

SPORTS

BOYS SWIMMING AND DIVING

Broncos host the ‘Fast and Frozen Invite’ at FHS pool

Falls places fourth

BY KEVIN BONESKE
Sports Editor

After having three road meets, the International Falls boys swimming and diving team on Friday hosted a meet for the first this season in the four-team “Fast and Frozen Invitational.”

“The first home meet of the year went very smoothly,” said Broncos head coach Dawnn Taylor. “I was very happy.”

Mesabi East topped the team standings with 157 points, followed by Chisholm (151), Eveleth-Gilbert (97) and the Falls (50).

The top-eight individual finishers scored points in

each event with nine points going to the top finisher, while the four teams scored from 18 to 10 points in each of three relays, which counted double.

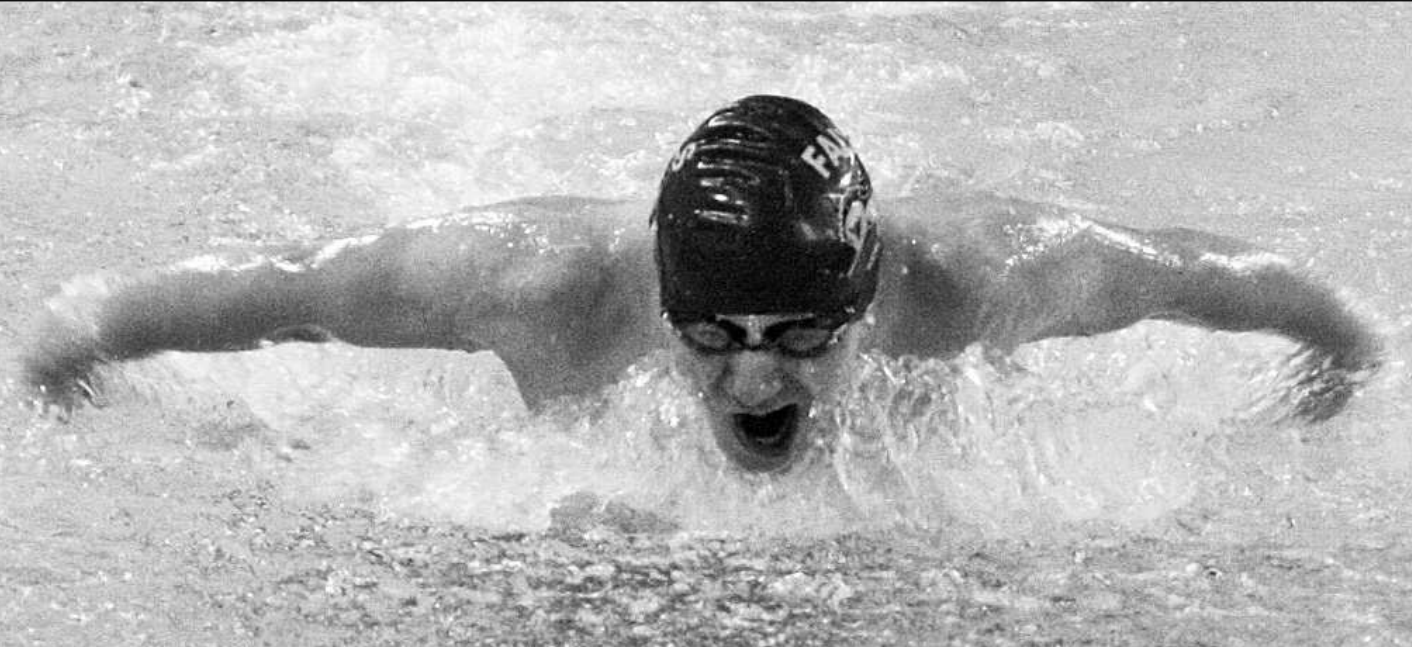
The Broncos’ top individual finish came from senior Levi Lucy, who placed second in the 100-yard butterfly (1 minute, 11.38 seconds). Lucy added a fifth-place finish in the 200 freestyle (2:15.8).

Taylor said the Falls swimmers are showing improvement four meets into the season.

“They’re cutting off time from the last meet and that’s what we want to do,” she said. “We want to just progressively get faster.”

The Broncos placed fourth in all three relay events.

“We’ve pretty much got



STAFF PHOTO BY KEVIN BONESKE

The Broncos’ Levi Lucy swims to a second-place finish in the 100-yard butterfly during Friday’s “Fast and Frozen Invitational” in the Falls High School pool.

everybody where they’re going to be as far as their races this year,” Taylor said. “There might be some minor changes as far as who is going to swim what events next time, but I think we’ve pretty much figured out who my (relay swimmers) are...”

