

# Colby track members have plenty to do at state

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Colby High junior Lissa Mazanec is where she wants to be at, but not where she wants to be.

Mazanec returns to the Kansas high school state track meet to defend her discus title she won last year.

"You always want to be back. I'm throwing the same as last year, which is a little disappointing," she said. "You want to improve the next year."

Last year, Mazanec won the 4A discus with a distance of 135-5. She won the discus at the regional meet Friday with a distance of 131-6.

"The others are throwing in the 130s at state this year," she said. "That will be a little bit of a challenge."

Mazanec said she has thrown the discus since grade school and participated in it in non-school related track meets in her younger years. She watched her older brother throw the discus and wanted to try it.

Mazanec said every part of the technique of throwing the discus is critical in getting a good throw. She reviewed her technique this week.

"Having long appendages, like I do, helps a lot. Then your speed, using your core muscles and hips," she said.

The 4A girls discus is scheduled at 11:30 a.m. Saturday.

The state track meet starts 7:30 a.m. Friday at Cessna Stadium at 21st and Hillside in Wichita. Events will also be held Saturday.

Three is not a crowd for Colby freshman April Gee.

Gee qualified in the 100, 200 and triple jump. At regionals, she finished fourth in the 100 in :12.96; finished fourth in the 200 in :26.91. She placed second in the triple jump with a distance of 36-5.75.

"I love the triple jump," she said. "I really don't know why, it's just fun to do something you're pretty good at."

Knowing a state title is on the line, Gee said she has to remember when to save and use her energy when running the 100 and 200.

"With my 200, I need to not die at the end and with the 100 I just put it all out," she said. "This is very exciting. It's a privilege to go."

Gee is not the only Colby runner



in more than one event at state.

Junior Mitchell Tuma is also in three events; the 100, a member of the 4x100 relay and the javelin.

Tuma said Colby is special in having as many people in multiple events at the state meet.

"We have a lot of good, natural athletes and when you work hard, this is the reward," he said.

Tuma finished fourth in the 100 in :11.25, .22 behind first place at regionals.

Tuma said he really does not have a favorite among the three events he is in. He likes the 100 because it is all speed from start to finish and likes the javelin because of how unique of an event it is.

"It's different, and there is more to it than the wrist," he said.

Josh Baden qualified in the 1600 and the 3200. He won both events at regionals. Baden won the 1600 in 4:35.04 and the 3200 in 10:05.

"It's not a tough transition," Baden said about the two races. "I feel like I am better at the 3200 but you need to run faster for the 1600.

The longer the distance, the better I run."

Baden was the only Colby boy at the state meet last year. Baden, now a junior, finished sixth in the 3200 in 10:16.4 last year.

"I think I can do better," he said.

Baden thanks the cross country program, which he runs in, to prepare him for track.

Breck Arnberger finished fourth in the 3200 in 10:45 at regionals. He will also run at state.

In the javelin, Ethan Stover also qualified for state. Stover took second with a distance of 166-7. Tuma was third with a distance of 166 at regionals.

Senior Darren Sporing finished second in the 800 in 2:03 at regionals and will run at state.

Colby's 4x100 meter relay team finished second in :44:22 at regionals and qualified for state. The team is made up of Eli Robert, Mitchell Tuma, Scott McCoy and Heath Stephens. Robert is a junior and McCoy and Stephens are sophomores.



JOHN VAN NOSTRAND/Colby Free Press

Colby High School qualified 10 track members to the state meet which starts Friday at Wichita. TOP LEFT: Junior Lissa Mazanec prepared to throw the discus at practice. She won the 4A girls discus at state last year and returns to defend her title. TOP: Freshman April Gee practiced the triple jump, one of three events she will be in at the state meet. ABOVE: Colby boy's 400 relay team of (from left) Eli Robert, Mitchell Tuma, Heath Stephens and Scott McCoy raced around the track during practice Monday.

A complete schedule of the state track meet can be found at [www.ks-hsaa.org/TRACK/ST-Schedule.pdf](http://www.ks-hsaa.org/TRACK/ST-Schedule.pdf)

## Brewster golfer finishes fifth at state meet

Brewster Bulldog golfer Jance McKee placed fifth with an 81 at the 1A state boy's golf meet Monday at the Hesston Golf Park in Hesston.

A score of 78 won the meet. McKee is a junior. Sophomore Brewster golfer T.J. Preston finished 63rd at state with a 103.

Quivira Heights edged Pretty Prairie and Olpe on a fifth-mantiebreakerto defend its 1A title. All three teams scored 346



McKee

on the par-71 layout. The Thunderbirds got 92s from Jacob Behnke and Isaac White. One counted toward Quivira Heights' team total, the other topped a 95 by Pretty Prairie's Alex McMillen and a 110 by Olpe's Michael Schmidt for the tiebreaker. Greensburg finished

ninth in the 12-team competition at 386.

Sophomore Andrew Seiler and senior Alex Reinecke shot 87s to tie for 14th for the Rangers, who played four tournaments after their town was struck by a May 4 tornado.

**Colby Junior Golf ORGANIZATIONAL MEETING & FIRST PRACTICE**  
  
**Date: Thursday, May 24, 2007**  
**Time: 6:00 pm**  
**Place: Meadow Lake Golf Course**  
**FOR Additional INFORMATION CONTACT:**  
**Miles LADENBURGER 462-7687 OR 443-1362**



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