

SPORTS



Who is...
Tayler Hebner, Bronco girls senior swimmer, is featured

B2

GIRLS SWIMMING AND DIVING

Broncos win big at home over Giants

BY KEVIN BONESKE
Sports Editor

A dual meet that International Falls girls swimming and diving head coach Jill Herzig initially predicted would be close at Mesabi East turned out to be a sizable victory in the Falls High School pool. The Broncos ended up hosting Thursday's dual meet when the Giants' pool couldn't be used and won by 30 points, 108-78.

"The prediction was a lot closer than the actuality," Herzig said. "Our girls swam amazingly well. We had some finishes from some veterans and young swimmers that we didn't expect. Also, Mesabi East is still battling the flu. They had some girls who didn't perform as we know they can...."

The Broncos took the top spot in seven of the 12 events.

Falls' swimmers went 1-2-3 in the 50-yard freestyle with sophomore Claire Herzig winning in 28.64 seconds, followed by sophomore Emma Misner in 28.76 and senior Tayler Hebner in 29.04.

The Broncos also had a pair of 1-2 finishes.

Senior Jessica Hell won the 1-meter diving competition with 174.9 points, followed by sophomore Josie Bates at 136.35. Hell's score

was a personal record for her after six dives.

Sophomore Emily Saari, Falls' school record holder in the 100 breaststroke, won that event in 1:14.94 with Claire Herzig finishing runner-up in 1:18.56.

Broncos junior Abby Kostiuik won both events in which she holds the school record. Her winning time of 1:05.73 in the 100 butterfly was just 5-hundredths of a second off the school record she set last Saturday at the Hibbing Invitational. Kostiuik also won the 100 backstroke in 1:07.42.

The Falls also finished first in two of the three relays.

Kostiuik, Saari, Misner and Claire Herzig won the 200 medley relay (2:02.36), more than 5 seconds faster than Mesabi East's runner-up team.

Kostiuik, Misner, Hebner and Claire Herzig won the 200 freestyle relay (1:52.54), more than 6 seconds ahead of the Giants' second-place team.

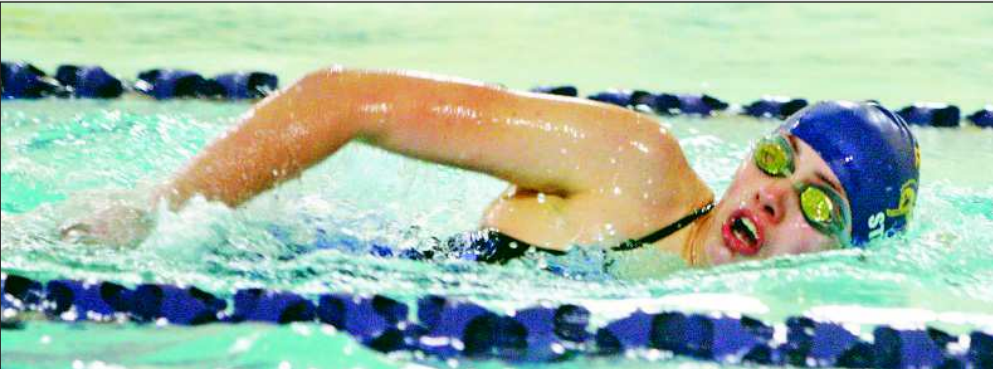
Falls' 400 freestyle relay team of Hebner, sophomore Carolann Stone and juniors Abby Auran and Megan Herry finished runner-up in 4:26.08, almost 15 seconds behind Mesabi East's winning time.

Stone also placed second individually in both the 200 freestyle (2:21.62)



STAFF PHOTOS BY KEVIN BONESKE

The Broncos' Abby Kostiuik swims to a first-place finish in the 100-yard butterfly during Thursday's home dual meet against Mesabi East. Kostiuik's time of 1 minute, 5.73 seconds, was 5-hundredths of a second off the school record mark she set at last Saturday's Hibbing Invitational.



