

Track Season Hits the Halfway Point

Halfway through the high school track and field season, the 'dog days' settle in. Meets pile up, events pop up one after the other, legs get sore, and concentration can waver. But around the state, times are going down, throws are going farther, and jumps are getting higher and longer. For the coaches, this is a critical time to keep the athletes focused on the process to get them to peak at the right time.

"We have quite a few kids battling nagging injuries and soreness," said Coach Peterson. "Some of those are starting to improve, so we should see some girls on the track soon or more that may not have been out there much. Others are learning how to deal with the inevitable soreness that comes from a season of track and field and how to take care of those issues and still perform at a high level."

The Cardinal girls and boys both competed in two meets last week, battling tough competition, brisk temperatures, and bracing winds.

Cardinal girls compete at Bondurant-Farrar

With a meet in Winterset scheduled for three days later, not all of the Cardinals participated in Bondurant on April 17. The Cards finished 7th in the 8-team meet.

Amanda Smith won two events convincingly. In the high jump, she cleared 5-2, which was 6 inches higher than the 2nd-place finisher. Her best jump this season (5-3) is tied for second best in Class 1A this season. That jump also qualified her for the Drake Relays. She will compete at Drake Stadium on Friday morning at 9:30. Her time of 1:07.86 in the 400m hurdles in Bondurant was over 4 seconds faster

than 2nd place. She currently has the second fastest time (1:07.66) in Class 1A.

Keira Fredericksen got 4th place in the discus with a season-best throw of 93-05.

Cardinal relay teams got 5th place in the 4x200m, 4x400m, sprint medley, and shuttle hurdle.

Pella won the meet with 160 points. The Cardinals' team total was 50.

Cardinal boys compete at Madrid Tigers Boys' Invitational

The Cardinals took part in a small but competitive meet in Madrid on April 18, finishing 4th out of 8 teams.

With gusts of nearly 30 mph, the wind was a factor all night. Coming from the east, the wind was only at runners' backs when they were going around the far turn. Hurdlers and jumpers had to alter their steps and approaches to adjust to the conditions. Fortunately, the temperature was moderate—in the low 60s for most of the evening.

The Cardinals won three events.

Brandon Maxwell won the shot put with a season-best 48-05.50, about 3 feet better than his previous best. He has improved his throw by 6 feet over the past couple weeks. He's now ranked 10th in Class 1A.

Trevor Lane, Walker Hale, Caleb Smith, and Malachi Hale won the sprint medley relay in 1:39.58. Malachi, anchoring with 400m, got the baton in 1st place. He was 3rd at the end of the backstretch, and then he pushed into 1st on the far turn. As he entered the home stretch, he was well ahead, and he held off charges by the anchors for Winterset and Lenox.

Smith, Carson Maly, Will Frommelt, and Mal-



Jeret Petersen and Will Frommelt come out of the blocks in the 110m dash in Winterset. (Photos by Todd Weber.)

akai cruised to victory in the 4x400m relay with a time of 3:43.98. Smith passed the baton to Maly in the lead. Maly was passed by a

runner early in his lap, but he regained the lead by the end of his leg. Frommelt stretched the lead, and Malakai was never threatened in the anchor leg.

Lane, Brody Morrison, Smith, and Malakai got 2nd in the distance medley relay.

The two boys that were tending the high jump had to hold the bar to keep it from blowing off the standards, then release it was the competitors were jumping. Despite the conditions, Walker finished 3rd and (6-0) and Jeret Petersen was 5th, both equaling their season bests, 6-0 and 5-10, respectively.

Boys and girls compete at Winterset

The Cardinal girls and boys competed at the Husky Co-Ed Invitational in Winterset on April 20. Both teams finished in 2nd place. The host Huskies won both meets.

The Cardinal boys won three events.

Petersen won the high jump at 6-0, which was a PR.

Brandon Maxwell won the shot put with a throw of 45-04.75. He also finished 2nd in the discus with a sea-

son-best throw of 141-06, which is #12 in Class 1A this season.

