

SPORTS

THEY SAID IT BEST

“Since losing the State Meet by 2 points last year: 230+ days of running; 1350+ miles put in; 3 pairs of running shoes; 365 days of preparation. It was worth every last mile :) STATE CHAMPS 2013”-- Facebook status of Frankfort's Katie Jan on Sunday morning.



COACHES: Send your scores and photos to sports@newtribune.info or mminnich@newtribune.info or call (304) 788-3333, Ext. 110. Please leave a message.

State champions!



The Frankfort Lady Falcons sing the school fight song from the podium at the state track meet in Charleston on Saturday afternoon. The title is the second in school history for FHS and the first won by a girls' team. For many more photos from this weekend's meet, see page 9, or the upcoming Frankfort Beacon. TRIBUNE PHOTO BY MICHAEL MINNICH

By Michael Minnich  
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CHARLESTON--For the second straight year, Frankfort's Bria Welker and Katie Jan put on a show at the West Virginia Class AA state track meet.

With a little help from their friends, too, it was enough.

The Lady Falcons won the second state title in the school's 37-year history, 25 years after baseball did the trick in 1988.

Welker, for the second straight year, won all four of her events (the 100 meter dash, 200 meter dash, 400 meter dash, and 300 meter hurdles) to score 40 points.

Jan captured titles in the 800, 1600, and 3200 and anchored the 4x400 meter relay in the final race of the day to a fourth-place finish.

By that point, the title was in the bag, after Welker won the 200 meter dash and teammate McKenna Miller took fifth.

Frankfort finished with 82 points, easily eclipsing Bridgeport (64), Oak Glen (61), and North Marion (58).

Keyser (49 points) was fifth, led by state titles for Allison Evans in the pole vault and Kendra Johnson in the shot put.

Johnson also took second place in the discus, as did Sharia Hernandez in the 300 meter hurdles, finishing behind Welker.

On the boys' side, Blake Ravenscroft finished third in the 200, fourth in the 100, and anchored Keyser's fourth-place effort in the 4x200 meter relay.

Craig Westfall was fourth in the 400, sixth in the 800, and ran a leg on Keyser's third-place 4x800 team.

The Golden Tornado finished in a tie for sixth with 37 points, 30 behind winner Ritchie County.

Frankfort came close, but did not score any boys' points.

In the opening race of the meet on Friday, the Keyser girls took eighth (10:33.19) and the Frankfort girls 10th (10:47.29) in the 4x800 meter relay.

The first points of the weekend went the way of the KHS boys, as the four-some of Craig Westfall, Zack Johnson, Jordan Lawrence, and Timmy Biser ran out to an early lead in the 4x800

CHARLESTON--Results from the West Virginia Class AA state track meet at Laidley Field.

The top six finishers in each event score points in a 10-8-6-4-2-1 progression.

Preliminary events are not scored; the top eight advance to the finals.

Finishers outside of the top six from Frankfort and Keyser are noted.

Girls team scores

1. Frankfort 82; 2. Bridgeport 64; 3. Oak Glen 61; 4. North Marion 58; 5. Keyser 49; 6. Weir 35; 7. Berkeley Springs 34; 8. Nicholas County 23; 9. Herbert Hoover 18; 10. Fairmont Senior 17; 11. Lincoln 15.5; t12. Liberty Harrison 14; t12. East Fairmont 14; 14. Scott 13; 15. Wayne 12; 16. Summers County 11; 17. Roane County 10.5; 18. Webster County 10; t19. Robert C. Byrd 6; t19. Ravenswood 6; 21. Ritchie County 3; 22. Philip Barbour 2

Individual events

100 meter dash preliminaries: 1. Bria Welker, Frankfort, 12.34 seconds; 2. Alexis Burch, Oak Glen, 12.65; 3. Emilee Henry, Herbert Hoover, 12.72; 4. Alexandria Allen, Liberty Harrison, 12.72; 5. Kayla Haywood, Bridgeport, 12.73; 6. Nicole Licata, East Fairmont, 12.83; 7. Marlee Angelucci, North Marion, 13.03; 8. Kylee Leathers, Weir, 13.12

100 meter dash finals: 1. Bria Welker, Frankfort, 12.47 seconds; 2. Kayla Haywood, Bridgeport, 12.78; 3. Emilee Henry, Herbert Hoover, 12.98; 4. Nicole Licata, East Fairmont, 12.99; 5. Alexandria Allen, Liberty Harrison, 13.00; 6. Alexis Burch, Oak Glen, 13.00

