

Golden Plains kids qualify for state

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Seven Golden Plains Bulldog track team members qualified to compete in the state track meet this weekend at the regional meet in Hays Friday.

"I am very proud of the way our athletes performed at regionals last Friday," said Coach Travis Betz. "The weather was great, and we had some personal bests during the meet."

One boy and six girls will be traveling to Wichita to perform in four events. First to qualify was junior Zach Spreser. He jumped a season best 42 feet and 8.5 inches for the regional championship and to break the school record set by Josh Miller in 2000. Spreser will jump in the state meet Friday morning.

Spreser jumped a season best of 40 feet during the 2012 season as a sophomore. He placed first at the Oakley Invitational, at Logan and again at the Colby Invitational. He claimed the league championship at the Western Kansas Liberty League meet with a jump of 40'4". His jump at regionals increased on his best distance by 1'5" for the season.

"Records are made to be broken," said Josh Miller, Beloit, the previous Golden Plains triple jump record holder.

"I was also a junior when I set the record," he added, "13 years is a long time to hold a record with the way kids train today. I'm happy for him and wish him luck at state. I hope he can improve on it at state and again next year."

Kylie Jones, junior, qualified to compete in Wichita by jumping 4'10" in high jump, placing fourth at regionals. This will be Kylie's first trip to state. She will jump on Saturday morning.



JUDY ROGERS/Golden Plains High School
Zach Spreser (above right), a senior at Golden Plains High School, broke a 13-year-old record when he won the regional championship in the triple jump Friday in Hays. He will be going to the state track meet Friday in Wichita along with six other Golden Plains students, including junior Kylie Jones (above), who took fourth at the regional meet in the high jump.

Also qualifying in an individual event was junior Macayla Easton. Easton placed second in the 400 meter with a time of 1 minute 2.18 seconds. Easton placed fifth in the 400 meter run at state last year with a time of 1:01.59. Her best time so far this year is 1:01.78. She looks to improve on last year's performance at the state meet. She will run in prelims on Friday.

The final event to qualify for state was the girls 4x400 meter relay. Freshman Kynndra Rush,

junior Jordan Christensen senior Angela Ritter, and junior Macayla Easton placed third in regionals with their best time this season of 4:27.41 in order to earn their trip to Wichita. These girls have also placed in every meet this season including first at the Logan Invitational. They will run prelims on Friday. Lena Janke will join the team as an alternate. This will be a second trip to state for Easton and for Ritter who ran the 400 meter at state as a freshman in 2010.

Rush just missed qualifying for

state in the 800 meter. She placed fifth with her season best time of 2:34.88. Easton qualified for finals in the 200 meter, running a 28.35 in preliminaries and placed sixth with a time of 28.61 in the finals. In other girls' events Lena Janke ran the 1600 meter (6:51.66) and Hailee Spreser threw the shot put with a distance of 28'7.5", the javelin, with 87'11", and threw a season best distance of 89'4" in discus.

In addition to qualifying in triple jump, Zach Spreser competed

in long jump jumping 19'2.75". Tristan Schwarz threw the shot put (38'3.75") and the discus 127'7". On the track Andrew Luna tied his season best time of 52.9 seconds to place sixth in the 400 meter. Cole Ziegelmeier ran within one hundredth of a second of his best time in the 1600 meter, finishing in 5:18.10. His recorded best time was 5:18.09 at league. Grant Spreser ran 18.2 in the 110 hurdles and Josh Barnhart ran an 18.7 in the 110 hurdles.

"I was excited for all the athletes

who qualified for state," Coach Betz said, "and I hope that they all have the chance to get on the awards stand next weekend. A big congratulations to Zach Spreser for not only winning the regional triple jump, but for breaking a 13-year-old school record.

"We will be working out this week early in the morning to help prepare us for our morning competition Friday. Good luck to all seven of our athletes participating at the state track meet this weekend."

Rockies shut down Giants 5-0 in home game Sunday

DENVER (AP) — Juan Nicasio went from erratic all season to electric again simply by following orders.

Before the game, veteran catcher Yorvit Torrealba told the young pitcher to "pound the strike zone." No cute or fancy stuff, just throw whatever Torrealba told him to throw.

Nicasio paid attention and prospered.

The righty scattered three hits over six innings, Carlos Gonzalez and Troy Tulowitzki each drove in two runs and the Colorado Rockies won their first series over San Francisco in two years, beating the Giants 5-0 on Sunday.

