

Splash down

NCC TRACK

Boyer wins long jump; Damiano sets hurdle mark

BY JUSTIN ITES | ites@iafalls.com

On paper, the Iowa Falls-Alden boys were expected to finish in third place following Thursday's North Central Conference Meet in Webster City, and despite multiple personal bests and four gold medals, the Cadets found themselves right in that spot by the conclusion of the meet.

The depth of talent on the Algona and Clear Lake rosters were too much for the rest of the league's teams, as the Bulldogs tallied 151 points to win the conference championship. The Lions were the runner-up with 139 points while the Cadets finished with 117.

There were several highlights for IF-A, and the afternoon began with a bang, as senior Kacen Boyer paced the long jump field with a 20'3.5" jump that scored him a gold medal.

Later in the evening, Jaden Damiano cranked out a 14.42 time in the 110 hurdles to win the event and set a new NCC benchmark time. He added another win in the 400 hurdles after clocking a 55.18.

The Cadets added a fourth first-place finish from the team's 4x100 foursome of Damiano, Boyer, Nathan Schmitz and Andrew Bicknese. That group topped the field with a 3:27.88 time.

IF-A compiled three second-place finishes, as Schmitz was runner-up in the 400 (51.48) and the team's Sprint Medley (Aidan Richards, Andon Barrick, Bicknese and Schmitz) were also second in 1:36.13.

Will Henle and Ray Morgan Jr. helped the team score good points in the 400 and 110 hurdles respectively. Henle finished fourth in the 400 hurdles with a time of 1:00.11, while Morgan Jr.'s 16.15 pace was good for bronze in the 100 hurdles.

The team's shuttle hurdle - Morgan Jr, Carter Weaver, Barrick and Matthew Harms - clocked a 1:07.49 time for third place. The last three legs of the race featured new personal bests.

IF-A now turns its attention to next week's Class 2A State Qualifier Meet in Dike, which takes place on Thursday. ■



Iowa Falls-Alden's Kacen Boyer won a conference title during Thursday's NCC Meet in Webster City. The Cadets finished third in the team standings.



Jaden Damiano and Ray Morgan Jr. (left) finished first and third respectively in the 110 hurdles. Damiano set an NCC record in the event (14.42).



Kayne Chaplin rounds the curve to begin his leg of the 4x800 relay. IF-A finished fourth in that race.

PHOTOS BY JUSTIN ITES / TIMES CITIZEN

NCC Boys Track Thursday at Webster City

Team Scoring: 1. Algona 151; 2. Clear Lake 139; 3. Iowa Falls-Alden 117; 4. Hampton-Dumont/CAL 87.5; 5. Webster City 79; 6. Humboldt 63.5; 7. St. Edmond 58; 8. Clarion-Goldfield-Dows 43.

IF-A Results (top 4)

Long Jump: 1. Kacen Boyer 20'3.5"

Discus: 4. Ethan Bartlett 138'10"

Sprint Med: 2. (Aidan Richards, Andon Barrick, Andrew Bicknese, Nathan Schmitz) 1:36.13.

4x800: 4. (Kayne Chaplin, Carter Weaver, Will Henle, Hunter Miller) 8:55.11.

Shuttle Hurdle: 3. (Ray Morgan Jr, Weaver, Barrick, Matthew Harms) 1:07.49.

400 meters: 2. Schmitz 51.48.

110 hurdles: 1. Jaden Damiano 14.42 *NCC RECORD; 3. Morgan Jr. 16.15.

200 meters: 4. Bicknese 22.72.

400 hurdles: 1. Damiano 55.18; 4. Will Henle 1:00.11.

4x400: 1. (Damiano, Boyer, Schmitz, Bicknese) 3:27.88.

NICL GIRLS TRACK



COREY MEINTS / TIMES CITIZEN

Ava Salvo was fourth in the 400 hurdles, setting a school record in the process. SH finished 13th in the NICL Meet.