200 meter dash preliminaries: 1. Bria Welker, Frankfort, 25.26 seconds; 2. Alexis Burch, Oak Glen, 25.93; 3. Emilee Henry, Herbert Hoover, 25.83; 4. Kaitlyn Conway, North Marion, 26.24; 5. Sharia Hernandez, Keyser, 26.83; 6. McKenna Miller, Frankfort, 27.06; 7. Madison Cunningham, Lincoln, 27.29; 8. Ashley Griffin, Berkeley Springs, 27.36

200 meter dash: 1. Bria Welker, Frankfort, 25.67 seconds; 2. Alexis Burch, Oak Glen, 26.22; 3. Kaitlyn Conway, North Marion, 26.59; 4. Emilee Henry, Herbert Hoover, 26.67; 5. McKenna Miller, Frankfort, 27.27; 6. Sharia Hernandez, Keyser, 27.61

400 meter dash: 1. Bria Welker, Frankfort, 57.13 seconds (ties own state record); 2. Alexis Burch, Oak Glen, 58.51; 3. Hailley Miller, Ravenswood, 59.86; 4. Emilee Henry, Herbert Hoover, 1:00.02; 5. Brooke Snyder, Frankfort, 1:00.37; 6. Madison Cunningham, Lincoln, 1:00.45

800 meter run: 1. Katie Jan, Frankfort, 2:19.02; 2. Emma Harrison, North Marion, 2:24.30; 3. Samantha Stout, Webster County, 2:27.03; 4. Kelsey Chambers, Oak Glen, 2:27.25; 5. Danielle Haynes, Berkeley Springs, 2:27.76; 6. Felicity Nolder, Oak Glen, 2:29.41

1600 meter run: 1. Katie Jan, Frankfort, 5:09.38; 2. Emma Harrison, North Marion, 5:20.60; 3. Alexis Virtue, Weir,

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End of an amazing run for Welker, Jan

Welker at State Meet

2013  
100: 1st, 12.47  
200: 1st, 25.67  
400: 1st, 57.13\*  
300 hurdles: 1st, 45.45

2012  
100: 1st, 12.33  
200: 1st, 25.19\*  
400: 1st, 57.13\*  
Long jump: 1st, 17 feet, 8 in.

2011  
Injured

2010  
100: 2nd, 12.46  
200: 1st, 25.65  
400: 1st, 57.71  
Long jump: 1st, 16 feet, 10.50 in.

\*state record

By Michael Minnich  
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CHARLESTON--Katie Jan stepped off of the track at Laidley Field for the final time at the completion of the 4x400 meter relay on Saturday, her high school track career over.

Right there for a hug was Bria Welker, her classmate and partner in record-setting crime (the two even wore fun masks for the post-meet celebration).

And, after exulting with their teammates, the two walked off towards the gate together, arms wrapped around each other.

This weekend was the completion of a task that the two have been working on for four years.

The state championship, taken from them on the fi-



Bria Welker (left) and Katie Jan (right) head for the gate after completing the final state track meet of their high school careers. TRIBUNE PHOTO BY MICHAEL MINNICH

“We make a pretty good team.” -Katie Jan

nal lap of the final race in 2012 by Berkeley Springs, was theirs in 2013.

"Finally!" yelled both after stepping off of the championship podium an hour later.

"It's been a crazy four years. It's been an emotional roller-coaster," reflected Welker, who missed all of the 2011 track season with a knee injury and had to fight back this year after suffering another one during the fall soccer season.

Welker and Jan set a record, as far as anyone can tell, for most points by two teammates in a state meet with 74 in 2012, and racked up 71 this year with seven individual event victories.

Those points alone would have won the state meet this year, just as they nearly did last year.

In three state meets,

Welker scored 118 points, her only blemish being a loss by 0.05 seconds to Summers County's Candace Brown as a freshman.

The only time Jan's not won an open, or individual, event in the last two years was last year's 400 meter dash, which Welker won.

"We have different personalities, but we make a pretty good team," said Jan.

"She pushed me through everything with my knees, and she knew I was going to get back, come out here, and do what we just did," said Welker.

Welker's win in the 200 meter dash late Saturday afternoon sewed up the title, making the final event of the day, the 4x400 relay with Jan anchoring, serve as four victory laps for the Lady Falcons.

