



ALL-COUNTY GIRLS CROSS-COUNTRY

Runner of the Year

ERIN MCQUITTY

MIDDLETOWN FRESHMAN

■ Several years after starting her running career as a hesitant 9-year-old, McQuitty established herself immediately in her first high school season, culminating in the Class 2A state championship at Hereford High, where she became the first Middletown girls runner to win a state cross-country title since 1999.

■ McQuitty was her team's No. 1 runner at every meet this season. She captured her first major championship at the Central Maryland Conference meet. She followed that up by winning the FCPS individual title, holding off Urbana senior Sara Jarman at Catocin High School, and placing second in the Class 2A West regional race.



FIRST TEAM

MEGAN BERTOLETTE WALKERSVILLE SENIOR

■ Completed a career sweep by being named a first-team pick for the fourth straight season.
County: Eighth



CAMPBELL CALDWELL MIDDLETOWN SOPHOMORE

■ A steady presence near the front for the Knights, she earned first-team honors for the second straight fall.
County: Fifth
2A West: Eighth
2A State: 22nd



IVY COLDREN URBANA FRESHMAN

■ She impressed coach CJ Ecalono with her ability to race consistently despite her inexperience.
County: Seventh
4A West: 14th
4A State: 42nd



SARA JARMAN URBANA SENIOR

■ Hawks' primary leader and last year's Runner of the Year continued leaning on a toughness developed through competing in triathlons.
County: Second
4A West: Fifth
4A State: 28th



LULA MASTERS URBANA FRESHMAN

■ Passionate competitor was "relentless" in her first season, according to coach CJ Ecalono.
County: 10th
4A State: 40th



KARLY MCDONNELL URBANA SOPHOMORE

■ Aggressive competitor repeated as a first-team pick.
County: Fourth
4A West: 18th
4A State: 44th



HAYLEY ROSS OAKDALE JUNIOR

■ Picked up where she left off last season despite battling through a hip injury, earning first-team honors for the second straight year.
County: Sixth
2A West: 10th
2A State: 53rd



AUBREY SCHAFFER OAKDALE JUNIOR

■ The Bears' most consistent runner all season, she capped her second straight first-team campaign with a strong state meet.
County: 17th
2A West: Seventh
2A State: Eighth



ELEANOR STAFFORD MIDDLETOWN JUNIOR

■ She provided excellent team leadership to earn her third straight first-team cross-country honor.
County: Third
2A West: Fourth
2A State: Seventh



HONORABLE MENTION

Brunswick—Alison Laverty, Jena Rhodes, Elizabeth Willman

Catocin—Emma Strickland

Frederick—Nasareth Henderson, Rebecca Toms

Linganore—Caroline Perrone

Oakdale—Caylin Walker

Thomas Johnson—Alexandra Cumber, Jayden Fosburg

Tuscarora—Aylene Hernandez, Polina Kassir

Urbana—Lyna Beraich, Emily McDonnell

ShortTakes

from wire reports

Injured Eagles RB Sproles retires

PHILADELPHIA — Philadelphia Eagles running back Darren Sproles has decided to retire, ending a 15-year career for the three-time Pro Bowl player.

Sproles announced his decision Saturday on the Eagles' website, saying, "Spending the past month on Injured Reserve has been hard. I want to be out there with my guys. But I've had the chance to spend a lot of time with my family and I'm at peace with this decision."

The 36-year-old Sproles has been out with a torn right hip flexor muscle and won't play Sunday when the Eagles (7-7) attempt to keep their playoffs hopes alive against the Dallas Cowboys. He rushed for 66 yards on 17 carries this season.

Sproles has spent the past six seasons with the Eagles. He also played three seasons with New Orleans Saints and six with the San Diego Chargers.

AP Exclusive: Céspedes base pay cut from \$29.5M to \$6M

NEW YORK — Yoenis Céspedes' base salary next year was cut to \$6 million from its original \$29.5 million as part of an amended contract with the New York Mets that avoided a grievance hearing, according to details obtained by The Associated Press.

The oft-injured outfielder, however, would raise his pay to \$20 million if he has 650 plate appearances.

Céspedes agreed to a \$110 million, four-year contract in December 2016 but could lose as much as \$29.6 million under the amended deal. He hasn't played since July 20, 2018, and he has topped 321 plate appearances just once since 2015.

Mets general manager Brodie Van Wagenen, Céspedes' former agent, said in May the outfielder sustained multiple right ankle fractures in an accident at Céspedes' ranch in Port St. Lucie, Florida, where the club's spring training complex is located.

New York withheld part of Céspedes' salary, alleging he was hurt during an activity prohibited by his contract's guarantee language. The players' association filed a grievance, and the sides settled on an amended contract before the case was argued.

No. 1 KU falls to No. 18 Villanova

PHILADELPHIA — Jermaine Samuels spotted up, let the ball fly and — bang — the 3-pointer swished, and some 20,000 delirious Villanova fans shook the arena. With time running out, the game on the line, Samuels was fearless.

"I just shot it unconsciously," he said.

He did, and one more No. 1 got KO'd.

Kansas became the latest top-ranked team to fall in the wildest of basketball seasons, another week where it's no fun at No. 1.

Samuels hit the winner with 20.5 seconds left to lead No. 18 Villanova to a 56-55 victory on Saturday, and the Wildcats became the only team to beat KU twice at No. 1 under coach

Bill Self.

At this pace, the Big 12 Jayhawks (9-2) may get another run at No. 1. Kansas had moved up one spot to become the fifth team to top the poll this season. It is the first time the AP poll has had five different No. 1s before New Year's Day; the record for an entire season is seven, set in 1982-83.

Terps' special teams and inside linebackers coach leaving for Fla. St.

Much was made last year about John Papuchis coming home when coach Mike Locksley hired him last year as Maryland's special teams and inside linebackers coach. Papuchis had grown up in the area, starting his coaching career at a couple of high schools in Montgomery County before moving up to the college ranks.

As things turned out, the homecoming proved to be short-lived.

Papuchis has left College Park, a team spokesman confirmed Saturday. According to Yahoo Sports, Papuchis will join the staff of newly hired Florida State coach Mike Norvell, who is bringing the well-traveled and well-regarded assistant to Tallahassee to coach special teams and defensive ends.

The departure from Maryland comes a few days after national signing day, when Papuchis played a role in the signing of linebacker Ruben Hyppolite, who was the team's second-highest recruit behind five-star wide receiver Rakim Jarrett.