



ALL-COUNTY GIRLS TRACK & FIELD

Runner of the Year DIVINE BAMGBOYE

URBANA SENIOR SPRINTS, HURDLES

■ The best pure sprinter to come through the Urbana girls track program in quite some time helped lead the Hawks to their 10th consecutive county team title, their 11th straight regional team title and their fifth state team in the last decade.

■ Successfully defended her Class 4A state title in the 300-meter hurdles, posting a personal-best time of 42.37 seconds to win the race this season. She also placed second in the 100 hurdles (a personal-best 13.87), ninth in the 100 dash (12.13) and ran a leg for Urbana's second-place 4x200 relay (1:39.32) at the state meet.

■ At the county championships, she won the 100 dash (12.17 seconds), the 100 hurdles (14.74), the 300 hurdles (46.37) and placed third in the 200 dash (25.48).

■ Will continue her track and field career at Cornell University.



Field Athlete of the Year FELICIA SIEWE

URBANA SENIOR JUMPS, THROWS

■ One of the most talented and versatile athletes to come through the Urbana girls track program in quite some time helped lead the Hawks to their 10th consecutive county team title, their 11th straight regional team title and their fifth state team in the last decade.

■ She qualified for the Class 4A state meet in the 100-meter hurdles, the shot put, the high jump, the long jump and the triple jump. She finished second at states in the long jump (18 feet, 3 3/4 inches) and fifth in the shot put (36-3).

■ At the 4A West regional meet, she won the shot put (38 feet, 11/2 inches), and the long jump (17-4 1/2), in addition to finishing second in the 100 hurdles (14.66 seconds), fifth in the triple jump (34-10 1/2) and ninth in the high jump (4-9).

■ Will continue her track and field career at Harvard University.

FIRST TEAM

FIONA COLLINS
SOPHOMORE POLE VAULT, SPRINTS
OAKDALE

■ Overcame a tailbone injury that impacted much of her season and won her first state title in the Class 3A pole vault by clearing a personal-best height of 11 feet, 4 inches. Also won a regional title in the pole vault (10-9) and ran a leg for the Bears' state-placing (eighth) 4x400 relay.



ALEXA DOMATHOTI
SENIOR MID-DISTANCE
BRUNSWICK

■ Shined as a middle-distance runner for the Railroaders, placing sixth in the Class 1A 400-meter dash (1:01.78) at the state meet, as well as running legs for the 4x400 relay, which placed third in the state (4:07.75), and the 4x800 relay, which placed sixth (10:45.51).



JAIDAH EZCAMAN
SOPHOMORE JUMPS
URBANA

■ An emerging talent for the Hawks who swept the Frederick County titles in both the high jump (5 feet, 2 inches) and the long jump (17-8 1/4) and ran a leg for Urbana's county-champion 4x100 relay team (47.71 seconds).



HAILEY LANE
JUNIOR MID-DISTANCE
TUSCARORA

■ Continued to reign in both the 800 (2:19.94) and 1,600 (5:15.12) meter runs at the Frederick County meet, sweeping both races during the indoor and outdoor seasons. She also ran a leg for the Titans' 4x100 relay, which placed eighth in Class 3A (49.76 seconds) at states.



KATE MINER
FRESHMAN DISTANCE
URBANA

■ In her first season of outdoor high school track and field, she placed fourth in Class 4A at the state meet in the 1,600-meter run (a personal-best 5:05.83), fifth in the 3,200 (a personal-best 11:09.02) and eighth in the 800 (2:22.54) for the Hawks.



AVA MORALES
SOPHOMORE HIGH JUMP
FREDERICK

■ Followed her Class 4A state indoor championship in the high jump with her first outdoor state title in the event. Her winning height at the state meet was 5 feet, 4 inches, which was just shy of her personal best (5-6), which she set during the season.



SERGIA NYAMBI
JUNIOR JUMPS, HURDLES
BRUNSWICK

■ One of the more versatile athletes in Frederick County who placed fifth in the Class 1A state meet in both the 300-meter hurdles (46.18 seconds) and the high jump (4 feet, 10 inches). Also ran legs for Brunswick's 4x400 relay, which placed third, and 4x200 relay, which placed seventh, at states.



BRUNELL OWUSU
SENIOR POLE VAULT, HIGH JUMP
THOMAS JOHNSON

■ Performed her best when it mattered the most, clearing a personal-best height of 12 feet, 4 inches in the pole vault to win the Class 4A state title and follow up her state indoor title in the same event. Also qualified for the state meet in the high jump.



JULIE PATCHOU
SOPHOMORE THROWS
URBANA

■ Set a personal-record by a wide margin to win the Class 4A championship in the discus (128 feet, 3 inches) at state meet. Her previous best was 121 feet. Also won the 4A West regional title (120-3) and the CMC Large School championship (120-7).



JOSSLYN QUANSAH
SENIOR SPRINTS, TRIPLE JUMP
LINGANORE

■ Achieved her best results in the triple jump, winning Central Maryland Conference Large School (a personal-best 38 feet, 11 inches), Frederick County (38-10 1/2) and Class 3A West regional (37-5 1/2) titles before placing third (38-5) at the state meet.



SADE TAIWO
JUNIOR SPRINTS
URBANA

■ Class 4A West regional champion in the 100 (12.29 seconds) and 200 (25 seconds) meter dashes who placed fourth in the 200 (a personal-best 24.41 seconds) and sixth in the 100 (11.95 seconds) at the state meet. Also ran a leg for the Hawks second-place 4x200 relay at states.