"Running in the 4x4,

Jan at State Meet

2013  
800: 1st, 2:19.02  
1600: 1st, 5:09.38  
3200: 1st, 11:26.78  
4x400: 4th, 4:18.06

2012  
400: 4th, 59.69  
800: 1st, 2:16.24  
1600: 1st, 5:14.43  
3200: 1st, 11:42.08

2011  
400: 4th, 1:00.65  
800: 1st, 2:18.54  
1600: 2nd, 5:24.53

2010  
400: 6th, 1:00.29  
800: 2nd, 2:19.24  
1600: 4th, 5:29.95  
High jump: NH

where we lost it last year...it was really motivating," said Jan.

"It didn't really change how I ran the race. It just made me enjoy that last lap more," said Jan. "At the same time, you always want to know that it doesn't matter. This race is sealed."

The two have been part of several smaller runner-up banners that hang in the Frankfort gym.

Now, they can say they were part of a second big one, a second state championship one.

"With all my injuries and being a senior this year, it was almost perfect," said Welker. "I knew I had to get back to this point where I won four events and a state title."

"For once, Frankfort has a perfect ending," laughed Jan.



# Cats scratched in District finals

**Saturday: PSC 6, ASA College 3**

**By Lenny Sundahl**  
Tribune Correspondent

KEYSER--Potomac State continued their climb back Saturday, putting themselves into the Eastern District final with a 6-3 win over ASA College. Catamount starter Scott Fox allowed seven hits over eight innings while Elliott McCummings drove in two runs, Jamison Jones scored two runs, and McCummings, Jones, and David Kimbrough each had two hits.

The Avengers got into the losers' bracket earlier in the game after a 7-2 loss to Spartanburg Methodist College, a game in which ASA dug their own grave with seven errors.

Their fielding was better—only three errors against Potomac State—but the Catamounts punched enough holes in the Avengers' game to make it almost irrelevant.

ASA actually came closest to scoring first, with Gilberto Mendoza hitting a one-out triple in the second inning, but Fox got a strikeout and a lineup to strand him.

It would be Potomac State getting the first runs on the board in the bottom of the third, as Jones led off beating the throw from third, then advanced all the way to third as Kimbrough bunted him over, reaching base himself as the throw got away from first base.

McCummings then singled home Jones, and Fox reached on a dropped flyball in left to load the bases, but Avenger starter Hector Perez got a popup and groundout to strand the bases loaded, escaping with only a one-run deficit for ASA.

The gap grew in the fourth. Mike Eisel led off with a blooper to left that dropped between the fielders and took a funny hop into foul ground, putting Eisel on second.

Jones singled him to third and Kimbrough doubled to send him home.

Jones would score on a sacrifice grounder from McCummings, giving the Catamounts a 3-0 lead.

Through five innings Fox had allowed just two hits, but both of the extra-base variety.

The Avengers got on the board in the top of the sixth with a single run.

Potomac State would get it back in the bottom of the inning, however, on consecutive triples from McCummings and Tre Porter to make it a 4-1 lead.

ASA got another run in the top of the seventh.

Potomac State then padded the lead as the Avengers' earlier sloppiness came back in the bottom of the inning.

With one out, Eisel bunted to the mound, but the ball was first misplayed, then thrown wild, allowing Eisel to reach second.

Windom then reached on a bunt single, stole second,



Potomac State coach Doug Little addresses his team post-game as Spartanburg Methodist celebrates in the background. TRIBUNE PHOTO BY RAYMOND BURNER (RAYMONDBURNER.COM)

and moved to third with Eisel scoring on a wild pitch before Rolman, after tripping on the mound mid-throw, was pulled in favor of Juan Sanchez, who walked Jones, then delivered another wild pitch that scored Windom to make it a 6-2 ballgame in favor of the Catamounts.

**Sunday: Spartanburg Methodist 17, PSC 2**

**By Michael Minnich**  
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KEYSER--Ground balls had eyes in the first inning for Spartanburg Methodist,

and they helped to see off the Potomac State Catamounts in the Eastern District championship game on Sunday, 17-2.

PSC, needing two wins after emerging from the loser's bracket, fell behind 4-0 in the first inning thanks to some perfectly placed hits.

The Cats then started the bottom half of the inning with singles by Jamison Jones and David Kimbrough, but in the beginning of a trend, could not cash in the runs thanks to a fly out, a strikeout, and a line out.

In the second, Connar Bastaich led off with a double, but was stranded at third.

Spartanburg added a fifth run in the top of the third on Shell McCain's RBI double to left.

Like the first, hits from Jones and Kimbrough set the table for PSC in the third, but a bunt into a double play and a fly out to center kept the home team scoreless.