Malakai won the 800m with a season-best time of 1:59.79, which is #2 in Class 1A this season. He edged 2nd-place Carson Van Sickle by 11/100 of a second.

The Cards had four 2nd-place finishes: Cooper Michael, Jackson Berkely, Donovan Braet, and Maly in the 4x800m relay; Lane in the 200m; Frommelt, Petersen, Maly, and Blake Tiemeyer in the 4x400m relay; Lane, Malakai, Morrison, and Smith in the 4x100m relay. The Cards finished 3rd in three events: Lane, 100m; Petersen, long jump; Morrison, Berkley, Petersen, Tiemeyer, distance medley relay; Frommelt, 400m.

The Cardinal girls won four events.

Smith won both the high jump (5-2) and the 400m hurdles (1:08.19) for the third meet in a row. She also finished 3rd in the 400m with a PR of 1:02.76.

Lily Conry, Hannah Frank, Taylor Jensen, and Olivia Spurling cruised to a win in the 4x800m relay with a time of 10:40.93.

"I've been impressed with the 4x8 all season," said Coach Peterson. "We've been able to juggle 8 or 9 different kids through that event and they always perform. It's a luxury that most schools our size don't have, and looking ahead to the conference meet, it will let us spread people out into different events to be able to score better as a team."

Brianna Redmond, Sophia Heuton, Taylor Rodgers, and Mackenzie Harger won the distance medley relay in 4:43.80, 13 seconds faster than 2nd-place Winterset.

Jensen, Rodgers, Smith, and Lily Dixon won the 4x400m relay in a season-best 4:27.98.

The Cards finished 2nd in three events: Taylor Waltz, Avrie Fagan, Alexis Voss, and Dixon in the 800m sprint medley relay; Keeley Keller, Waltz, Spurling, and Rowen Fisk in the 4x200m relay; and Dixon in the 800m.

Spurling finished 3rd and Harger was 4th in the 1500m.



Taylor Rodgers competes in the shuttle hurdle relay in Winterset.

Golf Cardinal Boys Win

The Cardinal boys win at Ogden highlighted the golf week.

Cardinal girls play in Panorama

The Cardinal girls took on a tough, windy Lake Panorama National course on April 18 and finished 4th out of five teams. Presley Koberg led the Cards with 59, good for 7th overall. Charlie Mineart was next with 64, followed by Savannah Charlet, Zoya Humphrey, and Audrey Dobbins. North

Polk won the meet with 219. Earlham's team score was 278.

Co-Ed Meet in Ogden

The Cardinals travelled to Don Williams Golf Course north of Ogden on April 20. The Cardinal boys won their quad meet, while the girls finished 2nd out of three teams.

The Cardinals had a team total of 174, followed by 2nd-place Ogden with 197. Ryan Stiles was meet medalist with 40. Kaden

Kasal was 2nd overall with 41. Sam Goodrich was next for the Cards with 46, followed by Emmett Hagen and Carter Hohertz (both with 47), and Blake Reynolds (49).

The Cardinal girls' team total was 265. Ogden won the meet with 225. Savannah Charlet led the Cards with 51, followed by Presley Koberg (63), Charlie Mineart (66), and Zoya Humphrey (85).

Soccer Roundup



Presley Davison (L) and Camryn Sly attack the goal in a game in Earlham on April 20. (Photo by Shannon Payne.)

Girls

The Huskies beat Des Moines East, 8-0, in Earlham on April 20. Rhiana Henderson and Olivia Boyle scored 2 goals apiece for the Huskies. Presley Davison, Cambree Sussex, Hannah Frank, and Abril Iniesta had

1 goal each.

On April 17, the Huskies lost to Ballard, 3-0. Gilbert beat the Huskies, 4-0, on April 21.

Boys

The Huskies dropped three games last week. They lost to Ballard, 2-0, in Win-

terset on April 17. On April 18, the Huskies traveled to Grand Junction and lost to Greene County, 6-1. Logan Hupp scored for the Huskies. On April 21, the Huskies lost at Gilbert, 6-0.

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