hillman (298).

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