HONORABLE MENTION

Brunswick—Allison George, Leah Smallwood, Kate Virgilio; **Catoctin**—Olivia Baker, Olivia Hoyt; **Frederick**—Olivia Gregory, Kennedy Jones, Amelia Slagle, Lucinda Slagle, Ysabelle Soto, Jordyn Summers; **Linganore**—Bailey Hall, Evelin Heine, Gabrielle Joseph, Carly Moyer, Juliana Nardini, Jordyn Shipley; **Maryland School for the Deaf**—Leticia Detrow; **Middletown**—Addison Brown, Erin Heinze, Naomi Layne, Briana Lee, Alivia Lipinski, Lucinda Rodriguez, Eila Stultz, Sophia Tsapenko; **Oakdale**—Morgan Booth, Maya Di Monte, Alexis Mangene, Abigail McConnell, Trinity McLaurin, Johanna Mitchell, Angelyn Quansah, Grace Robinson, Lillian Schultz, Lizzie Wells; **Thomas Johnson**—Lennah Bailey, Gabriela Umpierre; **Tuscarora**—Deborah Adeyemi, Assiatou Camara, Katelyn Dorsey, Siena Foster, Taionna Jackson, Adaeze Obuekwe; **Urbana**—Zikora Etolue, Gabby Grant, Keira Mistry, Maya Osher, Anna Rodrigues, Bailey Smith, Marilyn Tang, Casey Willard; **Walkersville**—Orlane Tossah, Zoey Funk.

WNBA

Clark has impact on All-Star Game even though she won't play

By MICHAEL MAROT
Associated Press

INDIANAPOLIS (AP) — Caitlin Clark bounced a ball, joined a team huddle and gave one of her All-Star teammate's shots a playful thumbs down before gingerly lobbing her own half-court heave Friday.

It may be the most demanding action anyone sees from Clark this weekend.

Indianapolis' big midseason weekend wasn't supposed to play out this way, with Clark patrolling the sidelines instead of impressing her home fans with more nifty passes or trademark logo 3-pointers.

But as she sits this one out because of yet another injury, Clark remains the center of attention. From the 30-story, larger-than-life image covering Indianapolis' JW Marriott Hotel to the wraps around the city's maze of skywalks, last season's Rookie of the Year seems every bit as in demand — maybe even more — as All-Star teammates with the Indiana Fever, Aliyah Boston and

Kelsey Mitchell, or anyone else in town.

"Oh, yeah. I am going to be there," Clark told "Good Morning America" on Friday, referring to Saturday night's game. "I am going to be there, active on the sideline. I'm going to cheer these two on."

Clark did not speak during Friday's scheduled interviews with reporters.

For a league that has seen ticket sales and television ratings soar since Clark's arrival last season, her absence comes at the worst possible moment.

Indianapolis was selected as the All-Star host last summer, and Clark was set to make her debut in the 3-point contest in her adopted hometown. The contest may have featured the strongest field ever — the last two contest winners, Sabrina Ionescu of New York and Alisha Gray of Atlanta; former NCAA Division I scoring champ Kelsey Plum of Los Angeles and Washington rookie Sonia Citron — if Clark was in it.

Instead, Fever guard Lexie Hull will replace Clark in Friday's

contest.

"I think Lexie deserves it," Mitchell said. "I think that C.C. is dope for making sure that happened or the WNBA, for that matter, I don't know, and I think for the Fever it's just a good way to represent us and have someone the that this city loves."

Of course, everyone wanted to see Clark, who remains quite active off the court.

In addition to the morning interview and a midday practice with the team she "drafted," the coach she acquired in a trade and the team that bears her name, Clark was scheduled to appear on Sue Bird's podcast, WNBA Live and with two sports brands — Nike and Wilson — before returning for Friday night's festivities.

It's also a good bet Clark's schedule includes some injury treatment time.

Ionescu's advice: Take full advantage of the unexpected opportunities.

"I went through something similar in my career," Ionescu said. "My first year, I didn't play due to injury and then second

year, I had like three to four soft tissue injuries. You look back and it's a blessing in disguise because you're able to learn and grow and understand it's all part of your journey, continue to figure out what you need in a pro career."

Clark won't have much down time Saturday, either.

There's a morning shootaround, a 15-minute interview session with reporters and then she'll have to navigate the newly constructed stage inside Gainbridge Fieldhouse before testing her coaching skills. And that may not be all.

"Obviously, unfortunate about Caitlin, but she's going to still have a great impact on this team," said Liberty coach Sandy Bron-dello. "I will give the coaching hat to her as much as she wants, to be quite honest. We're going to play around with it a little bit. It'll be fun."

Clark never missed a game in college or her first pro season because of injury but already has missed 10 this season with three muscle injuries.

Boston and Mitchell have seen

how their teammate has responded in all 10 and expect nothing different this time, a contest that doesn't count in the standings.

"Caitlin will still be Caitlin, trust me guys," Mitchell said, drawing laughter. "She's going to be in a coaching uniform, like you'll definitely see the competitive nature. But I think for her, her body deserves what it deserves from a break standpoint. I think this weekend will still be about what her and other individuals have brought to our league."

So while the league's biggest stars compete on the court, Clark will return to her role as promoter.

It's a role she must embrace if she hopes to play Tuesday when the regular season resumes with a home game against the defending champion Liberty — even if it's a disappointment for the women's basketball fans.

"I am feeling good," Clark told GMA. "Obviously, a lot of this cheers me up. It's fun to see everybody out here having such a good time."