Finally, PSC got on the board in the fourth.

Scott Fox led off with a single, stole second, and moved to third on Alex Levitan's one-out single to left.

With two outs, Adam Meeker delivered an RBI single: 5-1.

A walk to Jamison Jones loaded the bases, but Josh

Escoffier came on in relief and induced a ground ball to second to end the inning.

That was the best chance for PSC: Spartanburg scored two in the fifth, with Reid Moman getting an inside-the-park home run when Jones was shaken up chasing down his fly to center, two runs in the sixth, one in the seventh, one in the eighth, and six in the ninth to move the game well out of reach.

The Cats got a consolation run on Tre Porter's sac fly in the bottom of the ninth.

PSC finishes the year with a 40-16 record, while Spartanburg Methodist moves on to the JUCO World Series in Grand Junction, Colo.

## STORY

FROM PAGE 8

and hung on for third in a time of 8:25.22, narrowly losing out to Fairmont Senior (8:24.48) for second.

Evans also qualified for the 100 meter high hurdles finals by finishing in the top eight in the preliminaries.

In the field, Johnson's third fling of the discus went for 101 feet and seven inches, good for second behind Bridgeport freshman Hannah McCall (108-6).

Amonte Turner, meanwhile, was doing good things over at the long jump, hopping 19 feet and 3 1/2 inches; the only freshman in the final 16, Turner took fifth.

In the second session on the track, Welker and Ravenscroft finished in the top eight in their respective 100 preliminaries to qualify for Saturday's finals.

In the shuttle hurdles, the Keyser girls were disqualified for leaving early at the second exchange.

The KHS boys took eighth

in a time of 1:04.08.

In the third and final session of Friday evening, Welker, Hernandez, Miller, and Ravenscroft began by qualifying for the 200 finals; Turner was eliminated after finishing 10th.

Then, it was Jan's turn: the Frankfort senior won the 3200 meter run for the second straight year, finishing in 11:26.78, nearly 12 seconds faster than North Marion's Emma Harrison, who hung around until the final lap before Jan kicked it into gear.

On the boys' side, Frankfort's Shane Ickes (10:03.28) and Lucas Young (10:14.47) finished seventh and eighth, just out of the points.

In the field, Keyser's Ryan Hickey took fourth in the pole vault, clearing the bar at 11 feet, 6 inches.

Mineral County wasted little time getting on the podium on Saturday.

Evans won the pole vault, clearing an even nine feet, a full foot higher than Shania Lloyd of Roane County.

Welker's first final event of the weekend was a win in the 400 in a time of 57.13 seconds, matching her state record from last year.

Brooke Snyder came in fifth in 1:00.37 to pick up two more important points for FHS.

Keyser's Westfall finished the boys' 400 in 51.95 seconds, 0.87 ticks behind Roane County's Troy Fisher. Frankfort's Ryan Leedom took 14th.

Then, Jan captured the 1600 meter title for the second year in a row, finishing in 5:09.38, just over a second off of the state record and 11 seconds ahead of second-place finisher Harrison.

In the fifth session, Young and Ickes again fell just short of the top six on the boys' side, crossing the line in 4:37.29 and 4:41.99, respectively, for seventh and ninth place.

Keyser's Zack Stickley was 16th.

In the 300 hurdles, Welker, who had just added the event to her load this year,

won in 45.45 seconds, with Keyser's Hernandez rebounding from her regional struggles to take second in 46.87 seconds.

In the field, Keyser's three shot-putters all came up just short of points: Drew Roy was seventh, Austin Ravenscroft eighth, and Tyler Hamilton 13th.

The Frankfort girls moved into first place with Welker's win, heading into the afternoon with 42 points to Bridgeport's 38 and Oak Glen's 33.

In the afternoon's first track event, Evans was third in the 100 meter hurdles, with her time of 16.33 seconds losing out to Summers County's Emily Smith, who finished in 15.79.

In the field, Keyser opened the afternoon with Johnson's win in the shot put, a heave of 34 feet, 7 1/2 inches.

Hamilton added six points to the Keyser boys' total with

a discus throw of 146 feet, 9 inches, almost 13 feet behind Poca's Christian Buckley.

In the 100 meter dash, Welker won in 12.47 seconds, beating Bridgeport's Kayla Haywood by 0.31 seconds.

Ravenscroft sprinted fourth on the boys' side, finishing in 11.58 seconds, or 0.24 seconds behind Wayne's Kade Sebastian.

