Eagles' runner wins in Oberlin

5 seconds at Tuesday's meet in the season moves forward. Oberlin, helping the Lady Trojans' varsity team take third out of had a great team performance. seven teams with 63 points.

Coach Bob Mannebach said Finley told him she could have gotten her time under 15 minutes if she would have known how close she was.

Colby senior Katrina Kaus took third overall with 15:43. Mannebach said both Finley and Kaus had outstanding times.

Senior Katherine Kaus, Katrina's twin sister, finished 12th with 16:44. Finley and the Kaus' sisters received medals for finishing in the top 15. The three girls have placed in every race this sea-

Seniors Kayla Hockersmith and Amy Schroeder finished with 17:30 and 18:56 respectively.

"Kayla continues to improve in our team in the future," Mannebach said.

Juniors Christina Ostmeyer and Sara Martin finished with 19:56 Saturday, Oct. 9, at Lakin. and 20:18. The coach said if the

leyball team went 2-0 in a triangu-

The girls swept Norton 25-17,

"This was a good chance to play

all 10 varsity members and work

on fundamentals," said coach Les-

Bell had a great hitting game and

junior Brenna McKee had a great

The Lady Eagles defeated At-

wood 23-25, 25-21, 25-18. Wag-

oner said her team met some

tough competition from the Lady

Buffaloes' front line in a few ro-

behind the Lady Buffaloes sev-

eral times during the match, but

they were able find open holes

in the defense and start hitting

those spots. The coach said senior

Kelsey Voss, Morgan Bell and

in and did a nice job along with

"Senior Anna Taylor also came ley.

Brenna McKee all played well.

Buffs to commit some hitting er- 25-18).

lar in Atwood on Tuesday.

ley Wagoner.

serving match.

whole match.

rors," the coach said.

Colby High squad

goes 2-0 in Atwood

The Lady Eagles' varsity vol-senior libero Tera Raymond,"

25-11 in their first match of the High School last weekend. Wag-

tations but continued to battle the 25-16. The squad's losses were

"McKee became extremely vo- Kansas City Sumner (25-9, 25-

Wagoner said the girls were girls played great defense in their

cal in that match and forced the 12) and Topeka Seaman (25-19,

The coach said junior Morgan throughout the day.

Wagoner said.

Colby High junior Emilea Fin- two Lady Eagles continue to work ley took first with 15 minutes and hard they will improve greatly as

The coach said the girls' team

Junior Jared Nally took 10th in the boys' meet with 17:52. Mannebach said it was the best Nally has run this season.

"He was pretty steady the entire race," the coach said.

Sophomore Dustin Reed came in 13th with 18:10. Mannebach said Reed had a good run, but he's still battling hip problems. He said Reed hasn't taken any time off because he's such a competitor.

Sophomore John Faber finished 13th with 18:24. The coach said it one of his best performances this season. Nally, Reed and Faber all got medals for placing in the top 15. Reed has won a medal at every meet this season.

Other Colby boys' times include freshman Reed Stephens, each meet and Amy is showing 19:13; sophomore Brad Schroedvast improvement which will help er, 20:27; sophomore Blake Mc-Ninch, 21; and junior Jordan Rasmussen, 21:39.

Colby will run again at 10 a.m.

The Lady Eagles went 1-3 in

a tournament at Topeka Seaman

oner said her team competed very

well even though they were only

able to win one match. The coach

said she was proud of the girls

and added that they played well

Wagoner said libero Raymond,

setter/hitter McKee, sophomore

middle hitter Lauren Bell, Mor-

gan's younger sister, all played

Shawnee Mission North. The girls

swept the Lady Indians 25-23,

against St. Marys (25-9, 25-12),

The coach said she thought the

"We steered their offense to our

The Lady Eagles play at 9 a.m.

Saturday in a tournament at Oak-

matches against Shawnee Mission

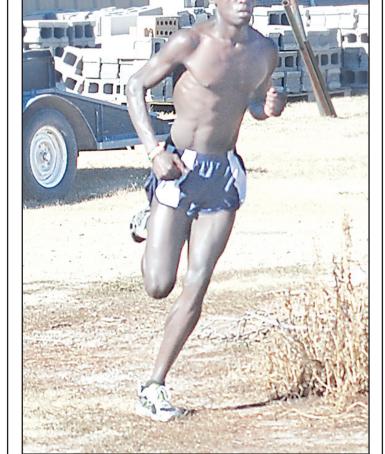
defense and had some incredible

North and Topeka Seaman.

plays," Wagoner said.