Highs and lows for local squads

AGWSR second, SH 13th at NICL Mega Meet

BY COREY MEINTS | cmeints@iafalls.com

The AGWSR girls went into Thursday's North Iowa Cedar League Mega Meet as the arguable favorite. The winners of five of their six meets this season, they had beaten 11 of the 14 other conference teams along the way. They hadn't seen Waterloo Columbus, Oelwein or Denver.

By the time the league championships finished up in Dike, they had beaten 13 of those 14. The outlier, Denver, won the team title with 105 points compared to AGWSR's 91. AGWSR has another shot at the Cyclones in Denver on Monday. South Hardin finished a distant 13th with 13 points.

NICL MEGA MEET Cont'd ► P11

ECC MALE ATHLETE OF THE YEAR

The Uzbeki king

Khayitov named ECC Male Athlete of the Year

BY COREY MEINTS | cmeints@iafalls.com

Mirzo Khayitov has had just about as successful of a career at Ellsworth Community College as he had hoped. In many ways, the Uzbekistan native's two-year experience has surpassed his expectations.

The only thing missing, after being named the 2022-23 ECC Male Athlete of the Year, is that national championship he came for.

Khayitov was already a six-time national champion in his home country, finished third a year ago and second this past winter in the NJCAA. He recently committed to Oklahoma State University, giving himself two more chances.

Khayitov will be returning to Uzbekistan to wrestle for a spot on the national team in hopes of qualifying for the 2024 Olympics. If he makes the team, he will likely take his Olympic redshirt before donning the Cowboy singlet for six-time world level champion John Smith.

Projected to fill the shoes of outgoing All-American Wyatt Sheets at 165, Khayitov did not pick the Cowboys solely on wrestling. The devout Muslim was impressed by the Stillwater campus because it has a mosque. It was the only school he was considering to have one.

Victor Coronado, ECC's head wrestling coach, said the Athlete of the Year is based on several factors - only one of which is athletic



COREY MEINTS / TIMES CITIZEN

Mirzo Khayitov is the 2022-23 ECC Male Athlete of the Year. He was a national runner-up for the Panther wrestling program.

achievement. If it was that alone, he said Khayitov would still have been the perfect choice.

"It's based on community service, athletic performance, grades, how you carry yourself every day," Coronado said. "It's about giving back, interacting with others the right way - a culmination of all those things together."

Khayitov's willingness to share his knowledge is surpassed only by his willingness to help others.

"Mostly I like to teach little guys," Khayitov said. "At that moment, I can remember my mistakes. When you show something, you can remember the good and bad and learn yourself."

Coronado said Khayitov is always among the first to volunteer when somebody reaches out to the wrestling program for help with anything.

"Mirzo is always volunteering to do stuff, whatever it is," Coronado said. "One day, we moved couches. Whatever

we ask of him, he does it."

When everything is put together, Coronado said Khayitov was the perfect choice for the award.

"Obviously his athletic accomplishments are huge," Coronado said. "But how he never says no to helping people is as big. And for a guy who doesn't think his English is all that great, he has no problem striking up a conversation with anybody. He carries himself so well on and off the mat and does everything the right way. All those things make him the right choice."

Winning the award is a special feeling, Khayitov said.

"I feel great, it's nice hearing people say good things about me," Khayitov said. "I like being the athlete of the year, but I don't know why they chose me. I'm just doing me. I come to practice and work hard and help when I can. I just came to wrestle. I didn't think these other things would happen, but it's good." ■

ECC BASEBALL



Ellsworth second baseman Luke Saxton attempted to turn a double play during Wednesday's two-game home series versus Southeastern. The Panthers dropped both games by finals of 7-0 and 22-7.

Blackhawks extend ECC's losing streak to 12

Panthers continue to scuffle

BY JUSTIN ITES
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Baseball teams in Region XI want to be peaking at the right time, as the postseason tournament is approaching.

The Ellsworth Community College baseball squad has been in quite a funk, as they entered Wednesday's two-game home series versus Southeastern carrying a 10-game losing streak.

That skid continued and is now up to 12 games following 7-0 and 22-7 losses to the Blackhawks.

