

SPORTS



Who is...
Riley Rasmussen, Bronco offensive end/defensive lineman, is featured

B2

QUICK HITS

FHS CC teams end up third at Roseau

The International Falls boys and girls cross country teams both finished third at Thursday's meet at Roseau. In the boys competition, the Roseau Rams had the top score of 28 points, followed by Thief River Falls (88), International Falls (91), Warroad (170) and Lake of the Woods (186).

The Bronco boys had two top-10 individual finishes with freshman John Cowman placing sixth on the 5,000-meter course in 18 minutes, 51 seconds, and senior Cole Tatsak coming in 10th in 19:49.



Lexi Erickson

Falls' three other runners whose finishes counted toward the team total included: Ben Erickson, 22nd in 21:20; Brock O'Loughlin, 24th in 21:29; and Billy Brokaw, 29th in 21:39.

In the girls competition, Roseau finished on top at 33, followed by Thief River Falls (61), International Falls (79), West Marshall (113), East Grand Forks (115) and Warroad (117).

The Bronco girls were led by sophomore Lexi Erickson, who placed second on the 4,000-meter course in 15:56. Erickson has recorded runner-up finishes in both meets the Falls has competed in so far this season.

Three other Falls girls who also finished in the top 20 included: Jenna Anderson, 14th in 18:01; Avery Sivonen, 16th in 18:23; and Faith Black, 19th in 19:04.

The other Bronco girl who counted toward the team total was Lexi Edwards, who placed 28th in 19:47.

The Falls returns to action Monday in a meet at Warroad.

Bronco spikers sweep Grizzlies, now at 4-0

The International Falls volleyball team improved its season match record to 4-0 after winning Tuesday night at North Woods in three straight games, 25-19, 25-12, 25-13.



Tessa Walls

The Falls was led by Tessa Walls with 11 kills and McKenna Rasmussen with nine more. Lauren Rautio added six ace serves and 17 digs, while Teagan Anderson had 27 set assists and 12 digs.

The Broncos next play Tuesday in a road match against Eveleth-Gilbert.

SPORTS SCHEDULE

Monday's games

Cross country

I. Falls at Warroad, 4:30 p.m.

Girls volleyball

L-BF at Kelliher/Northome, 7 p.m.

Tuesday's games

Girls swimming/diving

Chisholm at I. Falls, 4:30 p.m.

Girls volleyball

I. Falls at Eveleth-Gilbert, 7 p.m.
L-BF at Ely, 7 p.m.

Wednesday's games

Women's volleyball

Hibbing at RRCC, 6:30 p.m.

Thursday's games

Cross country

I. Falls at Eveleth-Gilbert, 4 p.m.

Friday's games

Football

Ely at L-BF, 7 p.m.
I. Falls at Proctor, 7 p.m.

GIRLS SWIMMING AND DIVING

Broncos swamp Golden Bears in home opener

Kostiuk breaks FHS girls 100 butterfly record

BY KEVIN BONESKE
Sports Editor

A school record fell Thursday in the International Falls High School pool when then Bronco girls swimming and diving team won its first home meet of the season over Eveleth-Gilbert, 118-63.

"We knew that Eveleth didn't have a lot of depth, so we tried a few new things and kept some things the same," said Falls head coach Jill Herzig. "I wanted to get a time on Abby Kostiuk in the 100 fly for an invitational next (week) Saturday. I thought Abby relaxed (and) swam an incredible 100 butterfly.

"Had we talked about a record, she probably would have frozen up a bit, but it was a beautiful race and I do believe she can bring that record down quite a bit more."

Kostiuk, a junior, won the 100-yard butterfly in 1 minute, 5.92 seconds, breaking the previous school record of 1:06.1 set in 1981 by Val Beach. Bronco sophomore Emma Misner finished second in 1:09.09.

"I thought (the 100 butterfly race) went well,



STAFF PHOTO BY KEVIN BONESKE

The Broncos' Abby Kostiuk, shown swimming to a first-place finish in the 100-yard backstroke at Thursday's home dual meet against Eveleth-Gilbert, also set a school record by winning the 100 butterfly in 1 minutes, 5.92 seconds. Kostiuk now holds the school record in both individual events.

but when I was doing it, I didn't really think that I would come anywhere near that (school record)," Kostiuk said. "It was really, really, really surprising."

Kostiuk, who also holds the school record in the 100 backstroke, cruised to another top finish in that event in 1:06.33, almost 3

seconds slower than the record she set last year. Sophomore teammate Carolann Stone placed runner-up in 1:15.16.

The Broncos also took the top-two places in two other individual events and two relays.

