



The Saint Francis Herald

At the Game

Indians place in top three

By Betty Jean Winston
betty.w@nwkans.com

Eleven track squads were on hand April 28 to compete at the St. Francis High School Invitational track meet.

The weather was cooler than some years and the Kansas wind was blowing but the athletes put forth good efforts.

The final results showed Decatur County/Oberlin winning the boys division with a score of 117 points. Burlington came in second with 99 points and St. Francis accumulated 97 points for third, making it a close race between second and third.

Five first-place finishes earned the Indians 50 points out of their total of 97. Trent Kinen earned two first places by winning the 110-meter and 300-meter hurdles, while Matt Raile placed first in the triple jump and Trent Raile won the long jump. The final first place event went to the 4x100-meter relay team comprised of T. Raile, M. Raile, Kinen and Drew Zwegardt.

Three tracksters and the 4x400-meter relay team won second place: T. Raile won the 400-meter dash, M. Raile the 100-meter dash, and Sam Sowers the 110-meter hurdles. Relay team members were M. Raile, Kinen, T. Raile and Zwegardt. Eight points are given for a second place finish, giving the Indians another 32 points.

The Lady Indians collected 53 points for fifth place. Tribune - Greeley County came in first with 107 points, followed by Oakley with 83 and Weskan with 64.

Placing second were Sidnee Crabtree in the shot put and discus and Elizabeth Gienger in the 400-meter dash.

Boys

Team standings: Oberlin 117, Burlington 99, St. Francis 97, Rawlins County 69, Sharon Springs - Wallace County 50, Oakley 46, Tribune - Greeley County 28, Cheylin 23, Hoxie 15, Brewster 10, Weskan 4.

400-meter dash: (2) Trent Raile, 53.29.

Long jump: (1) T. Raile, 19-1.5.

4x100-meter relay: (1) St. Fran-



INDIANS DO WELL - Trent Kinen (front) and Sam Sowers (second runner) came in first and second in the 110-meter hurdles at the St. Francis Invitational.

Herald staff photo by Casey McCormick

cis, 45.33.

1600-meter run: (6) Marvin Miller, 5:23.83.

4x400-meter relay: (2) St. Francis, 3:38.97.

100-meter dash: (2) Matt Raile, 11.00.

Shot put: (3) Shawn Warren, 43-6.

300-meter hurdles: (1) Kinen, 42.06.

Pole vault: (5) Cody Killingsworth, 9-6.

110-meter hurdles: (1) Kinen, 14.98; (2) Sam Sowers, 16.00.

Triple jump: (1) M. Raile, 40-9; (3) Drew Zwegardt, 38-5.

Girls

Team standings: Tribune - Greeley County 107, Oakley 83, Weskan 64, Hoxie 55, St. Francis 53, Oberlin 48, Burlington 39, Cheylin 36, Rawlins County 30, Winona - Triplains 29, Sharon Springs - Wallace County 14.

Shot put: (2) Sidnee Crabtree, 34-8.

1600-meter run: (3) Ashlynn

Lambert, 6:10.59.

400-meter run: (4) Elizabeth Gienger, 1:06.23.

4x800-meter run: (3) St. Francis, (Lambert, Mikaela Grace, Jenna Hill, Gienger) 11:15.38.

100-meter run: (2) Gienger, 13.13.

Discus: (2) Crabtree, 105-9.5; (6) Sarah Trembly, 91-6.5.

Javelin: (3) Crabtree, 100-3.

4x400-meter relay: (3) St. Francis, (Lambert, Grace, Hill, Gienger) 4:33.28.

Athlete receives college honors

The University of Nebraska at Kearney Wrestling Banquet was held in Kearney on Sunday, April 19.

Derek Ross, team member, received the National Collegiate Athletic Association Division II Academic All-American award, the Division II All-Academic Team - 11th place; team award for 35 Match Winner, Kamakazi - Most Inspirational Award, the Twister award and the University of Nebraska Kearney Wrestler of the Week for the Colby Community College Open, Fort Hays Open, Lone Star Duals and Colorado State University - Pueblo Dual.

Ross was second in falls for the team with 16, the leader had 17.



Ross

He will wrestle in the 2009-2010 season at the university, which will finish out his wrestling career.

Meet held at Quinter

By Betty Jean Winston
betty.w@nwkans.com

"The kids are working hard and we are doing okay," said Coach Tim Lambert concerning the varsity track squad.

On Friday, the team traveled to Quinter and competed with 10 other teams in the boys division and 13 other squads in the girls division.

