

SPORTS

TRACK AND FIELD

FHS Broncos girls top North Sub-Section 7A

FHS boys fourth

JOURNAL STAFF REPORT

The rain held off in the cloud cover Wednesday at Hibbing, where the International Falls girls track and field team reigned as the top team at the North Sub-Section 7A Meet.

The Broncos topped the team standings at 195 points, followed by Mesabi East (111), Eveleth-Gilbert (91.5), Virginia (59) and Greenway/Nashwauk-Keewatin (44) in the top five out of 13 teams.

The top-seven individual finishers and the top-four relay teams qualified for next Thursday's Section 7A Meet at the University of Minnesota Duluth, where the Falls advanced in all the events except the 1600-meter run and with at least two girls in all six field events.

The Bronco girls advanced the maximum number of three individual qualifiers in both the pole vault and discus.

Falls senior Breanna Shofner placed first in the 100 dash (13.11 seconds), 200 dash (26.41) and triple jump (33 feet, 6 inches).

Shofner joined eighth-grader Emma Gilbert and freshmen Claire Herzig and Valandre Butler to win the 4X100 relay (53.37).

"Despite the cooler and windy weather, many people were able to advance to Sections and earn points for the team," Gilbert said.

Broncos senior Hailey Fentem qualified for the Section 7A Meet in four individual events, placing first in both the 100 hurdles (15.87) and high jump (5-0), second in the long jump (15-11) and third in the 300 hurdles (51.88).

The Falls topped the pole vault with its three entrants when freshman Emily Saari won at 8-6 and Herzig and senior Amy Auran tied for second at 8-0.

"Everyone played a part in the team's first-place finish and we are excited for the Section meet next week, with the hope of improving our times and distances," Saari said.

Broncos junior Savanah Olson led the team's three Section qualifiers in the discus with the winning toss of



The Broncos' Ethan Phung competes in the high jump in Wednesday's North Sub-Section 7A Meet at Hibbing. Phung tied for second at 5 feet, 8 inches.

103-9. Falls eighth-grader Jena Sullivan finished fifth at 93-1 and Gilbert placed seventh at 88-6.

Olson added a runner-up finish in the shot put (37-3) with Gilbert coming in third at 35-11.

The Broncos' other top individual finish came from the freshman Lexi Erickson, who pulled away from the pack early and won the 3200 run (12:47.69).

The Falls picked up a pair of runner-up finishes in the relay events with Herzig, Gilbert, Butler and sophomore Madeline Dahle in the 4X200 (1:56.18) and Erickson, sophomore Abby Kostiuk, junior Tayler Heber and senior Lexi Owen in the 4X400 (10:38.43).

"It was great to see everyone cheering each other on (Wednesday) and work together as a team to defend our Sub-Section title," Heber said.

Kostiuk, Erickson, Owen and freshman Anna Earley placed third in the 4X400 (4:38.76).

"Everyone worked really hard (Wednesday) with the goal of advancing as many girls as possible to Sections – it was a successful meet," Kostiuk said.

In total, 16 Bronco girls are advancing to the Section 7A Meet.

Those qualifying individually with fourth-place finishes include Butler in

both the 100 dash (13.66) and triple jump (31-4), Owen in the 300 hurdles (52.79), Erickson in the high jump (4-11) and Herzig in the long jump (15-0).

Earley placed sixth in the 400 dash (1:08.82), Auran finished sixth in the 100 hurdles (18.70) and Kostiuk came in seventh in the 800 run (2:42.28) to also qualify.

FHS BOYS FOURTH

In the boys competition, the Broncos placed fourth out of 14 teams.

Eveleth-Gilbert had the top score of 130.5, followed by Mesabi East (119.3), Ely (93), the Falls (77.3) and Virginia (62) rounding out the top five.

"The boys put together a great effort (Wednesday)," said Broncos head coach Paul Hjelle. "Having seven individuals qualify for Sections is rewarding. Ethan (Phung) and Nehemiah (Olson) had outstanding days."

In addition the individuals who advanced in eight events, including five of the six field events with four having at least two qualifiers, the Falls also qualified one relay team for the Section 7A Meet.

Phung and Olson joined junior Cole Tatsak and senior Jakob Ettestad to place first in the 4X100 relay (48.23), besting runner-up Virginia by 48-hundredths of a second.

Phung qualified individually in three field events, tying for second in the high jump (5-8) and placing fifth



STAFF PHOTOS BY KEVIN BONESKE

From left, the Broncos' Breanna Shofner receives the handoff from Valandre Butler during the 4X100-meter relay in Wednesday's North Sub-Section 7A Meet at Hibbing. The Falls won the race in 53.37 seconds.