The Broncos' Carolann Stone swims the 500-yard freestyle in Thursday's home dual meet against Mesabi East. Stone placed second in that event and also in the 200 freestyle.

and 500 freestyle (6:30.18).

Two other individual runner-up finishes for the Broncos included: Saari, 200 individual medley (2:42.61); and Misner, 100

freestyle (1:01.48).

Being that the Falls hosted a meet the Giants initially had slated as a home meet, Jill Herzig said the Oct. 23 dual meet

the Broncos had been scheduled to host will now be held at Mesabi East.

"The problem with that is that it was supposed to be Parents Night, and we

don't have a (home) meet in October," she said. "We are trying to figure out how to get a Parents Night, a meet later in October, because right now our last (home) meet would be next week, and we aren't ready for that (Parents Night)."

Falls' next meet is set for next Thursday at home against Virginia, presently the Broncos' final home meet on the schedule.

"(The Blue Devils) are comparable to Mesabi East....," Jill Herzig said. "They have a really great sprinter that I know. Their 200 (freestyle) relay team beat ours (at the Hibbing Invitational), so that's going to be very, very close."

GIRLS VOLLEYBALL

FHS stays undefeated at 8-0

L-BF snaps losing streak

JOURNAL STAFF REPORT

The International Falls volleyball team is now eight matches into the season without a loss after two more victories.

The Broncos won at home Tuesday in three straight games over Lake of the Woods, 25-12, 25-13, 25-17.

"We came out with some confidence - everybody contributed," said Falls head coach Erin Shikowsky. "We were solid. Our passing was there. We were running offense, and we were earning points."

The Broncos' statistical leaders included: Lauren Rautio, 19 digs and seven ace serves; Teagan Anderson, nine digs and 28 set assists; McKenna Rasmussen, six digs, 11 kills and three ace serves; Tessa Walls, four digs and 10 kills; and Mad-die Filipiak, four kills.

The Falls, which hadn't lost a game in a match since opening the season on the road Aug. 21 against Mountain Iron-Buhl, dropped a game Thursday when the Broncos improved their undefeated season match record to 8-0 by winning on the road against Duluth Marshall in four games.

The Broncos host two matches early next week when they play Monday against Greenway and Tuesday against Virginia.

L-BF WINS 1 OF 2

The Littlefork-Big Falls volleyball team picked up a victory in one of two home matches this week and snapped a five-match losing streak in the process.

The Vikings stayed close Tuesday night at home with Northeast Range, but ended up losing in four games, 25-27, 25-19, 24-26, 16-25.

L-BF was led statistically



STAFF PHOTOS BY KEVIN BONESKE

From right, the Broncos' Tessa Walls (14) hits the ball while facing blocking opposition from Lake of the Woods' Marissa Johnson (13) and Leah Shaw (8) in Tuesday night's match in the Falls High School gym.



The Vikings' Breann Larson (10) digs the ball while Libero Ellie Julson looks on in back during Thursday's home match against North Woods.

by: Amanda Nelson, 10 kills, two blocks and four ace serves; Emily Knaeble, 17 digs and four ace serves; Taylor Wendt, 15 set assists and two blocks; and Breann Larson, 25 digs.

That match loss was the fifth in a row for the Vikings. L-BF head coach

Kim Wimmer said the team played like it did last Saturday at a tournament in Sauk Rapids by staying close to the competition, but not being able to win.

The Vikings got back on the winning track Thursday when they won at home in three straight games over North Woods, 25-20, 25-18, 25-16.

Nelson had 12 kills and five ace serves. Larson recorded six kills and 18 digs. Knaeble added six kills and 17 digs. Sydney Wendt accounted for 18 set assists.

"I thought we played a really good match," Wimmer said. "It was important that we get a win (Thursday night).... I thought we played with a lot of intensity, and we didn't give up a lot of runs of points to North Woods. We were able to get a lead in each game and keep that lead and finish the game, which was exciting."

L-BF's season record stands at 5-8 going into next Tuesday's match at Hill City.

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