

Track teams 'become comfortable' at Colfax



At Colfax, May 13, the Knights finished fourth in the 4x800 with the first hand off from Thia Moreen to Kayla Vavra. The other two Knights on the team were Anna Burlingame and Lexi Moussette.

(Photo by Judy Teske)

By Kayla Peche

The Cadott Hornets and the Cornell-Lake Holcombe Knights Track and Field teams performed with "effort" at the May 13 Colfax invitational. The track teams will travel back to Colfax May 30 for a sectional meet.

"We want to perform well at this facility in two weeks," said James Sekel, Cadott head coach. "So we just wanted to be at this meet and become comfortable performing here."

The girls teams placed second for the Hornets and fourth for the Knights with Colfax taking the title.

For the boys teams the Hornets took seventh, followed by the Knights in twelfth.

Cadott

The leading girls for Cadott were senior Aquila Glomski, taking first in the 100-meter dash and the 200-meter dash, and senior Lauren Manier, who placed first in the 300-meter hurdles.

In distance for the boys, senior Cole Seibel placed second in the 800-meter run with a time of 2 minutes, 13 seconds. Seibel was also part of the 4x400 relay that took first, along with teammates, Dylan Rothbauer, senior, Ben Kyes, junior, and Brandon Pederson, sophomore.

For field events, senior Alexandra Siverling placed first in

the high jump and senior Victoria Rykal took second in the triple jump.

"Our best kids came through tonight in a big way," Sekel said. "We are starting to come together as a team and look forward to amazing efforts and personal records over the next two weeks."

Cornell-Lake Holcombe

The leading individuals for the Knights were senior Jesse Knitter, who placed third in the 300 hurdles and in field events, and junior Preston Strzok, who took fourth in both the shot put and discus.

Leading the girls team was sophomore Sara Stender, who took first place in triple jump. In the 400-meter run, sophomore Elizabeth Sproul took third, followed by junior Thia Moreen in fourth. Sophomore Lexi Moussette placed third in the 800-meter run and sophomore Courtney Lundmark placed third in the discus with 96 feet.

The girls relay team of Moreen, Moussette, Sproul and sophomore Kayla Vavra took second in the 4x400.

"We were pleased with the team effort," said Tim Sime, Knights coach.



In the 4x800 relay at the Colfax Track Invitational Lakin Rykal handed off to Tori Rykal. The other two team members are Alexis Munroe and Lexi Siverling.

(Photo by Judy Teske)

Home track and field meet leads to middle school win

The Cornell-Lake Holcombe Middle School Track and Field team hosted and won their May 5 meet.

"Both teams performed very well and kept the first place trophies at home," said coach Tim Sime.

For the boys team, Josh Grape took first place in the 200-meter dash and discus while Andrew Brosted won the shot put.

Second place finishers included Dillan Johnson in the shot put, Dakota Popp in the pole vault and Brosted in the 100-meter dash.

Also taking second was the 4x200 meter relay team of Josh Willmarth, Brady Webster, Chayse Turchen and Evan Moore and the 4x400 meter relay team of Mike Jevne, Josh Jones, Luke Thompson and Turchen.

On the girls side, Isabel Dixon jumped to a first in the triple jump, as did Aubrey Meddaugh and Taylor Hartzell, who were in a three way tie in the high jump.

Ashlynn Moore vaulted to a first in the pole vault and Kierra Walters placed first in the 400-meter dash. Walters also placed second in the 800-meter run and the long jump.

Other second place finishers were Dixon in the 400 dash, Meddaugh in the 200, Kyra Wright in the triple jump and Gabby Harp in the 100-meter hurdles.

Hartzell was right behind Harp and Meddaugh for a fourth in the hurdles and Wright placed fourth in the 1,600-meter run. The 4x200 meter relay team of Rachel Omtvedt, Belle Anders, Ashley Burns and Alyssa Lee also placed fourth.

Knights boys and girls in top three at Lakeland meet

By Kayla Peche

At Boyceville May 15, the Knights girls track team scored four victories on their way to a second-place finish, while the boys followed in third at a Lakeland meet in Boyceville.

Knights sophomore Sara Stender won the long and triple jump events, while junior Danielle Gygi was victorious in the 300-meter hurdles. Junior Gretchen Schroeder was runner-up in the pole vault and junior Thia Moreen took third in the 400-meter dash.

