



Gary Henley/Seaside Signal

Seaside senior Gretchen Hoekstre gets a hug from assistant track coach Jarom Bowles, following her record-breaking shot put in the Daily Astorian Invitational.

Hoekstre highlights Daily A invite with meet record

By **GARY HENLEY**
Seaside Signal

For a track meet that had a weather forecast of “heavy rain, thunder, shower and fog,” it wasn’t that bad.

The annual Daily Astorian Invitational track meet has gained a well-deserved reputation as an event that always seems to bring out the worst in typical spring weather on the North Coast.

But the 31st annual “Daily A,” held April 6 at Seaside High School, turned out pretty good, all things considered. Especially for some Seaside athletes.

No rain, thunder, showers or fog, but the wind still made an appearance — every race, jump and throw was either “wind-aided” or “wind-resisted,” or sometimes both.

But that was expected, with hundreds of athletes competing on a track that’s less than a mile from the Pacific Ocean.

For the first time in two years, one meet record was broken in the annual event, which features schools from all across the Lower Columbia region, and originally started as a meet to showcase track and field in the newspaper’s readership area.

Seaside’s Gretchen Hoekstre posted the only meet record of the day in winning the shot put, breaking a 10-year-old mark (46 feet, 11½ inches) held by Astoria’s Laura Bobek, who went on to set records at the University of Oregon.

Hoekstre’s first throws Saturday weren’t going well, so the senior — who will be



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Seaside’s Levi Card circled the track twice in 2:06.18 to win the 800 meters in the Daily Astorian Invitational.

attending Brigham Young University at this time next year — made a little technique change halfway through the competition, which resulted in two huge throws.

“I had been doing the rotational (spin technique) in the shot all season long,” Hoekstre said, “and so I thought ‘that’s what I’m going to do, that’s where I’m going to build.’ But today I just couldn’t get behind the shot, so I decided I would try a ‘glide,’ because that’s what I practiced all summer long. And I’ve done probably 5,000 throws

in the shot, for how much I’ve worked on it.

“And the first time I came out with the glide today, I knew I was going somewhere,” she said. “The first one was 46-something. It just felt great. I watched some film of it after my coach took a video. The next throw I handled a little better, but I still wasn’t all the way behind it.”

But Hoekstre finally put it all together, and made a throw of 47-8 to break the meet record.

Bobek was a volunteer in Saturday’s meet, recording all the marks for the shot put competitors.

“Laura Bobek has all the records, and she’s so much fun to watch,” said Hoekstre, a big fan of Bobek. “So it was really cool to have her there. And even she was super excited, even though I think I broke her record. It felt really good after all the hard work I’ve put into it. It’s paying off.”

In the discus (which Hoekstre also won, with a throw of 124-7), she said, “The wind has been kind of crazy all day, so I assumed it wouldn’t be a huge throw, but it definitely felt good.”

Astoria’s Kes Sandstrom, the defending 4A state champion in the discus, was second at 116-2.

On the boys’ side, Seaside sophomore Henry Garvin was the sprint champion of the day, winning the 100 meters in 12.25, and the 200 meters in a personal best 24.44.

Seaside teammate Levi Card circled the track twice in 2:06.18 to win the 800.

Seaside’s fourth win on the track came from junior Luis Moreno, in the 3,000 meters at 10:23.36.

Gulls stun Astoria on the diamond, 8-6

By **GARY HENLEY**
Seaside Signal

The Cowapa League baseball season opened April 2 with a Clatsop Clash in Astoria, where the Fishermen hosted Seaside in a big early-season showdown.

Originally scheduled for Tapiola Park, the teams made a late move to the more weather-resistant CMH Field.

And with the rain beginning to pour down a little harder in

the late innings, the Gulls made their move, scoring four runs in the top of the seventh for an 8-6 win.

“That was a pretty dang good baseball game,” said Seaside coach Dan McFadden. “And I was nervous for it. League opener, at Astoria. This was the real deal.

“But we played a tough schedule early on, and since then, we’ve just gotten better,” he said. “We have some great athletes in the lineup, we’re hitting the ball really well, and

they responded tonight.”

Astoria led for most of the game, as Fishermen starter Dylan Rush was doing just enough to keep Seaside from putting together any big rallies.

Yet the Gulls seemed to respond to every Astoria score, forcing a 2-2 tie in the top of the third, and 4-4 in the top of the fourth.

The rallies were sparked by a recent addition to the Seaside roster — a kid named Chase Januik. In his second game with the Gulls, the senior No. 9 hitter

in the lineup had a triple in his first at-bat, followed by a pair of singles. He scored twice and drove in a run.

“What an addition,” McFadden said. “Usually when a guy sits out for a few years (Januik competed in track previously), it’s hard for them to get it back. I didn’t know what to expect from him, but he’s such an athlete and such a competitor, it’s worked out well. He had a bloop single in his first at-bat in his first game back against North Marion.”

Seaside opens league play with Clatsop Clash

Seaside Signal

Tillamook scored eight runs in the bottom of the first inning, enough to beat Seaside 11-5 in a Cowapa League softball game April 4 at Tillamook.

Seaside’s Kandice Flaigg had a double and a triple, while Tillamook collected 12 hits.

Astoria 13, Gulls 2

The Astoria softball team is feeling right at home at Seaside’s Broadway Field.

Playing on the same field where they scored 39 runs in two wins in the Seaside tournament, the Lady Fishermen picked up where they left, posting a 13-2, five-inning win over Seaside in a Cowapa League opener April 2.