During the opener SECC pitcher Casey Perrenoud silenced the offense of the Panthers, spinning a seven-inning complete game shutout. Perrenoud struck out seven batters and did not issue a walk during the game.

ECC's Logan Fragomeni started the contest and was saddled with the loss. He threw the first 3 2/3 innings, allowing five hits and five runs. Jake English came on in relief



ECC pitcher Logan Fragomeni lasted just 3 2/3 innings during his start on Wednesday. The Panthers have dropped 12 games in a row.

and threw the remainder of the game.

The offense ratcheted up for the visitors in

game two. SECC (38-15, 21-9) tallied 17 hits and plated 22 runs in a 22-7 win. The Panthers used

Region XI Baseball

Wednesday at Iowa Falls

SECC: 7|9|0

ECC: 0|4|2

Pitching: Logan Fragomeni (LP) 3.2IP 5H 5R 2ER 3BB 4K; Jake English 3.1IP 4H 2R 2ER 1BB 3K.

Hitting: Dariel Colon 2-3.

SECC: 22|17|1

ECC: 7|8|6

Pitching: Connor Cox (LP) 2.2IP 5H 9R 6ER 4BB 4K; Hadniel Payamps 0.1IP 3H 4R 4ER 2BB 1K; Kaden Stewart 1IP 1H OR OBB OK; Memphis Moore 1IP 3H 3R 3ER OBB OK; Evan Becker 1IP 3H 4R OER 1BB OK; Dane Littell 1IP 2H 2R 2ER OBB 1K.

Hitting: Jose Roche 2-4 HR 4RBI; Tanner Short 2-4; Colon 2-3 RBI.

six pitchers in the game, with starter Connor Cox taking the loss. He lasted only 2 2/3 innings, allowing nine runs - six of them earned.

ECC's offense was paced by Jose Roche, who homered and drove in four runs. Tanner Short added a pair of hits, and Dariel Colon was 2-3 with a run knocked in.

The Panthers (18-26, 12-18) finish the regular season with a home series this weekend versus Iowa Central. The Tritons are currently in first place with a 41-9 mark.

The Region XI Tournament begins Thursday, May 11 in Cedar Rapids. ■

IF-A TENNIS



PHOTO SUBMITTED

IF-A teammates Lauren Wood and Aubrey Johnson finished second in the doubles bracket at the NCC Meet.

Wood/Johnson earn runner-up doubles slot at NCC

Cadets third in team standings

BY JUSTIN ITES
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Due to the depth of talent in the singles pool at the North Central Conference Girls Tournament, the Iowa Falls-Alden girls shook up the lineup in an attempt to score as many points as possible.

The team's top singles player - Lauren Wood - joined teammate Aubrey Johnson and the duo nearly won a conference doubles championship during play Wednesday in Clear Lake.

L. Wood and A. Johnson won their first two matches before facing Webster City's Joslin Gourley and Trinity Griffin in the title match.

The Cadet duo started the title match strong and led 4-3, but the Lynx pairing caught fire and won five consecutive games to claim the championship, 8-4.

IF-A's other doubles entry - Josie Johnson and Hailey Bridgewater - rebounded from an opening loss to compile three consecutive wins to claim fifth place in the bracket.

The Cadets did not fare as well during singles play, as Kadynce Winters and Alivia Hansen combined to finish 0-4. Winters suffered a couple of close defeats by 8-5 and 8-6 final scores.

St. Edmond won the team title, with Webster City finishing second. IF-A was third overall.

Last season, the Cadets finished second at the inaugural conference tourney in Webster City, finishing two points behind the Lynx. During the tournament, L. Wood won the singles title following a win over her sister Elly Wood in the title match. ■

NCC Girls Tournament

Wednesday at Fort Dodge

IF-A Results

Singles

Kadynce Winters: lost to Paige Handsaker (Nevada) 8-5; lost to (Clear Lake) 8-6.

Alivia Hansen: lost to Emma DePenning (Nevada) 8-2; lost to (Clear Lake) 8-1.