Colby's sole win came against

well the whole day.



ANDY HEINTZ/Colby Free Press

Colby Community College freshman Edward Limo, pictured here running on campus during practice, finished first out of 207 runners Saturday at the Oklahoma State Jamboree in Stillwater, Okla., with a time of 25 minutes, 15 seconds and 49 hundredths of a second.

Another first for Trojans' star

first out of 207 runners in the 74th annual Cowboy Jamboree at Oklahoma State University on Saturday.

Limo finished the 8K race in 25 minutes and 15 seconds, beating the second place finisher Josh Garcia of Cowley County by six seconds.

The coach said consistent training has been one of the keys to Limo's success. Limo, in a small village called Chep-

Limo's first place finish a team score of 51. helped the Trojans' squad finish sixth out of 23 teams with a team score of 177. Limo's performance led to him being named the Verizon Wireless Kansas Jayhawk Community College Conference Athlete of the Year for the second time this season. He has took first in both his races this season.

Freshman Ross Freeman came in 27th with 27:05, his personal best time.

"Ross is a big part of the team," Ortiz said. "He's running faster than he ever has."

Cowley County placed first with 26:13.89. Ortiz said seeing how dominant Cowley was

Colby Community College really stung. He said he wasn't freshman Edward Limo took sure if anyone would be able to beat them this season.

> "I'm proud of Edward and my guys," coach James Ortiz said. "This was our first 8k race this season, and to open up on a tough course like that, I knew it wouldn't be our best. It's good to know they are going to get better from here on out."

The college division of the Jamboree featured teams from junior colleges and four-year a Kenyan native who grew up universities such as Fort Hays State University. Cowley, the tiret, said he wants to run an 8K No. 1-ranked team in the Naunder 24 minutes by the end of tional Junior College Athletic Association, won the meet with

> Other times for Trojans' runners includes Freshman Tim Cude, 45th with 27:31; sophomore Trey Dunsirn, 51st 27:44; freshman Raymond Velazquez, sophomore Anthony Luna, 28:06; and sophomore Alfredo Arellano, 28:06.

> Coach James Ortiz said he wanted to make sure his runners were tired going into the race. He said he didn't want the fourth place rating to go to their head.

The men's team will race at the Emporia State University Invitational at 5 p.m. Friday at Jones Park.

Womans' team picks up big win

up a huge victory over No. 19 ranked Seward in Liberal on Monday, beating the Lady Saints in three sets 25-22, 25-17, 26-24.

"The whole team played well," Colby College coach Carey Jones. "Everyone worked together."

The coach went out of her way to praise freshman J'Nae Raynor for playing a huge role in the Lady Trojans' third set win. She said Colby was trailing the Lady Saints' 24-21 when Raynor came in off the bench. Jones said Raynor had three big digs that kept the ball in

"She saved the set for us," the coach said. Jones said the digs she hit were "insane balls that you wouldn't expect anyone to get

The coach said Raynor also got aces and made some big passes on serve receptions.

Jones said her team had been struggling to put a whole match together, but they met her expectations against Seward. She said it was the best her team has played since they beat North Platte, Neb., on Sept. 4. Jones added that her team's performance against the Lady Saints was even better than against North Platte.

Assistant coach Natalia Tomaszewska told her team they saw the better half of their relationship that night. Jones said the her team has two relationships: one side that plays up to their potential and another side that doesn't.

Freshman Ana Calito had 15 Danqi Li and freshman Nichelle home.

The Lady Trojans' squad picked Erskine both had seven kills. Sophomore Jordyn White had 18 digs and sophomore Emily Lubbers had 39 assists.

Lady Trojans squad went 2-2 in a tournament at Panola College in Carthage, Texas, last weekend.

The Lady Trojans beat Lon Morris from Jacksonville, Texas, 25-14, 20-25, 25-18 and Richland College in Dallas, Texas, 25-9, 25-16, 25-23 on Friday.

Colby lost to Tyler Junior College from Texas, 25-12, 25-23, 25-8 and they lost to No. 10 ranked Panola 17-25, 25-13, 25-17, 25-15.

Jones said her team played horrible against Tyler. The coach said she had a talk with her team after the loss and they came out ready to play against Panola. She said Colby had 17 kills against the Lady Fillies in first set, but the Lady Trojans didn't play with the same energy for the rest of the match.

Colby plays Pratt Community College at 6:30 p.m. Friday at the Community Building. The Lady Trojans' record sits at 18-8 overall and 4-2 in the Kansas Jayhawk Community Conference Western Division. Colby is third in the Jayhawk West and Pratt is second. If the Lady Trojans' beat the Beavers Colby will jump to second place.