The Broncos next have

a dual meet Thursday at Mesabi East.

Fast and Frozen Invitational Team scores: Mesabi East 157, Chisholm 151, Eveleth-Gilbert 97, International Falls 50.

International Falls finishers

200-yard medley relay – 4. Alex Belanger, John Cowman, Ian Ducharme,

Ed Serrano, 2:21.88.

200 freestyle – 5. Levi Lucy, 2:15.8; 10. Joey Griffith, 2:51.57; 11. Colin Hebner, 3:05.8.

200 individual medley – 6. Belanger, 3:00.02.

50 freestyle – 9. Serrano, 30.83; 11. Tanner Sether, 34.12; 14. Cowman, 35.51.

100 butterfly – 2. Lucy, 1:11.38.

100 freestyle – 8. Ducharme,

1:02.52; 11. Serrano, 1:09.79; 14. Hebner, 1:26.73.

500 freestyle – 7. Belanger, 6: 58.

200 freestyle relay – 4. Serrano, Ducharme, Belanger, Lucy, 1:55.95.

100 breaststroke – 7. Cowman, 1:28.36, 8. Ducharme, 1:28.53; 12. Griffith, 1:49.47.

400 freestyle relay – 4. Sether, Marcus Mindl, Hebner, Belanger, 4:54.99.

REVIEW

► continued from B1

Humbert had also pitched six innings a day earlier in the Falls’ 9-2 winners’ bracket victory over Esko.

The Falls won all seven of its tournament games in sub-district and district play combined.

The season ended for the International Falls VFW baseball team in day one of the four-day state tournament.

The Falls opened the 10-team, double-elimination state tournament Aug. 8 by being shut out by Hutchinson, 3-0, in Ely. Hutchinson ended up as the tournament’s runner-up to eventual state champion Maple Grove.

The Falls then lost to Brainerd, 10-5, and was knocked out of the state tournament, ending the season with an overall record of 20-7.

2. BRONCO GIRLS CROSS COUNTRY TEAM RETURNS TO STATE

For the third year in a row, the International Falls girls cross country team qualified for the State Class A Meet.

The Broncos ran in a wintry weather mix Oct. 24 when they placed second in the Section 7A Championships at the Cloquet Country Club, four points behind this year’s Section champion, South Ridge.

South Ridge topped the team standings with 97

points, followed by the Falls at 101.

Esko junior Kailee Kiminski was the Section’s top individual finisher after completing the 4,000-meter course in 15 minutes, 20 seconds.

Falls’ top finisher, freshman Lexi Erickson, placed third, 7.3 seconds behind Kiminski.

The start of the Section 7A girls race featured a burst of sleet coming down as the running conditions varied from start to finish.

Broncos senior Sydney Raboin also finished the section meet in the top 10 after placing ninth in 15:56.4.

After finishing behind South Ridge at the Section 7A Meet, the International Falls girls cross country team didn’t let that happen again Nov. 2 at the State Class A Meet at St. Olaf College in Northfield.

On this warm, sunny afternoon in early November, the Broncos finished ahead of South Ridge at state by placing 15th out of the 16 teams. The Falls had finished 16th the previous two years. Annandale, which placed runner-up at state the past two years, won the Class A girls team title.

Last year’s individual runner-up, Cannon Falls senior Emi Trost, won this year’s race by completing the 4,000-meter course in 14:40.3. The Section 7A individual champion, Kiminski, placed eighth at state in 15:11.1.

The Broncos’ top individual finished a minute

behind Trost. Erickson placed 30th in 15:40.3. The only other Falls runner to finish in the top 100 at state was Raboin, who placed 83rd in 16:10.6.

3. THREE BRONCO GIRLS MEDAL AT STATE TRACK AND FIELD MEET

Three girls from International Falls placed in the top nine to score team points and medal in early June at the Class A State Track and Field Meet at Hamline University.

The Broncos’ Breanna Shofner, who qualified for the finals in both the 100- and 200-meter dashes, finished ninth in the 100 dash (13.25 seconds) and seventh in the 200 dash (26.54) to account for four of Falls’ nine team points.

The Broncos’ Hailey Fentem, who advanced to the state finals in the 100 hurdles with the sixth-fastest heat time of 15.84, placed seventh in the finals in 16.1.