Doubles

Lauren Wood/Aubrey Johnson (2nd): def. (Nevada) 8-1; won (opponent not provided) 8-3; lost to Joslin Gourley/Trinity Griffin (Webster City) 8-4.

Josie Johnson/Hailey Bridgewater (5th): lost to (St. Edmond) 8-5; def. (Clear Lake) 8-0; def. (Nevada) 8-6; won fifth place match (score, opponent not provided)

NICL TENNIS

Rewoldt lone winner for SH

Tigers finish sixth at NICL

BY MARISSA VANWINGEN
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The NICL Tournament went through some changes this year.

Rankings were based on number of games won, not matches won. So, even though just one South Hardin player won a match, they scored seven points to finish sixth overall. Aplington-Parkersburg blew the field away with 53 points and Grundy Center was second (35).

"It was a windy day for tennis," said Tiger coach Thomas Howe. "The boys had a lot of games go to deuce, but we just could not get the wins, which has been our struggle all season long."

Landon Rewoldt picked up the lone SH win and picked up nine games. SH's No. 1 defeated Westin Woodson of Oelwein 5-4. He was blanked once during the tournament.

No. 4 Carter Zollar narrowly picked up a win, before falling 5-4 to Evan Bingman of Grundy Center.

Daniel Dolan picked up five games - with his closest matches being 7-2 losses. Sawyer Kane picked up two games - falling 8-1 in his final two matches.

In doubles action, Rewoldt and Dolan fell in three matches 7-2, another 8-1 and one 9-0. Kane/Zollar scored three games. ■

NICL Boys Tennis

Tuesday at Waterloo

Team Scoring: 1. Aplington-Parkersburg 53; 2. Grundy Center 35; T3. Union 32; T3. Oelwein 32; 5. Columbus Catholic 27; 6. South Hardin 7.

IF-A TENNIS



COREY MEINTS/TIMES CITIZEN

Calvin Hutchinson teamed with Aaron Halverson to finish in fourth place at the NCC Tennis Tournament in Clear Lake. The Iowa Falls-Alden boys were third overall in the team standings.

IF-A boys claim third spot at NCC Meet

Halverson/Hutchinson fourth in doubles

BY JUSTIN ITES
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Two doubles and one singles entry scored points Wednesday's North Central Conference Boys Tennis Meet,

and that resulted in a third place finish for the Iowa Falls-Alden boys.

The duo of Aaron Halverson and Calvin Hutchinson played their way to fourth place in the doubles bracket, while Tyson Pohlman and Lance Smuck earned the fifth slot.

During singles play, Nick Frohwein placed sixth overall in the field. Brayden Moestchen was

NCC Boys Tennis

Wednesday at Clear Lake

Team Scoring: 1. Clear Lake 29; 2. Nevada 16; 3. Iowa Falls-Alden 12; 4. Webster City 9; 5. Hampton-Dumont/CAL 6; 6. St. Edmond DNP.

the other singles entry for the Cadets, but he did not place among the top six.

Host Clear Lake ran away with the team championship, tallying a total of 29 points. Nevada was the runner-up with 16, while IF-A finished with 12 points. ■



Rewoldt

Sports Briefs

IF Rugby splits; host All-Iowa Saturday

Iowa Falls Rugby participated in a triangular event in Mason City on April 29. Playing against a much-improved River City squad there was back and forth hard hitting play on both sides. Shortly before half time Chris Pruismann scampered 50 meters to put Iowa Falls up 5-0. Shortly after half time River City knotted the score 5-5.

Shortly before the end of the match, Iowa Falls substituted out and center powered in a try for a 10-5 Iowa Falls lead. River City mounted a vigorous attempt to score to no avail with the final 10-5.

The club's second match was against a combined Northeast Iowa Rugby Club and Iowa Central Community College combined team. The combined teams prevailed 29-5.

The Iowa Falls Rugby Club's next action will be the All Iowa Tournament on Saturday, May 6, at the local pitch. The public is invited, and admission is free. The Cadet Kitchen will be selling food at the tournament.