The Indian boys came home with a second place finish, just five points less than Quinter who won the meet with 93 points.

Seven Indian boys, Trent Raile, Trent Kinen, Matt Raile, Drew Zwegardt, Cody Sherlock, Shawn Warren and Sam Sowers worked to put the boys in second place, as they accumulated the entire 88 points.

M. Raile in the triple jump (39-6.5), Trent Raile in the long jump (20-0.5) and Sam Sowers in the 110-meter hurdles were first-place finishers. The 4x100-meter relay team won their event with a time of 45.48. Members of the relay included T. Raile, M. Raile, Kinen and Zwegardt.

The Lady Indians placed 10th for the day with 19 team points. Ellis placing first with 141 points.

Senior Sidnee Crabtree and freshman Ashlynn Lambert scored the 19 points for the girls team.

The month of May has arrived and it is time for the tracksters to hone their skills. Important meets like league, regionals and state are just around the corner.

Boys

Team standings: Quinter 93, St.

Francis 88, Hill City 85, Northern Valley 53, Grainfield/Wheatland 49, Tribune/Greeley County 42, Ranson/Western Plains 39, Dighton 33, Rexford/Golden Plains 32, Ellis 23, Hoxie 13.

400-meter dash: (2) T. Raile, 53.41; (3) Kinen, 53.89.

200-meter dash: (3) M. Raile, 23.61; (4) T. Raile, 23.82; (6) Zwegardt, 24.15.

Triple jump: (1) M. Raile, 39-6.5; (6) Zwegardt, 36-8.5.

4x100-meter relay: (1) St. Francis (T. Raile, M. Raile, Kinen, Zwegardt), 45.48.

100-meter dash: (2) M. Raile, 11.28.

Pole vault: (3) Cody Sherlock, 8-0.

Shot put: (2) Shawn Warren, 43-9.

Long jump: (1) T. Raile 20-0.5.

110-meter hurdles: (1) Sam Sowers, 16.47.

Girls

Team standings: Ellis 141, Tribune/Greeley County 85, Hoxie 52, Winona/Triplains 46, Northern Valley 44.75, Hill City 40, Grainfield/Wheatland 39.75, Quinter 32, Dighton 28, St. Francis 19, Ranson/Western Plains 12, Healy 8.75, Brewster 6, Rexford/Golden Plains 2.

Javelin: (4) Crabtree, 106-2.

1600-meter run: (6) Lambert, 6:03.75.

Shot put: (3) Crabtree, 33-2.25.

800-meter run: (5) Lambert, 2:42.91.

Discus: (3) Crabtree, 106-2.

Younger Saintry athletes compete in Atwood at 9-10 track meet

By Betty Jean Winston
betty.w@nwkans.com

Freshmen and sophomore athletes from Kansas, Nebraska and Colorado attended the Rawlins County High School 9-10 track meet in Atwood.

Dundy County and Colby came with two strong teams with Colby placing first in the boys division (158) and second in the girls (128) while Dundy County was first in the girls division (160) and second in the boys (148).

Lady Indian Jenna Hill had a successful day with a first place finish in three events, the 100-meter dash (13.53), 200-meter dash (28.28) and the 400-meter dash (1:06.99). Ashlynn Lambert crossed the finish line first in the 800-meter run (2:48.59). A first-place finisher in the boys events was Cody Killingsworth in the pole vault.

Second place finishers include Garrett Figgins in the boys 110-meter hurdles (16.56); Lambert in the 1600-meter run (6:05.84) and Sarah Trembly in the javelin (77-8).

Boys

Team standing: Colby 158, Dundy County 148, Burlington 70, Cheylin 62, Oberlin 48.5, St. Francis 42.5, Rawlins County 12, Goodland 11.

Pole vaults: (1) Killingsworth (10-0); (6-tie), Isaac Schiltz, 8-0.

Discus: (4) Garrett Figgins,

104-4; (5) Adam Guthmiller, 103-2.

110-meter hurdles: (2) Figgins, 16.56.

Shot put: (3) Guthmiller, 35-3.

4x400-meter relay: (4) St. Francis, 4:03.82 ().

4x100-meter relay: (3) St. Francis, 48.38 ().

Long jump: (5) Brock Zwegardt, 16-0.5.

Girls

Team standings: Dundy County 160, Colby 128, St. Francis 92, Burlington 67, Goodland 39, Rawlins County 13, Oberlin 8, Cheylin 6.

