



JAMES ORTIZ/Colby Community College

Freshman Robert Monticone handed off the baton to Josh Quiroga in the men's 4x800 meter relay at the men's Junior College Athletic Association Championships in Lubbock, Texas.

Track squad has five All-Americans

The Colby Community College men's indoor track and field team finished in 10th place at the 2013 National Junior College Athletic Association Championships.

The team had five All-American performances at the event, held Friday and Saturday in Lubbock, Texas. The 10th-place finish is the best in the Division I history of the college. The previous best finish was 12th place in 2012.

The Distance Medley Relay team finished in second place with a school record time of 10:04.60. Team members are Robert Monticone, Fabian Hayles, Ashley Riley and Jonathan Burgess. Iowa Central won the event with a time of 10:03.27.

The 4x800 relay team finished in third place with another Colby record-breaking time of 7:47.99. Team members include Hayles, Riley, Monticone and Josh Quiroga. Rend Lake and Iowa Central finished first and second with times of 7:46.18 and 7:46.78.

Jonathan Burgess placed sixth in the middle with a time of 4:17.44, and sixth in the 3,000 meters with 8:42.90. Peter Koskey also finished in sixth place in the 5,000 meters with 15:19.03.

Other point scorers for the Trojans include Koskey in eighth place in the 3,000 meters with 8:46.35 and Juan Pacheco in the 5,000 meters in seventh place

with 15:21.01.

Additional finishers for Colby include: Gennard Paul, 10th, long jump of 6.69 meters. Keenan Williams, 29th, 55 meters, time of 6.50. Williams, 22nd, 200 meters, 21.94. Johnathan Stiles, 24th, 400 meters, 51.64. Hayles, 12th, 600 meters, 1:22.22. Monticone, 10th, 800 meters, 1:55.88. Koskey, 10th, Mile, 4:24.44. Quiroga, 17th, 1,000 meters, 2:35.50. Pacheco, 10th, 3,000 meters, 8:52.69. Aaron Lecense, Hayles, Riley, Anthony Stephens, 11th, 4x400 meter relay, 3:18.22.

"It was a tough national meet for us," said Coach James Ortiz. "We were on the wrong end of a lot of close races."

"The top eight finishers score in events, and we had a lot of 10th through 12th finishes. We also had two relays come within one second of being national champions."

"We have a really young team and we took a step forward this weekend, but these guys learned that coming close at the national level isn't going to cut it."

Western Kansas league selects All-League players

The Western Kansas Liberty League has selected its 2013 All-League Basketball teams, which includes several area players:

Juniors Tristan Schwarz, Jordan Christensen, Kylie Jones and senior Angela Ritter were chosen from Golden Plains High School.

From Triplains-Brewster, senior Michael Schmidt, juniors Seth Smith and Brittany Plummer and sophomore Shayna Rogge were selected.

Other boys chosen for All-League are Joshua Keltz, Adam Orten and Kenan Reeh, Cheylin; Luis Hernandez, Healy; Matt Stutsman, Northern Valley; Seth

Armbrister, Brent Gehring and Chase Newell, Palco; Jared McKinney, Samuel McKinney and Hayden Walker, Weskan; Casey Kraus, Western Plains.

Boys selected an honorable mention are Regan Kats, Logan; Jordan Baird, Northern Valley; Drake Wentz and Eddie Beckett, Western Plains; and Austin Lager,

Wheatland-Grinnell.

Other girls chosen for All-League are Stephanie Busse and Shayla Hubbard, Cheylin; Brooke Hammond, Logan; Brooke Baird, Northern Valley; Falyn Handley and Kali Newell, Palco; Kelsey Hale and Robyn See, Weskan; and Brooke Ostmeyer and Paige Ramey,

Wheatland-Grinnell.

Girls selected as honorable mention are Kiley Marcotte, Palco; Ruth Hair, Western Plains; and Cassandra Herrera, Weskan.

Sisters in free-throw contests

By Kami Miller
Golden Plains High School

KayCee and Kassie Miller, daughters of Mike and Tammy Miller, have been competing in free-throw contests throughout Kansas. In order for them to go on to the next level, they had to get first place.

KayCee is a sixth-grader and competed in the Knights of Columbus Free Throw Shoot. She shot from the free-throw line for all of her competitions. On Jan. 20, she won the shoot at Selden, making 8 out of 15 to qualify for the Grinnell shoot. After some practice, she improved at Grinnell on Feb. 3, placing first after making 15 out of 25.

The next shoot was on Feb. 17 in Quinter. There was much harder competition and she placed third, making 14 out of 25.

"I enjoyed traveling and competing against people I didn't know, and making new friends," KayCee said.

Kassie, a third-grader, she competed in the Elks National Hoop Shoot, shooting 12 feet from the basket. She first won at Golden Plains, and the next step was the Hoxie shoot on Jan. 6 where she made 15 out of 25, placing first and making her eligible to go to Russell on Jan. 19.

At the Russell shoot, she made 15 out of 25, again taking home first place. She then got to go to Wichita on Feb. 2 for a shoot where she made 16 out of 25, improving by 1, but it wasn't enough to advance. She came in third place by one basket.



TAMMY MILLER

Kassie Miller shot a free throw at a hoop shoot contest. Kassie and her sister KayCee have advanced in the Knights of Columbus and Elks Hoop Shoot contests this winter. Both girls attend Golden Plains Schools and are the daughters of Mike and Tammy Miller of Rexford.

NCAA says it'll reconsider new recruiting regulations

INDIANAPOLIS (AP) — The National Collegiate Athletic Association's board will review two proposals adopted in January that were aimed at deregulating recruiting after some coaches and administrators expressed concerns about the possible changes.

The NCAA announced on Thursday the rules working group will modify proposals that would have removed certain restrictions on who can recruit and the amount of recruiting material that can be sent to prospective high school athletes. The proposals also would lift restrictions on how often coaches can text recruits.

Modified proposals will be considered by the Division I board of directors when it meets May 2 in Indianapolis.

Since the board adopted 25 measures to help streamline NCAA rules regarding recruiting, numerous football coaches and athletic directors have come out against them, including the entire Big Ten. Critics fear that rolling back these rules would "lead to a recruiting arms race."

One proposal eliminated the position of recruiting coordinator and lifted on a ban on recruiting by staff members without on-field coaching duties.

The other proposal made it possible for coaches to have unlimited contact with recruits through texts, e-mail and social media. The other part of that proposal would allow schools no-limit spending on printed recruiting materials.

Athletic directors and coaches have expressed concerns that

these changes would be costly to universities, and put those with smaller budgets at an even greater disadvantage that they already are to keep up with powerhouse football programs such as Alabama and Ohio State.

The NCAA also announced the playing rules oversight panel approved a new rule that would allow officials to eject players who target and contact defenseless players above the shoulders, effective for the 2013 season.

The ejection would be in addition to the existing 15-yard penalty.

Under Wednesday's decision, players would be ejected for the remainder of the game if the penalty occurs in the first half. If the foul occurs in the second half or overtime of a game, the player is ejected for the remainder of the game and the first half of the

next contest. The ejection portion of the penalty can be subject to a video review.

The panel also approved a new rule regarding blocking below the waist and these changes:

- Add a 10-second runoff with less than a minute remaining in either half when the sole reason for the clock stoppage is because of injury.

- To establish three seconds as the minimum amount of time required to be on the game clock in order to spike the ball to stop the clock. If one or two seconds remain on the clock, there is only time for the offense to run one more play.

The panel denied the Football Rules Committee's proposal to require an institution's uniform to be different color than the field of play, a decision that will make Boise State and its fans happy.

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