IF-A boys eighth in tough invite

The Iowa Falls-Alden boys golf team's schedule layout has prepared them for the challenges of playing in the North Central Conference Tournament and a tough Class 3A Sectional coming up in the next week.

Prior to the NCC Meet, the Cadets were able to compete against a deep field of strong teams at Thursday's Webster City Invite. While his team finished eighth out of eight squads, Cadet Coach Gregg Winters believes his team made some strides that could help them moving forward.

IF-A collectively carded a 363 score but could not keep pace with the top teams. Gilbert finished with an impressive 301 score and won the meet by 29 strokes over runner-up Webster City's 330.

North Polk's Jacob Eagan topped the individual leaders with a 18-hole 72 score. Gilbert brought in the next four lowest scores. The Cadets were paced by Kale Kalous, who finished with an 81. He shot a 43 on the front side, but shaved five strokes off his next trip through the Briggs Woods course. Nick Regan added a 91, while Tate Myers (95) and Colton England (96) were also below 100.

Jacob Snyder added a 110 and Nate Roeske a 111. ■

On Deck

SATURDAY, MAY 6

BASEBALL-
Iowa Central at ECC 1/3 p.m.

GOLF-
Iowa Falls-Alden B at Hampton-Dumont/
CAL Invite 9 a.m.

SUNDAY, MAY 7

BASEBALL-
Iowa Central at ECC 12 p.m.

MONDAY, MAY 8

GOLF-
Iowa Falls-Alden G at NCC Meet in Mason
City 10 a.m.

Iowa Falls-Alden B at NCC Meet in
Livermore 10 a.m.
AGWSR, South Hardin G at NICL Meet
10 a.m.

TENNIS-
Class 1A District Meet
Iowa Falls-Alden and South Hardin B at
Boone TBA
Ballard at South Hardin G 4:15 p.m.
South Hardin B at District Meet 9 a.m.

SOCCER-
Humboldt at Iowa Falls-Alden/AGWSR G
5:30 p.m.
Iowa Falls-Alden/SH/AGWSR B at
Humboldt 5 p.m.

TRACK-
South Hardin, AGWSR G at Denver 4:30
p.m.
South Hardin, AGWSR B at Aplington-
Parkersburg 4:30 p.m.

NICL MEGA MEET

CONTINUED FROM P12

Despite the silver finish, Cougar head coach Eric Olson was happy. His squad picked up three wins among their seven top-three finishes. Those winners included Abby Veld, twice, in the shot put and discus. Her winner in the discus came on her last chance.

The only other gold for the Cougars was by senior Brynn Smith as she won her fourth conference title in the 400-meter dash.

Freshman Nakia Ollivierre turned in three top-three performances as she grabbed second in both the 3000 and 1500-meter runs and third in the 800.

AGWSR's other top-three was a silver. Piper Smith, Karis Lippert, Elise Olson and Smith teamed to run second in the 4x400-meter relay.

South Hardin placed in just five events. Of those, none were in the top three. On the bright side for the Tigers, Ava Salvo broke the school record in the 400-meter hurdles with a run of 1:10.88. That was good enough for fourth-place as the Tigers' top finish as it broke a 17-year old standard set by Ashley Ritter (1:10.9). ■



COREY MEINTS / TIMES CITIZEN

Karis Lippert takes off in the distance medley as Elise Olson nearly stumbles. AGWSR finished fourth in the race and second as a team in the NICL Mega Meet in Dike on Thursday.

NICL Meet

Thursday at Dike

Team Results: 1. Denver 105; 2. AGWSR 91; 3. Aplington-Parkersburg 83; 4. Union 79; 5. Dike-New Hartford 70; 6. Grundy Center 66; 7. Wapsie Valley 54; 8. Jesup 48; 9. Sumner-

Fredericksburg 45; 10. Hudson 28; 11. Waterloo Columbus 20; 12. Gladbrook-Reinbeck 18; 13. South Hardin 13; 14. Oelwein 12; 15. East Marshall 9.

