

# At the Game

## Athletes break existing school track records

By Betty Jean Winston

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The Triplains High School Invitational track meet was held on Tuesday, April 14, with 17 teams in attendance.

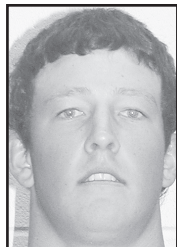
With a total of 76 points, the Sainty boys team placed second at the meeting which was held in Colby. The first-place team was Quinter with 98 points

One of the highlights of the day for St. Francis was to have a new school record set in the 300-meter hurdles by Trent Kinen. The new time is 40.38. The old school record was set in 2005 by his brother Tanner Kinen with a time of 40.42. Kinen also placed first in the 110-high hurdles and was a member of the two boys relay teams which placed first.

Also having an individual first place finish was Trent Raile in the long jump. He is another member of the two winning relay teams.

The two other legs of the winning relay teams were run by Matt Raile and Drew Zwegardt.

The Sainty Ladies earned 56 points for a fifth-place finish. Greeley County was first with 79 points followed closely by Weskan with 77 points. Oakley (66) and Triplains (62) also finished



Kinen



Crabtree

ahead of the Lady Indians. They outdistanced 12 teams.

Sidnee Crabtree paced the Lady Indian team with 30 individual points. She won the javelin, shot put and discus. This was another highlight of the day.

The Ladies team, like the boys team, won the 4x400 relay. Team members, Ashlynn Lambert, Jami Pevler, Jenna Hill and Elizabeth Gienger, came in with a time of 4:28.51 to defeat the Triplains team who clocked 4:28.55.

The first six placers earned points for the teams.

### Girls javelin record

At the first meet of the year, the Hoxie Invitational, Crabtree broke the school record in the javelin with a throw of 118-2. She held the previous school record in this event with an 115-3.

### Boys

## Indians do well at Goodland meet

The Goodland 9-10 track meet held on Monday, April 7, gave a number of the younger Indian tracksters the opportunity to gain experience against other ninth and 10th grade athletes.

Freshman and sophomore from nine schools, including some 4A schools competed in the boys division while eight teams were entered in the girls division.

Winning the girls competition was Burlington with 103 points. Goodland's boys team placed first with 142 points, 41 points over the second place winner, Burlington with 101. Placing second for the girl was Colby with 77 points.

The St. Francis girls were only one point behind Colby, placing

third with a total of 76 points. The Sainty boys had 51 points and were in a three-way tie for fourth.

First place winners in the girls division were Kaitlin Figgins in the shot put and the 300-meter hurdles, Sarah Trembly in the javelin, and Mikaela Grace in the 100-meter hurdles and 800-meter run

In the boys division, two tracksters placed first including Cody Killingsworth in the pole vault and Garrett Figgins in the 110-hurdles. The 4x100-meter relay team also placed first. It is composed of Figgins, Adam Guthmiller, Killingsworth and Brock Zwegardt.

Competitors in the top six places received team points.

Team standings: Quinter 98, St. Francis 76, Wallace County 56, Wheatland/Grinnell 53, Greeley County 43, Dighton 40, Northern Valley 37, Golden Plains 34, Oakley 33, Palco 25, Western Plains 24, Brewster 14, Natoma 14, Cheylin 4, Healy 4, Triplains 0, Weskan 0.

4x400 relay: (1) St. Francis (Kinen, T. Raile, D. Zwegardt, M. Raile), 3:42.99.

200-meter dash: (2) T. Raile, 23.60.

300-meter hurdles: (1) Kinen, 40.38.

4x100 relay: (1) St. Francis (Kinen, T. Raile, D. Zwegardt, M. Raile), 45.63.

100-meter dash: (2) M. Raile, 11.58.

Triple jump: (3) M. Raile, 38-5.50.

110 high hurdles: (1) Kinen, 15.37.

Shot put: (4) Shawn Warren, 40-10.0.

Long jump: (1) T. Raile, 18-10.0.

### Girls

Team standings: Greeley County 79, Weskan 77, Oakley 66, Triplains 62, St. Francis 56, Wallace County 40, Dighton 30, Northern Valley 28, Cheylin 24,

Quinter 24, Natoma 14, Healy 10, Western Plains 7, Golden Plains 6, Brewster 4, Palco 4.

4x400 relay: (1) St. Francis (Lambert, Pevler, Hill, Gienger),

4:28.51.

200-meter dash: (5) Hill, 28.74,

400-meter dash: (3) Gienger, 1:04.22.

Javelin: (1) Crabtree, 113-7.0.

1600-meter run: (2) Lambert, 8:08.73.

Shot put: (1) Crabtree, 36-7.0.

Discus: (1) Crabtree, 109-1.0.