Astoria had no extra base hits, but collected nine singles and scored eight runs in the second inning and five more in the third, before the Gulls score one run in both the fourth and fifth.

Julia Norris shut down the Seaside bats, limiting the Gulls to three hits with five strikeouts and no walks.

Lexi Lyngstad drove in three runs, while Kayla Helligso and Emilee Carlson had two RBIs each. Defensively, Astoria’s Emma Graham made an over-the-shoulder, crashing-through-the-fence catch in the outfield to end the game.

Seaside tournament

The Seaside softball team opened its annual tournament March 29 with an inning to forget, then closed it the next day with a win to remember. Overall, the Lady Gulls went 2-2.

Scoreboard

BASEBALL

Valley Catholic 8, Seaside 1
V.Catholic 010 600 1—8 13 0
Seaside 000 100 0—1 4 1
Eisenhardt, Baglai (7); Thompson, McFadden (4) and Teubner. W: Eisenhardt. L: Thompson. RBI: VC, Rocha 3, Eisenhardt 2, Weber 2, Melillo. Sea, Johnson. 2B: VC, Baldino, Melillo. HBP: Sea, McFadden, Jantes. LOB: Valley Catholic 9, Seaside 5.
Seaside 8, Astoria 6
Seaside 011 200 4—8 10 1
Astoria 112 002 0—6 12 3
McFadden, Johnson (3), Westerholm (7) and Teubner; Rush, Jones (7), Moore (7) and Hillard. W: Westerholm. L: Jones. RBI: Sea, Fenton 2, Westerholm 2, Januik, Meyer, Thompson, Teubner; Ast, Feldman 2, Johnson, Reed, Hillard. 2B: Sea, Meyer; Ast, Stutzinger. 3B: Sea, Januik, Westerholm; Ast, Reed. HBP: Sea, McFadden 2. LOB: Seaside 10, Astoria 6. DP: Seaside.

SOFTBALL

Tillamook 11, Seaside 5
Seaside 100 130 0—5 7 4
Tillamook 800 030 x—11 12 4
W: Richardson. L: Meyer. RBI: Sea, Flaigg 2, Meyer, E.Owsley; Til, Valencia 2, Burgett, Dentel, Stahle, Haltiner. 2B: Sea, Flaigg, E.Owsley; Til, Dentel 2, Richardson. 3B: Sea, Flaigg, HBP: Sea, Brown. LOB: Seaside 8, Tillamook 8.
Astoria 13, Seaside 2
Astoria 085 00—13 9 3
Seaside 000 11—2 3 6
W: Norris. L: Rhodes. RBI: Ast, Lyngstad 3, Helligso 2, Carlson 2, O’Brien, Barendse, Norris, Matthews; Sea, E.Owsley, Brown. LOB: Astoria 4, Seaside 4.
Seaside 12, Woodburn 1
Woodburn 100 00—1 5 2
Seaside 254 1x—12 12 1
W: Meyer. L: M.Salazar. RBI: Wood, M.Salazar; Sea, Flaigg 3, Goin 2, Lair 2, Hill, E.Owsley, Brown. 3B: Sea, Flaigg. HBP: Sea, Goin. LOB: Woodburn 7, Seaside 6.
North Eugene 9, Seaside 8
N.Eugene 150 002 1—9 12 1
Seaside 011 140 1—8 15 2
W: Rogers. L: Rhodes. RBI: NE, Hadden 3, Rogers 2, Lake, Donahue, Thompson; Sea, Hill 4, Goin 2, Flaigg, E.Owsley. 2B: NE, Rogers 2; Sea, E.Owsley. 3B: NE, Lake; Sea, Goin. HBP: NE, Jankowski; Sea, Goin. LOB: North Eugene 9, Seaside 10. DP: Seaside.
Seaside 19, Umatilla 7
Umatilla 007 00—7 3 2
Seaside 454 6x—19 8 3
W: Rhodes. L: Holz. RBI: Uma, Uriarte 2, Ortiz, Holz, Rodarte, Griggs; Sea, Hill 3, Flaigg 3, Brown 3, E.Owsley 2, Goin, Rhodes. 2B: Uma, Uriarte; Sea, E.Owsley. 3B: Sea, Goin. HR: Sea, Flaigg. HBP: Uriarte, Ford; Sea, E.Owsley, Rhodes. LOB: Umatilla 6, Seaside 8. DP: Seaside 2.
North Marion 11, Seaside 8
N.Marion 110 001—11 10 1
Seaside 600 011—8 5 6
W: Calkins. L: Rhodes. RBI: NM, Beachy 2, Baylie, Calkins, Fuentes, Piercey, Willis; Sea, S.Owsley 2, Meyer, Hill, Flaigg, Boyd. 2B: NM, Beachy, Fuentes, Piercey; Sea, Hill, Flaigg. 3B: NM, Baylie; Sea, E.Owsley. HBP: NM, Calkins, Ellis, Vachter; Sea, Goin 2, Meyer, E.Owsley, Rhodes. LOB: North Marion 9, Seaside 3.
GIRLS GOLF
Valley Catholic Invitational at Meriwether Golf
Medalists: Challin Kim, Valley Catholic; Jenna Travers, Astoria, 88
Team: Valley Catholic 380, Astoria 425, Molalla 478, North Marion 501, Country Christian 544 (Oregon Episcopal, Seaside, Tillamook, inc.)
Seaside
Tristin McFadden, 54-52—106
Caitlin Hillman, 66-48—114
Elise Seppa, 69
Paris Johnson, 71

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