Area Results (top-4)

Shot Put: 1. Abby Veld (AGWSR) 39'8.25"; 4. Josie Kuper (AGWSR) 33'10"

Discus: 1. Veld (AGWSR) 111'6"

3000: 2. Nakia Ollivierre (AGWSR) 10:33.37

Dist. Med.: 4. AGWSR (T. Smith, Elise Olson, Lippert, Ollivierre)

400: 1. B. Smith (AGWSR) 1:00.57

800: 3. Ollivierre (AGWSR) 2:28.28

400H: 4. Ava Salvo (SH) 1:10.88

1500: 2. Ollivierre (AGWSR) 5:04.16

4x400: 2. AGWSR (P. Smith, Lippert, E. Olson, B. Smith) 4:13.24

NICL TRACK

Mega meet points at a premium

SH fifth, AGWSR 11th at mega meet

BY MARISSA VANWINGEN
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In a meet filled with tough competition and arguably one of the best track conferences in the state, points were at a premium at the mega-NICL meet.

Denver took home the team title from Dike, besting second place Grundy Center by six points. South Hardin finished tied for fifth and AGWSR was 11th.

SH nabbed four medals – three by Chizzy Richmond. The sophomore sprinter finished second in the 100 (11.30) and the 200 (23.14) and was third in the 400 meter events (52.39). He also anchored the 4x400 event with Aiden Smitherman, Jake Teske and Dax Thompson to a fifth place finish.

Ethan Klendworth dropped six seconds from his season best in the open 800 and led nearly wire-to-wire. He clocked a 2:06.13 and missed out on gold by just over a second.

The SH 4x800 team of Teske, Colton McDonald, Thompson and Klendworth dropped 14 seconds off their season best time and finished fifth (8:35).

Other top five finishes went to McKale McGonigal – fourth in the long jump, and Traven Wheeler – fifth in the high jump.



PHOTOS BY COREY MEINTS/ TIMES CITIZEN

Cougar Aiden Heitland finished second in the discus which was AGWSR's highest finish in Thursday's NICL Mega Meet.

The Cougars knew points would be difficult to come by and scored in the events they felt they should.

Aiden Heitland had a good night in the throws and set a new personal best in the shot put with a toss of 49'1.5" for third. In the discus, his throw of 143'7" was good for second. Kaden Abbas (sixth) and Bradly Roder (seventh) both scored in the 110 hurdle event while Roder was seventh in the 400 hurdles. ■

NICL Meet

Thursday at Dike

Team Results: 1. Denver 117; 2. Grundy Center 111; 3. Aplington-Parkersburg 99.33; 4. Dike-New Hartford 77; T5. South Hardin 55.33; T5. Union 55.33; 7. Columbus Catholic 43; Oelwein 42; 10. Sumner-Fredericksburg 26; 11. AGWSR 21; 12. Hudson 15; 13. Gladbrook-Reinbeck 14; 14. East Marshall 8; 15. Jesup 7.

Area Results (top 4):

Discus: 2. Aiden Heitland (AGWSR) 143'7"

Shot Put: 3. Heitland (AGWSR) 49'1.5"

Long Jump: 4. McKale McGonigal (SH) 19'9.5"

100: 2. Chizzy Richmond (SH) 11.30

400: 3. Richmond (SH) 52.39

800: 2. Ethan Klendworth (SH) 2:06.13

200: 2. Richmond (SH) 23.14



Ethan Klendworth, who nabbed a silver in the open 800, receives the baton from Dax Thompson in the 4x800.

NCC GIRLS TRACK

Gold hard to find in Fort Dodge

IF-A's Miller wins 800; Cadets fourth at NCC Meet

BY JUSTIN ITES | ites@iafalls.com

First place finishes were hard to come by for the Iowa Falls-Alden girls at Thursday's North Central Conference Track meet, but the Cadets strung together a trio of second-place efforts and two thirds to finish in the top half of the team race.

The depth of Clear Lake's roster was too much for the rest of the conference teams, as the Lions won the crown with 163.5

points. Algona was the runner-up with 141.5. The Cadets tallied 77.5 points to finish in fourth place behind Humboldt's (107) third place tally.