Colby is 7-0 at home. Jones said the home crowd helps her team's performance.

"We have the biggest crowd in the league," Jones said. "People care about how we're doing." Jones said her team needs to keep kills and sophomore Gabrielly the crowd coming to matches Cardoso had 13 kills. Sophomore even if they lose a few matches at

Junior varsity team shows improvement .

The Cheylin/Brewster junior at Brewster on Saturday. They lost several close matches last week.

good serves and back row attacks, sets 25-11, 25-13. said coach Cristi Antholz. Wallace win in four sets 25-13, 24-26, 25-15, 25-22.

Senior Iliana Reynoso, junior Christina Fink and freshman sisters Amber and Ashley Barrie all had two aces. Freshman Ellie Pochop and freshman Maddie Mayer both added an ace.

Mayer was the top hitter for the Lady Cougars with seven kills; Ashley Barrie followed with 4; Reynoso, 3; and Fink, 2. Barrie set at 94 percent proficiency and Reynoso set at 83 percent and had

"The match was the girls' best a great deal of improvement," coach Cristi Antholz said.

Lady Cougars played in a quad

varsity team saw a lot of action in a close match to Golden Plains 25-22, 25-19 and they fell to Digh-The girls played a best-of-five ton 25-10, 25-17. The girls' final match against Wallace County match of the day was against Aton Monday. There were several wood. They lost the match in two

Reynoso, Funk, the Barrie sis-County eventually picked up the ters and Pochop all served one ace. Mayer led the team in kills with four, Fink with 3, Ashley Barrie 2, and freshman Manda Barnett 1. Mayer also had a block.

The girls played at Golden Plains on Tuesday, Sept. 21st. They lost the match in two sets, 25-12, 25-17. Reynoso and Pochop both had an ace serve. Ashley Barrie and Barnett had one kill each.

The girls traveled to Grainfield with the junior varsity football team on Monday, Sept. 20, where they faced Wheatland/Grinnell in a best-of-five match. They lost 25-15, 25-14, 25-14. Ashley Barof the season, and they all showed rie had three kills and Mayer followed with two. Sophomore Amber Barrie served two aces.

Program to cover tennis Tennis at Colby will be one of Larned and Wallace County (Sha-

Great West Activity League Standings

League Record

2-1

3-0

1-0

2-2

0-3

0-2

The government wears many hats.

We put them all in one place.

the sports events highlighted this ron Springs) at Quinter. week on Smoky Hills Public Television's Scoreboard Show.

The Friday high school football games to be featured include Ellinwood at Ell-Saline (Brookville), Linn at Tescott, St. John's (Beloit)-Tipton at Quivira Prep (Hays) at Hoisington, Salina-Sacred Heart at LaCrosse, Western Ness City and Beloit. Plains at Otis-Bison, Cimarron at

Team

Colby

Scott City

Goodland

Holcomb

Hugoton

Ulysses

The program airs at 10:30 p.m. Friday with footage from each game and is repeated at 10 a.m. Saturday.

Other sports highlights of the week include golf from Hoisington and Ulysses, volleyball Heights (Bushton), Thoman-More from Lyons and Kiowa County (Greensburg), cross country from

Overall Record

3-1

4-0

3-1

2-2

0-4

1-3

Lady Cougars go 1-1

loss to Golden Plains (25-21, 25-19) in a triangular in Rexford on Tuesday, Sept. 21.

The girls beat Golden Plains earlier in the season but poor passing and a lack of communication kept them from keeping the edge on the court, said coach Cristi Antholz.

The girls rallied back to soundly beat Heartland Christian 25-4, 25-13 in their second match that day. Lady Cougars junior Forrest Burr

The Cheylin/Brewster varsity and sophomore Stephanie Busse volleyball team suffered a tough both served five aces for the day. Senior Teryn Carmichael followed with three aces and Shayla Hubbard had two aces.

Senior Whitney Churchwell led the team with 10 kills. Sophomore Stephanie Busse had nine, sophomore Kasey Hoyt five and Burr four. Busse had three solo blocks and Forrest had two.

Several of the girls were listed in Thursday's Salina Journal for their leading stats. Look for their names in Thursday's paper.





From Social Security benefits to government jobs to tips on cutting energy costs, USA.gov has you covered. It's your official source for all federal, state and local government information. **USA.**gov 8 Sports CFP 9-29-10.indd 1