At center, the Broncos' Nick Hedtke sprints between two Mountain Iron-Buhl runners while competing in the 200-meter dash during Wednesday's North Sub-Section 7A Meet at Hibbing. Hedtke just missed out on qualifying for next Thursday's Section 7A Meet by placing eighth in 25.17 seconds.

in both the long jump (18-8.5) and triple jump (40-5.25).

Olson qualified in three individual events, coming in third in the 100 dash (12.1), fourth in the pole vault (9-6) and seventh in the shot put (38-5.5).

Broncos sophomore Wyatt Helgeson qualified in three field events by placing fifth

in the pole vault (9-0), sixth in the high jump (5-5) and seventh in the long jump (18-1).

Ettestad qualified individually by placing third in the pole vault (10-0).

"I am satisfied with everyone's effort they put into their performances (Wednesday)," Ettestad said. "Everyone worked hard and that's all we

can ask for. The whole season comes down to these Section meets."

Other individual qualifiers for the Falls included Tatsak placing fourth in the 300 hurdles (46.32), sophomore Peter Griffith finishing fifth in the 400 dash (56.95) and junior Gary Harala coming in sixth in the shot put (39-9).

North Sub-Section 7A Meet

GIRLS

Team scores: International Falls 195, Mesabi East 111, Eveleth-Gilbert 91.5, Virginia 59, Greenway/Nashwauk-Keewatin 44, Bigfork 43, South Ridge/Cherry/North Woods 39, Deer River/Northland 32, Chisholm 26, Ely 19, Mountain Iron-Buhl 19, Floodwood 16.5, Northern Lights Community 7.

BOYS

Teams scores: Eveleth-Gilbert 130.5, Mesabi East 119.3, Ely 93, International Falls 77.3, Virginia 62, South Ridge/Cherry/North Woods 48, Deer River/Northland 45, Greenway/Nashwauk-Keewatin 40.3, Chisholm 30.5, Bigfork 26, Mountain Iron-Buhl 11, Floodwood 6, Mesabi Academy 4, Northern Lights Community 2.

BASEBALL

► continued from B2

Kulig then hit a sacrifice bunt to move Spilde over to third base. An infield grounder from Max Vergeldt enabled Spilde to slide into home plate for the winning run.

L-BF 4, NR 1

The Vikings closed out their regular season Wednesday with a 4-1 home victory over Northeast Range.

Of L-BF's six hits, Rylan Henrickson had three of them and also drove in two runs with DeLack adding two hits.

Henrickson also pitched four shutout innings, giving up four hits while striking out a batter. Tommy Manninen pitched the final three innings, allowing a run on two hits and two walks with a strikeout.

L-BF enters the Section 7A Tournament at 6-9.

SOFTBALL

► continued from B2

three insurance runs in the bottom of the sixth when Tlander doubled to bring two of those runners to the plate.

Tlander batted 3-3 with two doubles, while Tomczak, McKenna Rasmussen and Teagan Anderson each went 3-4. Janet Humbert and Meghan Tomczak added two hits apiece.

Anderson pitched all seven innings to record the victory. She Allowed 11 hits with four walks while striking out four.

The win advanced the Broncos to the double-elimination portion of the tournament Thursday at Cohasset.

L-BF 10, NW 0 (5 innings)

Brooke Millerbernd threw a no-hitter Tuesday to pace the top-seeded Littlefork-Big Falls softball team to a 10-0 home victory in five innings over No. 9-seeded North Woods to open Sec-



STAFF PHOTO BY KEVIN BONESKE

From right, the Broncos' Janet Humbert (13) slides safely into third base where Two Harbors' Taffani Johnson reaches for the ball in Tuesday's Section 7AA Tournament opener behind Falls High School.

tion 7A Tournament action.

"We played pretty well and Brooke pitched excellent," said L-BF head coach Mike Imhof.

At the plate, the Vikings got two hits apiece from

Ellie Julson and Amanda Nelson.

L-BF then improved its record to 14-3 in Minnesota State High School League games by winning two more games in the double-elimination

portion of the tournament Thursday in Cloquet, where the Vikings first defeated South Ridge, 10-4, and then rallied for 11 runs in the bottom of the fifth to defeat Carlton, 13-8

Int'l Falls 10, Two Harbors 4
Two Harbors 0-0-0 2-1-0 1-4
Int'l Falls 2-4-0 1-0-3 X-10

L-BF 10, NW 0 (5 innings)
NW 0-0-0 0-0-0 0
L-BF 3-1-2 1-3-10

Tuesday's game
FHS 7, L-BF 6
L-BF 0-0-0 1-0-14-6 6 2
FHS 2-3-1 0-0-0 1-7 12 2
Wednesday's game
L-BF 4, NR 1
NR 0-0-0 0-0-0 1-16 1
L-BF 1-0-1 2-0-0 X-4 6 2

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