"That's what everybody was waiting for from him," said Gonzalez, whose team took three of four from the reigning World Series champions. "Before, all those pitches he was making in a game, it was really hard for him to get out of the fifth. Tonight, it was a different story."

Since it was his first time catching the inconsistent Nicasio this season, Torrealba had a brief pregame meeting with him. In their talk, he just reminded him to throw strikes and "whatever I put down, you throw."

Nicasio (4-1) wasn't about to disobey Torrealba.

"He called for a lot of breaking balls, in situations for me where I want to throw fastball," Nicasio said. "He told me, 'No, breaking ball or sinker.'"

By following Torrealba's instructions, Nicasio shut down one of the top-hitting teams in baseball. He struck out five and allowing only an intentional walk before being lifted for a pinch hitter in the sixth. It was only the third time in nine starts the righty has thrown at least six innings.

Before Sunday, Nicasio had labored in games, throwing way too many pitches that led to early exits. He was pretty much pitching to keep his spot in the rotation, especially on the heels of Tyler Chatwood's solid performance the previous day. Nicasio could be the odd starter out when Jeff Francis returns from the disabled list at the end of the month.

More outings like this only boost Nicasio's case to remain in the rotation. Not that he's thinking along those lines.

"I didn't have pressure," he insisted. "When I go to pitch, I'm focused. I want to do my job, throw strikes."

He worked his way out of a sticky situation in the sixth — with the assistance of Torrealba, of course.

With two outs and two on, Tor-

realba paid a visit to the mound when Brandon Belt ran the count to 3-2. Torrealba told Nicasio to throw a slider down and away.

Nicasio did just that — even though the pitcher wanted to throw a sinker down the middle — and struck out Belt.

So elated was Nicasio that he skipped off the mound and pumped his fist before making his way into the dugout to an ovation from the crowd.

Torrealba was beaming, too.

"He can pitch on this level," Torrealba said. "Today, he showed it. If he pounds the strike zone, he's fine."

Dexter Fowler tied a career high with four hits and Jordan Pacheco also drove in a run as Colorado captured its first series against San Francisco since May 16-17, 2011, at Coors Field.

Gregor Blanco and Brandon Crawford each had two hits. Pinch-hitter Joaquin Arias had the other as the Giants lost their third in a row to the Rockies after beating them 10 straight times.

The Giants concluded a six-game road swing with a 1-5 mark

in which their starting pitching fizzled and their defense faltered. The starters had a 9.82 ERA and the fielders committed 13 errors on the trip.

This is far from the norm for the Giants, whose rotation was so dependable in winning the World Series last season.

"We're going to have our off days and we're going to be bad," manager Bruce Bochy explained.

Barry Zito (3-3) allowed 11 hits and five runs in 5 2-3 innings.

The lefty struggled on Tuesday in Toronto. He was looking to get back on track against Colorado, a team he hadn't lost to since Sept. 25, 2008.

"I've given up quite a few hits the last couple of games," Zito said. "It doesn't feel good to be allowing all those base runners, but at the same time battling out of innings is encouraging."

The Rockies pounced on Zito early, scoring a run in the first when Gonzalez singled home Eric Young Jr.

Colorado opened a 3-0 lead in the fifth on an RBI double by Gonzalez and a run-scoring single

from Pacheco. Tulowitzki added some insurance with a two-run single an inning later off Jose Mujeres, who came in for Zito.

"We've just got to keep fighting and we'll come out of it," Zito

said.

Bochy elected to rest two of his hottest hitters, catcher Buster Posey and infielder Marco Scutaro, even though Scutaro is in the midst of a 17-game hitting streak.

Coach will train one on one for fee

Egan Grafel, an assistant basketball coach at Colby Community College, plans two individual training sessions this summer, both featuring 12 one-hour sessions on Mondays, Wednesdays and Fridays each week for a month.

The first session will run all four weeks in June. Another series will run from July 8 to Aug. 2. The price is \$120 for all four weeks or \$35 for one week.

Grafel just finished his first season as a coach at Colby, where his brother Rusty is head coach. Before that, he worked with professional athletes in Los Angeles.

He played at Decatur Community High School in Oberlin, where he led the state in blocked shots in the 2003-2004 season. After graduation, he played at Cloud County Community College in Concordia — the team made it to the 2006 Jayhawk West championship — and then at Northern Illinois University in DeKalb, Ill., from 2006 to 2008, leading his team in blocked shots.

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