On to the relays: Keyser's 4x200 girls team of Evans, Cecilia Napier, Crystal Kuglar, and Hernandez crossed the line third in 1:50.11, with Frankfort just missing out on a place and taking seventh in 1:50.81.

The Keyser boys' relay of Deondre Williams, Turner, Ravenscroft, and Jonathan Guinn took fourth in 1:33.69.

In the 4x100, the Lady Falcons earned precious points with a fourth place finish in 52.31 seconds: Madi Pfaff, Sarah Dayton, Snyder, and Miller did the legwork.

The Keyser boys' foursome of Drew Roy, Ravenscroft, Williams, and Turner

finished 12th in 46.22 seconds.

Frankfort took the lead for good thanks to Jan's win in the 800 in 2:19.02, more than five seconds faster than Harrison.

In the boys' race, Westfall was sixth in 2:02.76, with Young again unlucky in eighth (2:03.67).

Frankfort clinched the state title with Welker's win in 25.67 seconds, with Miller (27.27) and Hernandez (27.61) in fifth and sixth.

Ravenscroft turned in a third-place finish in 23.43 seconds, a mere 0.18 behind Weir's Cole Slaters.

The 4x400 served as a coronation for FHS: Jan, who was in last when she took the baton, revved up to fourth in a time of 4:18.06.

Keyser just missed out on a final point, winning their heat but finishing seventh in a time of 4:21.89.

In the final AA race of the day, Keyser's Westfall, Biser, Johnson, and Guinn finished eighth in a time of 3:39.07 in the 4x400.

## RESULTS

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5:23; 4. Kelsey Chambers, Oak Glen, 5:25.29; 5. Kristen Mastrantoni, Weir, 5:29.70; 6. Danielle Haynes, Berkeley Springs, 5:30.68

3200 meter run: 1. Katie Jan, Frankfort, 11:26.78; 2. Emma Harrison, North Marion, 11:38.52; 3. Kristen Mastrantoni, Weir, 11:41.39; 4. Kinsey Reed, Berkeley Springs, 11:43.79; 5. Kelsey Chambers, Oak Glen, 11:52.36; 6. Brianna Waybright, Philip Barbour, 11:57.65

100 meter hurdles preliminaries: 1. Emily Smith, Summers County, 15.94 seconds; 2. Elizabeth Messer, Nicholas County, 16.23; 3. Allison Evans, Keyser, 16.37; 4. Brianna Woodburn, Fairmont Senior, 16.60; 5. Yanapoli Fofanah, Bridgeport, 16.86; 6. Autumn Tyree, Nicholas County, 16.88; 7. Hannah Layman, Lincoln, 16.95; 8. Tori Feicht, Oak Glen, 17.25

100 meter hurdles finals: 1. Emily Smith, Summers County, 15.79 seconds; 2. Elizabeth Messer, Nicholas County, 16.23; 3. Allison Evans, Keyser, 16.33; 4. Brianna Woodburn, Fairmont Senior, 16.34; 5. Yanapoli Fofanah, Bridgeport, 16.71; 6. Autumn Tyree, Nicholas County, 16.73

300 meter hurdles: 1. Bria Welker, Frankfort, 45.45 seconds; 2. Sharia Hernandez, Keyser, 46.87; 3. Madison Cunningham, Lincoln, 47.12; 4. Natalia Parker, Fairmont Senior, 47.12; 5. Jenna Alonge, Bridgeport, 47.67; 6. Haylie Damron, Scott, 48.43

4x100 meter relay: 1. North Marion, 50.88 seconds; 2. East Fairmont, 51.46; 3. Bridgeport, 51.51; 4. Frankfort (Madison Pfaff, Sarah Dayton, Brooke Snyder, McKenna Miller), 52.31; 5. Liberty Harrison, 52.32; 6. Weir, 52.35

4x200 meter relay: 1. North Marion, 1:47.06; 2. Weir, 1:50.09; 3. Keyser (Allison Evans, Cecilia Napier, Crystal Kuglar, Sharia

Hernandez), 1:50.11; 4. Oak Glen, 1:50.15; 5. East Fairmont, 1:50.17; 6. Bridgeport, 1:50.64; 7. Frankfort (Madison Pfaff, Brooke Snyder, Sarah Dayton, McKenna Miller), 1:50.81