### Girls

Team standings: Burlington 103, Colby 77, St. Francis 76, Rawlins County 61, Goodland 44, Hoxie 32, Norton 24, Cheylin 19.

Shot put: (1) Figgins, 30-2; (5) Trembly, 28-0; (6) Jacquelyn Ketzner, 26-4.

Discus: (2) Trembly, 87-11; (6) Jelyn Carman, 68-3.

Javelin: (1) Trembly, 84-5; (3) Ketzner 68-3.

110-meter hurdles: (1) Grace, 17.97, Figgins 18.73.

300-meter hurdles: (1) Figgins, 56.03.

800-meter run: (1) Grace, 2:53.23.

### Boys

Team standings: Goodland 142, Burlington 101, Cheylin

81, Colby 51, Norton 51, St. Francis 51,

Long jump: (3) Ty Zwegardt, 16-9.25.

Triple jump: (5) Brock Zwegardt, 35-0.25.

Pole vault: (1) Killingsworth, 10-6; (3) Braden Schmid, 8-6.

110 hurdles: (1) Figgins, 16.1.

100-meter dash: (6) T. Zwegardt, 12.53.

4x100 relay: (1) St. Francis (Figgins, Adam Guthmiller, Killingsworth, B. Zwegardt) 48.57.

4x400 relay: (3) St. Francis (Figgins, Killingsworth, B. Zwegardt, T. Zwegardt), 4:04.83.



SENIOR SHAWN WARREN participates in the field events for the Indians. Although he is working on the discus in practice, at the Triplains Invitational he placed in the shot put.

Herald staff photo by Betty Jean Winston

Quinter 24, Natoma 14, Healy 10, Western Plains 7, Golden Plains 6, Brewster 4, Palco 4.

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UP AND OVER - Cody Killingsworth placed first in the pole vault at the Goodland 9-10 meet.

Herald staff photo by Sharon Corcoran

## Swim team changes revealed

The 2009 swim season is about to begin. The Sainty Sharks are announcing changes for the upcoming season.

On Thursday, April 16, the Sharks met at the St. Francis Equity meeting room. Jeff and JD Utterbach of Arapahoe, Neb., made a presentation for the Plains Tsunami Swim League formerly Southwest Nebraska Swim League. After the presentation there was a question and answer period with parent and swimmer discussion. The team, as a whole, made a unanimous decision to join the Plains Tsunami Swim League. There are approximately 25 teams in the league.

Joining the new league means changes: new age groups; different distances; meet opportunities; variety of swimmers; various locations; and cost.

The new age groups are 8 and under; 10 and under; 12 and under; 14 and under; 18 and under; 19 and over; 30 and over and 50 and over.

All races will be measured in meters instead of yards and all times adjusted from various length pools into meter times. In general, distances of races will be half the distance as in previous years (ie: 100-yard butterfly will now be 50-yard butterfly and regular relays will be 100 meters.)

About meet opportunities: There are five regular meet weekends. Each week there are approximately five meet locations ranging from the Kansas Colorado border to the eastern teams as far as Red Cloud, Neb., therefore different teams attend different meets each weekend. This and the length of each event



SWIM SEASON IS APPROACHING - Mandi Cooks, a member of the Sharks swim team is ready for the season to begin.

Photo courtesy of Crissy Cooks

shorten the time of the meet down tremendously. Most meets are over by noon. The swimmers will get to meet different swimmers at each meet. The host team can also pick which day of the week works best for the meet. The meet does not have to be on Saturday.

Fees will be \$22 per person to join the league not the St. Francis team. This money pays for all entry fees and insurance on each swimmer.

"As a team the Sharks are excited for the new changes and look forward to the league meeting on Saturday in McCook," Coach Margaret Poling said.

This meeting is for all coaches and stroke and turn judges. Two

people from each team are required to attend this meeting to be able to be eligible to join the league.

Meets will be assigned at this time and the St. Francis team was informed that they could be eligible to host a meet. Anyone who would like to attend the meeting should contact Mrs. Poling or Crissy Cooks before Friday.

Practices for the Sharks will begin as soon as the pool is full and permission is granted.

The meets will begin on May 30.

For more information about the Sainty Sharks, please call Mrs. Poling at 332-3103 or Mrs. Cooks 332-2231.

## Coming Soon:

### SENIOR PARENTS!!!

Bird City •• St. Francis •• Idalia, CO

## Congratulate Your Graduate ....

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional. Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$39.00 each or three for \$99.

### David Guthmiller

I plan on attending Sterling College on a football scholarship and major in Biology.

Congratulations, you made it! We are so proud of you and everything you have accomplished. Good luck next year, we will be behind you all the way! Love Mom, Dad, Sarah and Adam



Parents: John and Kristi Guthmiller



For more details,

contact Casey McCormick at the Saint Francis Herald at 785-332-3162

Bird City Times

The Saint Francis Herald

785-332-3162