



Eau Claire Memorial's Aubrey Roberts runs during last year's WIAA track and field state championships in La Crosse. Roberts took fourth in the 3,200 meters as a freshman and is expected to be in the mix again this season.

Staff file photo

800). ... **Osseo-Fairchild:** Top returners include Kyle Sluga (sprints), Parker Rongstad (jumps), Abraham Hall (middle distance), Wyatt Haas (throws) and Brian Giles (sprints) for the boys and Laikyn Boettcher (sprints), Yvonne Halderson (sprints), Megan Skoyen (distance), Mikey Morrow (sprints), Kaylyn Kubishak (relays), Julia Simpson (sprints) for the girls. ... **Stanley-Boyd:** State qualifier Peyton McCauley (12th in 300 hurdles) is back as are sectional qualifiers Shantel Hartzell (100, 300 hurdles), Stephanie Szymanski (triple jump), Alise Fitzsimmons (discus), Deontae Heuer (pole vault) and Brian Koch (pole vault). ... **Thorp:** BreeAnna Kulesa (pole vault), the lone state qualifier, graduated. Dakota Lindgren (100, 200, high jump), Tyler Knez (400), Taylor Knez (110 hurdles) and Collin Hubbard (long jump) were sectional qualifiers last year. Taylor Stroinski (100) is lone girls sectional qualifier back. ... **Nellsville:** State qualifying throwers Matt Grottke (shot put) and Wendy Barth (discus) are back. Grottke threw 52-8 at the Meuret Invite. That's the 10th-best toss in the state this year. ... **Owen-Withee:** State qualifier Albert Goerlitz (triple jump, 110 hurdles) is back.

Dunn-St. Croix

Colfax: Girls sent all three relays to state with 3,200 team taking fifth. Dempsey Fogarty anchored two relays and qualified as individual in 400. Danielle Dachel (individual qualifier in 800), Katy Toycon and Katie Christoffel also return from those relays. Heidi Liefert returns after a fifth-place state finish in the pole vault and eighth-place finish in discus. Other top athletes include Court

returners include Brett Vetterkind, Brett Bursaw, Colter Dziekan, Luke Harding. ... **Boyceville:** Logan McAbee-Thomas jumped 43-2 at the Northern Badger to make the state honor roll. He was 10th at state last year and was on the state-qualifying 800 relay. ... **Elmwood/Plum City:** Elaina Danzinger (800), Sarah Gilles (fifth in 300 hurdles) both return for the girls, who sent three relays to state. The boys 1,600 and 3,200 relays also made state. ... **Glenwood City:** The girls 400 relay made state last year. Isaac Tuttle returns after he took sixth in 100, 10th in the 200 and led the 400 relay to a fifth-place finish. Thrower Chris Wagner (seventh in discus) graduated. ... **Spring Valley:** State champion triple jumper Zac Webster is back for his senior year. He'll head to UW-Madison next year. Webster also took third in the long jump, sixth in high jump and ran the first leg for a 1,600 relay. Tyler O'Keefe (state qualifier in 400, 1,600 relay) also returns. Julian Manley (fourth in 3,200, seventh in mile) graduated. Two-time state champ Breanna Colbenson (1,600, 3,200) also graduated. State qualifiers returning for girls are Sara King (800, 3,200 relay), Sam O'Brien (100), Emma Gaustad (3,200 relay). ... **St. Croix Central:** Josh Freyholtz (pole vault) and Kayla Pabst (discus) return after state appearances last season. Other top returners include Emma Landry, Brooke Kopacz, Madison Malecek, Becca Isnardi, Ema Bond, Hope Hoolihan, Bailey Booth, Tony Berg, Jason Matteson, Jordan Bringgold, Decker Grass.

Dairyland

Immanuel Lutheran: State champion Darin Lau (3,200) is back

(long jump, also third in triple jump). Nolan Kujak (shot put) and a 3,200 relay qualified for the boys ... **Independence/Gilmanton:** Alex Grulkowski (200, 400) returns after making state as a freshman last year and taking fifth in the 400. He ran the fifth-best 400 time in the state Saturday in Onalaska. The Indees sent three relays to state, including the 400, which took fourth. Hurdlers Ace Whitwam and Alec Wozney have been strong early this year.

Heart O'North

Bloomer: Senior Matt Salm (discus) was a state qualifier last year. ... **Chetek-Weyerhaeuser:** Walker Olson (high jump, long jump) returns after making state in two events. ... **Ladysmith:** Andrea Ostenso (third in 3,200, ninth in mile) graduated and is now running at Northwestern. ... **Barron:** Sprinter Afton Kuehndorf, long jumper Weston Hargis lead the Bears, who had four conference champs a year ago. ... **Cumberland:** State qualifier Quinn Stetler (fourth in 200, 13th in 100) graduated. ... **Hayward:** Two-event state champ Morgan Johnson (long jump, triple jump) is back for one more year before heading to Michigan State. Katie Taylor took third in the shot put as a freshman, Paige Sommerville was seventh in high jump, Darby Roehl 13th in discus. ... **Spooner:** Daniel Pederson (3,200) made state as a freshman last season.

Lakeland

Cornell/Lake Holcombe: Girls and boys won conference, took second at regionals. Girls had 10 sectional qualifiers led by Lexi Moussette (state qualifier in 1,600), Kaitlin Peterson, Kayla Vavra. Boys had five sectional qualifiers, led by Travis Anderson (sectional qualifier in four events), Eric Neland, Preston Strzok. ... **New Auburn:** State qualifier Jesse Sweeter (200) graduated. ... **Cameron:** State qualifiers Joe Koenecke (sixth in 100, 10th in 200) and Justice Hagberg (400) graduated. The girls sent the 400 and 800 relays to state. ... **Flambeau:** Freshman Sam Welch already has thrown 51-1 in the shot put to make the state honor roll. Last season senior Dalton Anders (discus) made state, along with the 400 relay team. For the girls Paige Schonfelder (100 hurdles), Lexi VanDoorn (pole vault) and Katie Albersen (shot put) all return. ... **Prairie Farm:** Nathan Moen (high jump) returns after making the trip to state last year.

Track/ Brutlag has school 100 record

from Page 1D

Abes boys coach Corey Fritz said those wins will be important going forward.

"In Tyson's mind I think beating (Smith) gave him a lot of confidence to see that he can compete with the best," he said.

According to Fritz, Humes should, barring injury, break the school record in the 100 (11.10 by Andy Brutlag in 2009) sometime this year. And more importantly for the Abes, he should round into an athlete that can really rack up the points for his team.

"(Brutlag) was a good athlete, but Tyson is more versatile in distances — he can go up to the 400 — he's a good long jumper," Fritz said. "He brings a lot more for our team."

The Abes return lots of point scorers in the middle distance and distance events, so Humes scoring more points in the sprints, long jump and relays could go a long way toward Fritz's goal of a top-three finish in the Big Rivers.

As for Humes' individual goals, he'd like to break the school mark in the 100, crack 11 seconds, and, most of all, book that trip to La Crosse come the first weekend in June.