4x400 meter relay: 1. Oak Glen, 4:10.62; 2. Berkeley Springs, 4:16.85; 3. North Marion, 4:17.45; 4. Frankfort (Brooke Snyder, Sarah Dayton, McKenna Miller, Katie Jan), 4:18.06; 5. Weir, 4:18.48; 6. Bridgeport, 4:18.50; 7. Keyser (Micayla Paugh, Clarissa Carnell, Crystal Kuglar, Cecilia Napier), 4:21.89

4x800 meter relay: 1. Weir, 9:53.91; 2. Oak Glen, 9:57.01; 3. Bridgeport, 10:06.99; 4. Berkeley Springs, 10:11.19; 5. Scott, 10:24.14; 6. Philip Barbour, 10:30.97; 8. Keyser (Micayla Paugh, Cecilia Napier, Clarissa Carnell, Crystal Kuglar), 10:33.19; 10. Frankfort (Sarah Shetler, Sarah Dayton, Kezia Butcher, Faith Sentelle), 10:47.29

Shuttle hurdles: 1. Nicholas County, 1:06.27; 2. Bridgeport, 1:07.91; 3. Oak Glen, 1:09.46; 4. Webster County, 1:09.70; 5. Scott, 1:09.82; 6. Fairmont Senior, 1:09.86; DQ: Keyser (left early second exchange)

High jump: 1. Sarah Haynes, Berkeley Springs, 5-2; 2. Shania Riffle, Fairmont Senior, 5-0; 3. Ciarra Romine, Robert C. Byrd, 4-10; 4. Bailey Aab, Herbert Hoover, J4-10; 5. Kaleena Crane, Oak Glen, J4-10; 6. Johnna Akers, Lincoln, 4-8; 7. Caity Hudnall, Roane County, 4-8

Pole vault: 1. Allison Evans, Keyser, 9-0; 2. Shania Lloyd, Roane County, 8-0; 3. Caroline Lloyd, Bridgeport, 7-6; 4. Sarah Haynes, Berkeley Springs, 7-6; 5. Skylah Haight, North Marion, J7-6; 6. Celena Bryant, Bridgeport, J7-6

Long jump: 1. Alexandria Allen, Liberty Harrison, 16-9.25; 2. Haylie Damron, Scott, 16-7; 3. Kayla Haywood, Bridgeport, 16-4.5; 4. Autumn Tyree, Nicholas County, 16-0.75; 5. Mykayla Garrett, Ritchie County, 15-11.25; 6. Emily Smith, Summers County,

15-6

Shot put: 1. Kendra Johnson, Keyser, 34-7.5; 2. Raina Young, Bridgeport, 33-8.25; 3. Lexy Beckett, Wayne, 32-6; 4. Reilly Gunter, Lincoln, 32-5.75; 5. Emily McCalin, Roane County, 31-3.5; 6. Mikayla Little, Ritchie County, 31-1

Discus throw: 1. Hannah McCall, Bridgeport, 108-6; 2. Kendra Johnson, Keyser, 101-7; 3. Lexy Beckett, Wayne, 99-8; 4. Christy Carson, Lincoln, 98-3; 5. Emmy Delekta, Oak Glen, 97-9; 6. Bridge Bemis, Oak Glen, 96-1

### Boys team scores

1. Ritchie County 67; 2. Roane County 50; 3. Fairmont Senior 46; 4. Weir 46; 5. Bridgeport 42; 6. Poca 37; 7. Keyser 36; 8. Grafton 34; 9. Webster County 28; 10. Scott 27; 11. Oak Glen 24; 12. Berkeley Springs 20; 13. Robert C. Byrd 12; 14. East Fairmont 11; 15. Herbert Hoover 10; 16. Wayne 10; 17. North Marion 10; 18. Philip Barbour 8; 19. Bluefield 6; 20. Summers County 6; 21. Mingo Central 5; 22. Westside 4; 23. Chapmanville 4; 24. PikeView 4; 25. Independence 2.5; 26. Petersburg 2; 27. James Monroe 1.5; 28. Liberty Raleigh 1; 29. Wyoming East 1

### Individual events

100 meter dash preliminaries: 1. Jonathan Rice, Weir, 11.29 seconds; 2. Alex Lee, Mingo Central, 11.42; 3. Darryl Stewart, Bluefield, 11.36; 4. Kade Sebastian, Wayne, 11.34 seconds; 5. Blake Ravenscroft, Keyser, 11.51; 6. Devin Wiley, Chapmanville, 11.59; 7. Nik Walker, Wyoming East, 11.59; 8. Steven McGinnis, Roane County, 11.59