1600-meter run: (2) Lambert, 6-05.84.

200-meter dash: (1) Hill, 28.28.

Javelin: (2) Trembly, 77-8; (4) Jacquelyn Ketzner, 74-10.

4x100-meter relay: (4) St. Francis, 58.75, ().

800-meter run: (1) Lambert, 2:48.59.

100-meter: (1) Hill, 13.53.

Triple jump: (4) Aubree Schleppe, 28-2.75.

300-meter hurdles: (4) Kaitlin Figgins, 56.87; (5) Mikaela Grace 57.84.

400-meter run: (1) Hill, 1:06.99.

Shot put: (5) Aly Marin, 26-10.5; (6) Figgins, 26-9.5.

Discus, (2) Trembly, 85.10; (3) Marin, 77-6.

100-meter hurdles: (6) Grace, 19.40.



ST. FRANCIS runner Jacquelyn Ketzner rounds the track. Herald staff photo by Casey McCormick

Eighth grade boys team place third

By Betty Jean Winston
betty.w@nwkans.com

Oberlin was the site of junior high track competition between Colby, Goodland, St. Francis and Decatur County on Thursday, April 30.

The eighth grade boys finished in third place in their division to lead the young Indians. The other three teams, eighth grade girls, seventh grade boys and seventh grade girls finished in fourth place.

"I thought we did really well at Oberlin," Coach Ted Busse said. "We had a high number of personal bests and that is good."

Team members showing improvement in their running, throwing and jumping skills is what coaches look for this time of year.

St. Francis held a home quad on Tuesday with results next week. The only event remaining on the schedule is the Northwest Kansas League meet on Thursday, May 14, at Colby.

First place finishers at Oberlin include Dylan Wolaver, eighth grade boys, hurdles; and Derek Queen, seventh grade boys, 100-meter dash and 400-meter dash. Both of these athletes have consistently won events so far this year.

Eighth grade boys

Team standings: Colby 130; Goodland 50; St. Francis 33; Oberlin 28.

Triple jump: (2) Thomas Douthit, 31-0.

Shot put: (4) Zach Gienger, 36-1.

Hurdles: (1) Wolaver, 16.83; (5) Keegan Sherlock, 19.75.

100-meter dash: (2) Wolaver, 12.56; (3) Douthit, 12.79.

4x100-meter relay: (2) St. Francis, 54.00 (Douthit, Gienger, Casey Keller, Wolaver).

4x200-meter relay: (3) St. Francis, 2:04.22 (Gienger, Foster Grant, Leibbrandt, McCormick).

200-meter dash: (2) Wolaver, 26.42; (3) Douthit, 28.15.

Seventh grade boys

Team standings: Goodland 101.5; Colby 65, Oberlin 31, St. Francis, 30.5.

High jump: (3) Logan Lampe, 4-8; (4) Mason Schiltz, 4-4.

100-meter dash: (1) Queen, 12.64; (5) Lampe, 13.23.

1600-meter run: (3) Lane Hoffman, 6:14.30.

4x100-meter relay: (3) St. Francis, 58.22 (Hart, Schiltz, Queen, Landenberger).

400-meter dash: (1) Queen, 1:00.53; (3) Lampe, 1:02.66.

4x200-meter relay: (3) St. Francis, 2:16.55 (Hart, Butler, Cooper, Lee).

4x400-meter relay: (3) St. Francis, 4:45.94 (Lampe, Queen, Hoffman, Landenberger).

Eighth grade girls

Team standings: Colby 98, Oberlin 70, Goodland 43, St. Francis 32.



Long jump: (3) Jandy Dunn, 12-7; (4) Clarice Neitzel, 12-3.5.

Triple jump: (2) Neitzel, 27-6; (5) Ally Northrup 26-0.

Shot put: (5) Taylor Archibald, 28-1.5.

3200-meter run: (2) Katie Lambert, 14.43.

100-meter dash: (5) Krissy Harris, 14.94.

1600-meter run: (2) Lambert, 6:39.07.

4x100-meter relay: (2) St. Francis, 100.69 (Brunk, Mills, Dunn, Neitzel).

4x200-meter relay: (2) St. Francis, 2:10.24 (Brunk, Lambert, Harris, Northrup).

Seventh grade girls

Team standings: Oberlin 86.5, Goodland 75, Colby 55.5, St. Francis 3.

Triple jump: (4) Ally Schleppe, 24-10.

100-meter dash: (5) Schleppe, 15.19.