The 4x400 meter relay team of Moreen and sophomores Elizabeth Sproul, Kayla Vavra and Lexi Moussette, won to lead the charge. The 4x800 team of Moreen, Vavra, Moussette and senior Anna Burlingame came in second.

Juniors Preston Strzok and Eric Nedland scored individual wins for the Cornell-Lake Holcombe boys, taking third as a team with 90.5 points.

Strzok won the discus and was second in the shot put, while Nedland won the 110-meter hurdles and was second in the pole vault.

Junior Dusty Boehm finished second to Nedland in the 110-meter hurdles.

Senior Jesse Knitter was third in the 300-meter hurdles and freshman Kyle Goltz was third in the triple jump.



In the 4x400 in the Colfax Track Invitational, Knight Kyle Goltz handed off to Eric Nedland. The other two Knights on the team were Nate Parkhurst and Colton Hetke.
(Photo by Judy Teske)

REMINDER • Early Advertising / News Deadline

The deadline for news articles and display ad copy for the May 29 *Courier Sentinel* is 12 p.m. Friday, May 23. Our offices will be closed Monday, May 26, in observance of Memorial Day. All copy must be placed in the *Courier Sentinel* office by deadline to ensure placement in the May 29 paper.



Knight senior Amanda Dombkiewicz competed in the 300 hurdles at the East Lakeland Conference track meet at Flambeau. (Photo by Judy Teske)



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Cornell-Lake Holcombe girls track earns conference title

By Kayla Peche

The Cornell-Lake Holcombe Knights Girls Track and Field team earned the East Lakeland conference champion title May 20, at Flambeau. The boys track team took second in the conference meet.

Knights coach Tim Sime said all first and second place athletes were awarded East Lakeland All-Conference.

Those receiving All-Conference are (numbers indicate number of awards received for separate events): seniors Anna Burlingame and Jesse Knitter; juniors Thia Moreen (3), Danielle Gygi, Gretchen Schroeder, Eric Nedland and Preston Strzok; sophomores Elizabeth Sproul (3), Kayla Vavra (3), Lexi Moussette (3), Matt Nedland, Jordan Geist, Sara Stender (3) and Courtney Lundmark; and freshmen Kyle Goltz, Colton Heike and Nathan Parkhurst.

The Knights girls team won the meet with 210 points. The 4x800 relay team of Moreen, Burlingame, Sproul and Vavra, and the 4x400 relay of Moreen, Sproul, Schroeder and Moussette, took home first place finishes at the meet.

Moreen also placed first in the 400-meter dash, followed by Sproul who placed second. In the 1,600-meter run, Moussette and Burlingame took second and third, while Moussette had a first place finish in the 800-meter run.

In girls hurdles, Gygi flew past the competition with a solid 3 second lead for first place. Stender placed first in the long jump and triple jump with a jump of 32 feet and 2 inches. Lundmark won the discus for the girls with a throw of 99 feet and 2 inches.

For the boys team, the 4x400 relay of Goltz, Heike, Girad and Parkhurst placed second. These two athletes also took third and fourth in the 110-meter hurdles. Eric Nedland won the boys pole vault with Knitter following in second. Matt Nedland placed second in the boys 800.

For field events, Strzok placed second in the shot put with a throw of 41 feet and 5 inches.

The Cornell-Lake Holcombe track teams next meet will be regionals, May 27, at Athens.



Scoring 210 points at the East Lakeland Conference meet at Flambeau, May 20, the Knights girls track team earned the first place trophy. Members of the team, left to right, front row, are, Gretchen Schroeder, Courtney Lundmark, Kaitlin Peterson, Lexi Moussette, Jordan Geist, Danielle Gygi, Thia Moreen and Carisa Ash; second row, Kayla Vavra, McKenzie Weggen, Jordan Dixon, Anna Burlingame and Elizabeth Sproul. Missing are, Amanda Dombkiewicz, Sara Stender and Alexis Dixon. (Photo by Judy Teske)



At the East Lakeland Conference meet at Bruce, May 22, the co-op middle school track team of Cornell and Lake Holcombe earned a first place trophy. The girls scored 189 points, and the boys finished with 165 points. (Photo by Judy Teske)