Falls sophomores Emily Saari, Claire Herzig and Anna Earley were

part of a 1-2-3 sweep in the 100 breaststroke in respective times of 1:15.64, 1:20.16 and 1:26.87.

Broncos senior Jessica Hell won the diving competition with 144.95 points with sophomore teammate Josie Bates finishing runner-up at 124.06.

Falls' 200 medley re-

lay team with Kostiuk, Saari, Abby Auran and Claire Herzig won in 2:04. The Broncos' runner-up team comprised of Earley, Bates, Hannah Kruse and Megan Herrly finished in 2:19.07.

Stone, Kruse, Earley and Saari won the 200 freestyle relay (1:56.7). Kostiuk, Misner, Claire Herzig and Tayler Hebner finished runner-up in 1:57.48.

Saari also won the 200 individual medley (2:44.47). Claire Herzig finished first in the 50 freestyle (28.65).

Falls' other first-place finish came from Auran, Misner, Stone and Hebner in the 400 freestyle relay (4:21.95).

Hebner added a runner-up finish in the 100 freestyle (1:05.09). Stone placed second in the 200 freestyle (2:22.58).

The Broncos, who improved their dual meet record to 1-1, will host another dual meet Tuesday against Chisholm before competing Sept. 13 in an invitational at Hibbing.

"Chisholm and Eveleth were very comparable, looking at their meet they had against each other, so we're going to do some more experimenting next Tuesday," Jill Herzig said. "(Next week Saturday at the invitational at Hibbing), I am very excited to see what that medley relay can do...."

WOMEN'S VOLLEYBALL

RRCC downs Mesabi Range in MCAC North opener

BY KEVIN BONESKE
Sports Editor

The Rainy River Community College volleyball team won its opening Minnesota College Athletic Conference Northern Division match Wednesday night by defeating Mesabi Range at home in four games, 25-19, 25-20, 24-26, 25-15.

"That was a real exciting division win for us, especially (being the) home opener and stuff," said Voyageurs head coach Mel Millerbernd. "We've been working hard and I wasn't sure what to expect, but boy they stepped up when they needed to, and that was a great win. I'm thrilled."

RRCC led throughout the first game before winning by six points.

The Voyageurs trailed for much of the second game before coming back at the end to win by five.

RRCC led most of the third game, pulling in front by as much as nine, but the Lady Norse waged a comeback to avoid a sweep and win by two.

"(The Lady Norse) are good — they're not going to walk away in three," Millerbernd said. "They stepped it up a little bit. We probably relaxed a little bit...."

"It's all about momentum. I was just glad we were able to get it back."

Mesabi Range led early in game four, before the Voyageurs broke an 11-11 tie and won by 10.

RRCC's statistical leaders included: DyAna Imhof, 15 kills; Katie Langgaas, 11 kills and three blocks; Kate Howell, 12



STAFF PHOTO BY KEVIN BONESKE

From left, the Voyageurs' DyAna Imhof (14) blocks a return hit from Mesabi Range's Jessica Wasbotten (2) in Wednesday's match in the RRCC gym.

kills; Brooke Millerbernd, 18 digs and three ace serves; and Tali Plate, 39 set assists and 13 digs.

The victory improved the Voyageurs' season

match record to 1-0 in the MCAC North and 4-3 overall going into Friday's action at Grand Rapids against conference foe Itasca.

GIRLS VOLLEYBALL



STAFF PHOTO BY KEVIN BONESKE

From left, the Vikings' Amanda Nelson (9) hits the ball into blocking opposition from Bigfork's Cassie Cormican (13) in Tuesday night's match in the Littlefork-Big Falls High School gym.

Vikings sweep Bigfork, Remer to improve to 2-3

JOURNAL STAFF REPORT

After having started the season with three straight losses, the Littlefork-Big Falls volleyball team is now on a two-match winning streak.

L-BF picked up its first match victory of the season Tuesday by winning at home in three straight games over Bigfork, 25-18, 25-19, 25-14.

"It's a really good feeling to get a win," said Vikings head coach Kim Wimmer. "The girls played hard, they played together and we had a good win. It felt good to win in three (straight games)."

L-BF's statistical leaders included: Breann Larson,

11 kills and 13 digs; Kaylee Kennedy, six blocks; Emily Knaeble, 13 digs; Amanda Nelson, six kills and four ace serves; and Sydney Wendt, 17 set assists.

LBF 3, NORTHLAND 0

The Vikings picked up their first road match victory Thursday when they swept Northland Remer in three games, 25-6, 25-14, 25-23.

Taylor Wendt led L-BF with seven ace serves, six kills and 10 set assists. Nelson added six ace serves, six kills and three blocks. Karly Swenson had seven kills.

The Vikings will seek to even their season record at 3-3 Monday in a road match against Kelliher/Northome.