

SPORTS



STAFF PHOTOS BY KEVIN BONESKE

Rainy River's Tanner Helms (3) delivers a pitch while Robert Parrish III (29) looks on from first base in Saturday's scrimmage at Scheela Field.

Voyageurs scrimmage Cardinals

JOURNAL STAFF REPORT

The Rainy River Community College baseball team scrimmaged Saturday at Scheela Field, where RRCC faced the Brandon Cardinals from Manitoba in a doubleheader. The Voyageurs, who are holding their annual "fall ball" practices this month in preparation for the 2014 season, have another scrimmage Sept. 28 against RRCC Alumni.



At right, Rainy River's Ben Churilla (11) beats the throw back to first base in Saturday's scrimmage against the Brandon Cardinals.



Rainy River's Wes Gunnerson (1) crosses home plate to score in Saturday's scrimmage against the Brandon Cardinals.

FOOTBALL

➤ continued from B1

ing to see the play — they were trying to come up and make a play and they got themselves out of position, and that hurt us. We have to be more disciplined.” Both teams ended up with about the same amount of total offense as the Broncos outgained Proctor, 369-357 yards. Both teams also ran the ball primarily with the Falls having a 4-yard advantage over the Rails, 311-307. The Broncos had the last opportunity to score when they drove deep into Proctor territory and had three opportunities to score from the Rails’ 4-yard line in the final seconds.

A pass from Eide to senior end Luke Spilde was incomplete on second down. The third-down pass from Eide to junior end Ben Humbert was ruled out of bounds. Eide then pitched on fourth down to senior Cody Hallin, who was tripped up behind the line of scrimmage before getting off a pass as Proctor took over on downs and ran out the clock. The loss dropped Falls’ season record to 1-2 overall and 0-2 in the Sea Range Conference. The Broncos return to action this Friday night when they host Two Harbors for Homecoming. “We’ve just got to keep firing out (on defense), especially (with) the offense that Two Harbors is going to run,” Boyle said. “We



STAFF PHOTO BY KEVIN BONESKE

The Broncos’ Jakob Ettestad (32) runs with the football while Ben Humbert (2) looks on in Friday’s game against Proctor at Sports Stadium. Ettestad ran for 155 yards and a touchdown.

Proctor	17	I. Falls	14
Proctor	3	0	0
I. Falls	8	6	0
	14	—	17
	0	—	14

GIRLS SWIMMING AND DIVING

Broncos fifth at Hibbing Invite

JOURNAL STAFF REPORT

The International Falls girls swimming and diving team recorded two individual runner-up finishes and came in second in a relay race Saturday when the Broncos placed fifth at the Hibbing Invitational. Bemidji won the team title with 463 points, followed by Grand Rapids (425), Cambridge-Isanti (343.5), Hibbing (300.5) and the Falls (259) rounding out the top five out of nine teams.

“It was tough competition,” said Broncos head coach Jill Herzig, who also noted the Falls swam well facing many of the top teams in Section 7A as well as Bemidji and Cambridge-Isanti that are not in the section.

Broncos sophomore Abby Kostiuk placed second in the 100 backstroke (1 minute, 7.18 seconds) and also came in fifth in the 100 butterfly (1:12.13).

Kostiuk’s finish in the backstroke was only 6 hundredths of a second behind the winning time of Cambridge-Isanti senior Katie Beauto.

Falls senior Breanna Shofner came in second in the 50-yard freestyle (26.82) and added a fifth-place finish in the 100 freestyle (59.79).

Shofner’s time in the 50 freestyle was 48 hundredths of a second behind the top finish of Bemidji senior Danielle Hoven.

Kostiuk and Shofner joined senior Blair Johnson and freshman Claire Herzig to place second in the 200 freestyle relay (1:50.51). Grand Rapids won the race in 1:45.68.

Johnson, Shofner and Kostiuk also teamed up with freshman Emily Saari to place third in the 200 medley relay (2:03.4). Bemidji finished first in 1:58.57.

Saari added a third-place individual finish with Herzig coming in sixth in the 100 breaststroke in 1:18.19 and 1:20.37, respectively. Mesabi East junior Hailee Jofs won in 1:15.88.

Johnson, senior Courtney Klow, junior Tayler Hebner and freshman Emma Misner placed sixth in the 400 freestyle relay (4:13.31). Bemidji finished



Abby Kostiuk



Breanna Shofner

first in 3:52.86.

Klow, Herzig, Misner and Hebner placed seventh in the 200 medley relay (2:08.76).

Misner also came in eighth in the 100 butterfly (1:13.8).

The top-three finishers in each event received medals, while ribbons were awarded to those finishing from fourth to eighth place.

Saturday’s invitational was Falls’ first meet of the season away from the FHS pool. The Broncos next host a dual meet Thursday against Mesabi East.

Hibbing Invitational

Team scores: Bemidji 463, Grand Rapids 425, Cambridge-Isanti 343.5, Hibbing 300.5, International Falls 259, Mesabi East 194, Chisholm 128, Virginia 107, Eveleth-Gilbert 105.

International Falls finishers:

1-meter diving — 11. Jessie Hell, 213.6; 17. Hope Dunn, 119.05; 18. Josie Bates, 113.3.

200-yard medley relay — 3. Abby Kostiuk, Emily Saari, Breanna Shofner, Blair Johnson, 2:03.4; 7. Courtney Klow, Claire Herzig, Emma Misner, Tayler Hebner, 2:08.76.

200 freestyle — 16. Carolann Stone, 2:24.55; 26. Megan Herrly, 2:37.9; 29. Anna Earley, 2:42.06.

200 individual medley — 16. Abby Auran, 2:50.19; 17. Emily Saari, 2:50.29.

50 freestyle — 2. Breanna Shofner, 26.82; 10. Blair Johnson, 28.4; 20. Claire Herzig, 29.3.

100 butterfly — 5. Abby Kostiuk, 1:12.13; 8. Emma Misner, 1:13.8; 15. Abby Auran, 1:17.84.

100 freestyle — 5. Breanna Shofner, 59.79; 15. Tayler Hebner, 1:04.2; 30. Reina Goulet, 1:17.86.

200 freestyle relay — 2. Abby Kostiuk, Blair Johnson, Claire Herzig, Breanna Shofner, 1:50.51; 11. Emma Misner, Emily Saari, Courtney Klow, Tayler Hebner, 1:58.05.

100 backstroke — 2. Abby Kostiuk, 1:07.18; 12. Courtney Klow, 1:13.82; 17. Carolann Stone, 1:16.32.

100 breaststroke — 3. Emily Saari, 1:18.19; 6. Claire Herzig, 1:20.37; 18. Anna Earley, 1:27.13.

400 freestyle relay — 6. Blair Johnson, Courtney Klow, Emma Misner, Tayler Hebner, 4:13.31.

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First Baptist Church Friendly Reminder

Release Time: Sign up in the school office

- Begins this Wednesday Sept 18th.
- "Release Time" (Religions Instruction) is 1 hr on Wed. mornings.
- We are grateful to the teachers and staff of Falls Elementary who patiently and selflessly educate our children. THANK YOU!!

Kids Club:

- Beginning this Wednesday Sept 18th
- Time: 6:30pm - 7:45pm
- Ages: K5-6th
- Activities: Games, Prizes, Kids Choir, Bible Time, Crafts
- Cost: FREE