100 meter dash finals: 1. Kade Sebastian, Wayne, 11.34 seconds; 2. Jonathan Rice, Weir, 11.35; 3. Darryl Stewart, Bluefield, 11.35; 4. Blake Ravenscroft, Keyser, 11.58; 5. Alex Lee, Mingo Central, 11.63; 6. Steven McGinnis, Roane County, 11.64

200 meter dash preliminaries: 1. Nathan Bernarde, Grafton, 22.78 seconds; 2. Blake Ravenscroft, Keyser, 22.96; 3. Alex Lee, Mingo Central, 23.03; 4. Cole Slaters, Weir, 23.12; 5. Clarence Bennett, Weir, 23.07; 6. Andrew Workman, Chapmanville, 23.28; 7. Nik Walker, Wyoming East, 23.41; 8.

Jermodd Garrett, Robert C. Byrd, 23.44; 10. Amonte Turner, Keyser, 23.51

200 meter dash finals: 1. Cole Slaters, Weir, 23.25 seconds; 2. Nathan Bernarde, Grafton, 23.32; 3. Blake Ravenscroft, Keyser, 23.43; 4. Andrew Workman, Chapmanville, 23.45; 5. Alex Lee, Mingo Central, 23.48; 6. Nik Walker, Wyoming East, 23.82

400 meter dash: 1. Troy Fisher, Roane County, 51.08 seconds; 2. Cole Slaters, Weir, 51.37; 3. Jessie Hilvers, Ritchie County, 51.58; 4. Craig Westfall, Keyser, 51.95; 5. Josh Gurski, Herbert Hoover, 52.17; 6. John Powell, Independence, 52.25; 14. Ryan Leedom, Frankfort, 54.65

800 meter run: 1. Will Shaffer, Scott, 2:01.04; 2. Corey Shetler, Berkeley Springs, 2:01.09; 3. Jessie Hilvers, Ritchie County, 2:01.58; 4. William Hayes, East Fairmont, 2:02.17; 5. Abe Merinar, Bridgeport, 2:02.66; 6. Craig Westfall, Keyser, 2:02.76; 8. Lucas Young, Frankfort, 2:03.67

1600 meter run: 1. Abe Merinar, Bridgeport, 4:23.36; 2. Will Shaffer, Scott, 4:24.80; 3. Nick Trefz, Fairmont Senior, 4:28.64; 4. Johnny Hogue, Ritchie County, 4:30.03; 5. Jason Weitzel, PikeView, 4:32.82; 6. Matthew Strand, Fairmont Senior, 4:35.71; 7. Lucas Young, Frankfort, 4:37.29; 9. Shane Ickes, Frankfort, 4:41.99; 16. Zack Stickley, Keyser, 5:16.67

3200 meter run: 1. Nick Trefz, Fairmont Senior, 9:36.21; 2. Will Shaffer, Scott, 9:42.52; 3. Johnny Hogue, Ritchie County, 9:51.94; 4. Matthew Dearth, Bridgeport, 9:52.71; 5. Abe Merinar, Bridge-

port, 9:53.87; 6. William Hayes, East Fairmont, 9:59.26; 7. Shane Ickes, Frankfort, 10:03.28; 8. Lucas Young, Frankfort, 10:14.47

110 meter hurdles preliminaries: 1. Nathan Bernarde, Grafton, 15.17 seconds; 2. Neil Scherich, Fairmont Senior, 15.41; 3. Tre McDowell, Liberty Raleigh, 15.93; 4. Tyler Lee, Roane County, 16.13; 5. Levi Cyphers, North Marion, 16.15; 6. Jayden Allender, Ritchie County, 16.15; 7. Tai Morgan, Bridgeport, 16.18; 8. Josh Crites, Poca, 16.44

110 meter hurdles finals: 1. Nathan Bernarde, Grafton, 14.97 seconds; 2. Neil Scherich, Fairmont Senior, 15.01; 3. Tai Morgan, Bridgeport, 15.65; 4. Levi Cyphers, North Marion, 15.95; 5. Jayden Allender, Ritchie County, 16.00; 6. Tre McDowell, Liberty Raleigh, 16.27

300 meter hurdles: 1. Nathan Bernarde, Grafton, 39.59 seconds; 2. Josh Gurski, Herbert Hoover, 40.78; 3. Jessie Hilvers, Ritchie County, 41.14; 4. Jayden Allender, Ritchie County, 41.51; 5. Joe Collins, Webster County, 42.16; 6. Zack Marcum, Scott, 42.19