Winning the only gold for IF-A was senior Teah Miller, who took the 800 meter tape in 2:27.35. She also joined teammates Kenley Chaplin, Allie Off and Abby Harding to finish with a silver in the distance medley relay (4:38.39).

One of the more anticipated individual battles occurred in both the 100 and 200 meters, as Clear Lake's Reese Brownlee got the better of IF-A's Jazz Dagle in both sprint events. Brownlee edged Dagle at the 100 meter tape by a

razor thin margin of 12.84 to 12.86. In the 200 meter race, Brownlee clocked a 26.10 to best Dagle's time of 26.44.

Miller secured a third place effort in the 3000 meters (11:00.06) and fourth in the 1500 (5:10.61).

IF-A's 4x400 four-some of Dagle, Harding, Addison Vanderloop and Angel Sharar was fourth in 4:23.04. Another relay – the 4x800 – also grabbed fourth place. Demi Beaubien, Sydney Holland, Laura Pluff and Lydia Nachazel finished in 11:24.05.

Caitlyn Archer turned in the best field event result, as her 4'8" leap was good enough to tie for fourth place. ■



Miller

NCC Girls Conference Track

Thursday at Fort Dodge

Team Scoring: 1. Clear Lake 163.5; 2. Algona 141.5; 3. Humboldt 107; 4. Iowa Falls-Alden 77.5; 5. Clarion-Goldfield-Dows 67; 6. St. Edmond 66; 7. Hampton-Dumont/CAL 59; 8. Webster City 44.5.

IF-A Results (top 4)

High Jump: 4. Caitlyn Archer 4'8"

100 meters: 2. Jazz Dagle 12.86

200 meters: 2. Jazz Dagle 26.44

800 meters: 1. Teah Miller 2:27.35

4x400: 3. (Dagle, Abby Harding, Addison Vanderloop and Angel Sharar) 4:23.04.

1500: 4. Miller 5:10.61.

4x800: 4. (Demi Beaubien, Sydney Holland, Laura Pluff, Lydia Nachazel) 11:24.05.

Distance Med: 2. (Kenley Chaplin, Allie Off, Harding, Miller) 4:38.39.

3000: 3. Miller 11:00.06.

IF-A SOCCER

Ites injured during upset loss to Falcons

Second-leading scorer in state leaves game early

BY JUSTIN ITES | ites@iafalls.com

An unfortunate start to Thursday's contest gave the Iowa Falls-Alden/South Hardin/AGWSR girls a bigger challenge than what was expected when they faced a 4-5 Aplington-Parkersburg team.

Less than three minutes into the contest, senior Abby Ites suffered a knee injury that forced her to go to the hospital. Without the

second-leading scorer in the state, the Cadets had to scramble offensively and could not make up for that loss.

The visiting Falcons scored one goal in each half and upset the Cadets (9-3) by a final of 2-1.

While the loss did not do any damage regarding the North Central Conference outlook, head coach Morgan Vierkandt said immediate thoughts turned to the health of his team. One of his top defenders – Presley Mulford – was also injured and did not play on Thursday.

Ites currently has 37 goals to

her credit, but Vierkandt said he was hopefully the injury was not season-ending.

"It's tough when something like that happens. It was jarring to the team, but Abby was able to walk off the field on her own without assistance," Vierkandt said. "We depend on her a lot offensively, so it was just tough for us on that side of the field. Thirty-seven goals went to the hospital, so that was tough to overcome without much of a warning we would be without her."

A-P led 2-0 when the Cadets finally broke through with



Ites

Area Soccer

Thursday at Iowa Falls

A-P: 1 | 1 - 2

IF-A: 0 | 1 - 1

Scoring

First Half

A-P 29:51 Elise Thome

Second Half

A-P 32:22 Carley Hook

IF-A: 6:21 Allison Jaenke

6:21 left in the game. Allison Jaenke kicked in the only goal for the hosts, but the Falcons held on for the victory.

IF-A/SH/AGWSR has a big game Monday, when they host a good Humboldt team. ■