Fentem also competed this year at state in the high jump for the first time, but wasn’t able to medal when she placed 14th after clearing 4 feet, 8 inches.

Falls’ Savanah Olson accounted for the Broncos’ other two team points at state when she placed eighth in the shot put (36-6.5).

She came within one place of scoring a team point in the discus competition when she finished 10th with a throw of 106-4, 5 1/2 feet shorter than her section-winning throw.

Olson, who has competed at state for three years in a row, said she has had trouble with the discus throwing circle at Hamline University and hopes to return in 2014 with a higher level of confidence.

The two Bronco girls relay teams that qualified for state were unable to advance to the finals.

Falls’ 4X100 relay team comprised of Shofner, Jaci Scholler, Maddie Filipiak and Emma Gilbert clocked a preliminary time of 51.76, the 15th-fastest out of both heats.

The Broncos’ 4X200 relay team comprised of Filipiak, Gilbert, Lexi Owen and Madeline Dahle had the 15th-fastest preliminary time of 1:51.36.

4. BRONCO GIRLS SEND SWIMMERS TO STATE

For the first time since 2005, members of the International Falls girls swimming and diving team qualified for the state meet.

In the Section 7A finals Nov. 9 at the Lincoln Park pool in Duluth, the Broncos finished in the top two in a relay and two individual events to earn a trip to the State Class A Meet at the University of Minnesota’s Aquatic Center in Minneapolis.

Falls’ 200 medley relay team of freshman Emily Saari, sophomore Abby Kostiuk and seniors Breanna Shofner and Blair Johnson broke the FHS record in that event for the second time in three days and also set a pool record when they placed first in

1 minute, 56.57 seconds, 58 hundredths of a second ahead of Grand Rapids’ runner-up time.

Herzig said beating Grand Rapids in the finals to start the meet boosted the team’s confidence.

Kostiuk and Saari also ended up as individual state qualifiers.

In the 100 backstroke, Kostiuk, who set a school record in the Section preliminaries in 1:04.09, placed first in the finals in 1:04.26, 1.49 seconds ahead of the runner-up, Mesabi East eighth-grader Isabelle Kalb.

In the 100 breaststroke, Saari broke the school record for the second time in three days by placing second in the finals in 1:12.28, 1.61 seconds behind the winning time of Mesabi East junior Hailee Jofs.

The season ended for the Falls on Nov. 19 when none of the Broncos’ three entries in the Class A State Meet had a preliminary heat time in the top 16 to advance to the finals.

5 (TIE). FHS BASEBALL TEAM RUNNER-UP IN SECTION 7AA

After winning an afternoon contest to force a winner-take-all championship game, a pair of four-run innings proved costly the night of June 6 when the International Falls baseball lost the Section 7AA Tournament title contest to Hermantown, 8-3, in Hibbing.

The Broncos, who needed a pair of wins in double-elimination play over the

Hawks to advance to the Class AA State Tournament in St. Cloud, entered the final section game coming off a 2-0 victory without having allowed a hit.

The Broncos were able to defeat every team they faced in the Section 7AA Tournament, in which they finished runner-up, and ended the season 17-6 overall.

5 (TIE). L-BF SOFTBALL SEASON ENDS IN SECTION 7A TITLE GAME

Playing Cherry for the third time this season wasn’t the charm May 30 for the Littlefork-Big Falls softball team.

The Vikings gave up four runs in the opening inning and ended up losing the Section 7A Tournament title to the Tigers, 8-5, in Cloquet. Cherry repeated as the section champion and advanced to the Class A State Tournament.

The Vikings were able to cut the four-run deficit in half by scoring twice in the top of the third, before the Tigers responded with three more runs in the bottom of inning when Angel Dahl hit a two-run homer with two outs off of L-BF pitcher Courtney Pfeifer.

Cherry extended its lead to 8-2 by adding a run in the bottom of the fourth, before L-BF responded with its final three runs off of three hits in the top of the fifth that included a double by senior Kristy Horne Dunn.

Rainy Lake Medical Center Diabetes Support Group



The rescheduled date for the RLMC Diabetes Support Group will be:

Tuesday, January 7th
Time: 6:30 - 7:30 pm (doors open at 6:00 pm)
Where: RLMC Clinic Community Room

Topics:

- “Getting Back on Track in the New Year”
 - Basic nutrition and goal setting
- “Ask the Dietitian”
 - Please come with questions for our speaker, Heather Pitschka, Dietitian



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*Wishing Everyone
A Happy New Year & Many Thanks
From All Of Us At...*