4x100 meter relay: 1. Weir, 44.21 seconds; 2. Oak Glen, 44.65; 3. Robert C. Byrd, 44.96; 4. Ritchie County, 45.07; 5. Fairmont Senior, 45.32; 6. Mingo Central, 45.35; 12. Keyser (Drew Roy, Blake Ravenscroft, Deondre Williams, Amonte Turner), 46.22

4x200 meter relay: 1. Weir, 1:32.45; 2. Roane County, 1:33.21; 3. Robert C. Byrd, 1:33.58; 4. Keyser (Deondre Williams, Amonte Turner, Blake Ravenscroft, Jonathan Guinn), 1:33.69; 5. Ritchie County, 1:34.49; 6. Oak Glen, 1:34.98

4x400 meter relay: 1. Roane County, 3:32.74; 2. Webster County, 3:33.15; 3. Fairmont Senior, 3:35.72; 4. Berkeley Springs, 3:36.70; 5. Ritchie County, 3:37.43; 6. East Fairmont, 3:37.50; 8. Keyser (Craig Westfall, Timmy Biser, Zack Johnson, Jonathan Guinn), 3:39.07

4x800 meter relay: 1. Bridgeport, 8:17.63; 2. Fairmont Senior, 8:24.48; 3. Keyser (Craig Westfall, Zack Johnson, Jordan Lawrence, Timmy Biser), 8:25.22; 4. East Fairmont, 8:31.43; 5. PikeView, 8:33.26; 6. Ritchie County, 8:34.03

Shuttle hurdles: 1. Roane County, 59.93 seconds; 2. Webster County, 1:00.84; 3. Ritchie County, 1:01.20; 4. Oak Glen, 1:02.30; 5. Petersburg, 1:02.56; 6. Poca, 1:02.83

Pole vault: 1. Austin Garrett, Ritchie County, 13-2; 2. Matt Arrowood, Berkeley Springs, 12-6; 3. Kyle Raines, Roane County, 12-0; 4. Ryan Hickey, Keyser, 11-6; 5. Bryson Dennison, Braxton County, J11-6; 6. Caleb Pell, Roane County, 10-6

High jump: 1. Luther Stoots, Webster County, 6-0; 2. Jayden Allender, Ritchie County, J6-0; 3. Nathan Bernarde, Grafton, 5-10; 4. Grant Hardman, Roane County, J5-10; 5. Ryan Shumate, Independence, 5-8; 15. Rasheed Lowe, James Monroe, 5-8

Long jump: 1. Micah Swiger, Oak Glen, 20-3; 2. Derek Branka, Philip Barbour, 19-7; 3. TaRon Ayers, Summers County, 19-6; 4. AJ Keys, Poca, 19-4.75; 5. Amonte Turner, Keyser, 19-3.5; 6. Dillon Murphy, East Fairmont, 19-1.25

Shot put: 1. Christian Buckley, Poca, 159-4; 2. Quentin Buckley, Poca, 146-10; 3. Tyler Hamilton, Keyser, 146-9; 4. Jacob Hickman, Poca, 144-0; 5. Neil Scherich, Fairmont Senior, 136-7; 6. Zackery Staley, Oak Glen, 135-1





(top) Kendra Johnson on the podium after her win in the shot put; (middle) Craig Westfall turns the corner; (bottom) Blake Ravenscroft reacts after crossing the finish line. TRIBUNE PHOTOS BY MICHAEL MINNICH

# More from Charleston



MIDDLE COLUMN  
(top) Allison Evans was the state champ in the pole vault; (middle) Timmy Biser accelerates after getting the baton from Jordan Lawrence in the 4x800 relay; (bottom) Tyler Hamilton, pictured here throwing the shot put, was all-state in the discus.

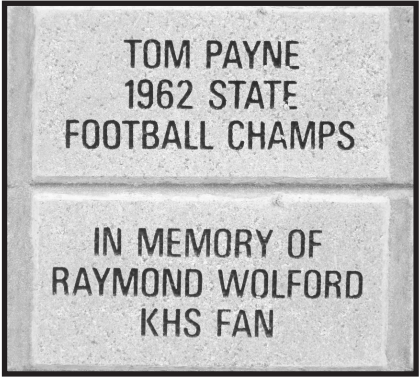
RIGHT COLUMN  
(top) Bria Welker was the top point-getter in Class AA for the third time; (middle) Katie Jan cruised to three event wins; (right) Sharia Hernandez scored points in three events for Keyser.



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