

Troy Hyde/
Newton News

Newton sophomore Brooklyn Shannon, right, hands the baton to freshman Lauren Clarke during the final exchange of the 4x400 relay at the state track and field meet at Drake Stadium on Friday. The Cardinals were 22nd in the event.



State Title

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"I knew I could do it. I felt confident. I have a breathing mechanism that I just look at the hurdle and try to have a bond with the hurdle," Terpstra said. "I don't focus on anything else. My focus was on driving and getting to that finish line."

"Did you see my finish? I was so happy. We were booking it. That was fun."

The victory in the shuttle hurdle was part of a weekend that saw the Cardinals finish 17th in Class 3A. Newton scored 18.6 points.

The win was worth 10 points. The other 8.6 points came from Terpstra in the 100-meter hurdles and freshman Tori White in the high jump.

Terpstra couldn't defend her title despite posting the 17th best time of all time. Her career-best and school-record time of 14.44 seconds was under the state meet record, but Spencer's Jenna Merchant went 14.39 for the win.

"I'm not even mad about it," Terpstra said. "I felt confident coming in, but she deserved it. I didn't do anything wrong. She just beat me. I ended my career with my best time ever."

White entered the high jump with expectations to mark at 5 feet, 0 inches. She left Drake Stadium with a state medal.

White hit the opening height of 4-10 on her first attempt and then got over 5-0 on her second try.

At that point, 12 jumpers remained and she wound up in a five-way tie for seventh. ADM's London Warmuth won the 3A high jump title with a leap of 5-7.

"It's kind of cray. I'm just happy," White said. "This is state so I don't have to qualify for anything else. I can just go out and jump my best. I'm only a freshman. I didn't even know I



Muckler

was going to be here. I guess I'm just proud of myself.

"I have only gotten 5-0 on my first try in a few meets. I'm glad I made 5-0. That gave me the opportunity to jump 5-2."

The Cardinals were in two other events on Thursday.

The 4x800 relay team placed 22nd and sophomore Brooklyn Shannon posted another time under one minute in the 400 but was later disqualified from lane 5 after taking consecutive steps into lane 6.

The 4x800 relay team featured senior Kate Muckler, freshman Harper Barton and sophomores Bella Winther and Hadley Kruse. They were 22nd overall in 10:21.5. They came into the state meet seeded 24th.

Ten teams posted a time under 10 minutes. Gilbert won the 3A 4x800 title with a time of 9:29.11.

Friday's schedule included the 100 hurdle prelims.

Terpstra ran 14.66 to qualify second and Priest posted a career-best time of 15.95 to finish 14th.

"Addy ran a great race," Newton girls co-head track and field coach Rachel Tomas said. "Of course we wanted a repeat championship for her, but she ran a superb race and was under the 3A record time, too."

The Cardinals competed in the 4x100 and 4x400 relays on Friday, too.

In the 4x100, the team of sophomore Lola Rivera, Priest, sophomore Abby Bruce and Terpstra finished 19th in 51.20. They needed a 50.0 to qualify for Saturday's final.

Winther and Muckler teamed up with Shannon and Lauren Clarke in the 4x400 relay and they finished 22nd in 4:15.72. The final qualifying time was 4:07.23.

The shuttle hurdle relay team finished .39 seconds in front of Solon, which ran 1:05.18. Defending champion Clear Creek-Amana (1:06.69) took third.

"I was so happy. This is awesome," Lampe said. "All of our hard work came together. I'm so proud of everyone."

The season included a five-meet suspension for Terpstra and Rorabaugh and Priest suffered what she called a "little heart attack" earlier this season, too.

"I had heart problems at the beginning of the year," Priest said. "It was bad. I prayed on it, got healthy and once we got consistent we just kept hitting milestones."

Rorabaugh wasn't guaranteed a spot on the state shuttle hurdle team until the final regular-season meet.

And she was worried about her spot following the suspension in April.

Rorabaugh also admitted to feeling pressure throughout a season that involved plenty of hurdle competition within the program.

But the comeback was indeed better than the setback.

"I was worried about it when it happened. You never know what the future holds, but I just worked my way back up and I'm glad it played out the way that it did," Rorabaugh said. "This feels amazing."

Terpstra was glad to be back inside Drake Stadium one final time.

Terpstra and Rorabaugh were unable to compete in the Drake Relays, but the duo made the most of their opportunity on the blue oval this weekend.

"I bet people doubted us because we got suspended," Terpstra said. "There was definitely pressure for sure. But I don't care what anyone thinks. This feels good."

Solon won the 3A team championship with 79 points. ADM was next with 62 and Pella (42) secured a team trophy after a strong 4x400 relay that put the Lady Dutch into third.

Dubuque Wahlert (41), Mount Vernon (34) and Des Moines Hoover (34) completed the top six.

Notes: Terpstra said after the 100 hurdles she plans to run in college but hasn't made a final decision on the school.

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Newton Baseball

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Thompson finished with one hit, one run, two RBIs and one walk, Stewart posted one hit, one walk and two RBIs and Brody Bauer chipped in one walk, one run and one steal. Williams also drew a walk.

Hudson Mitchell had two hits, Trent Guthrie scored two runs and stole two bases and Dawson Ehlers drove in a pair of runs and registered two steals in the loss.

Saydel 2, Newton 1, 8 innings

DES MOINES — Two strong pitching performances went down in the books as no decisions as the Newton baseball team and Saydel needed extra innings during the regular season openers on May 15.

The Cardinals out-hit the Eagles 9-3 but could only muster one run and they struck out 13 times at the plate and committed three errors in the field during a 2-1, eight-inning road loss.

Williams had three hits at the plate and struck out 13 Eagles over his 6 2/3 innings but didn't factor into the decision as he was forced to leave the game due to pitch count rules.

Mouchka finished with two hits at the plate but he took the loss on the mound after allowing two earned runs on no hits, two walks and one hit batter. He struck out one in his one inning.

The Eagles (1-0) won the game in walk-off fashion in the bottom of the eighth inning. Saydel had only three hits at the plate and committed four errors in the field.

Skyler Milheiser tallied one hit and one run and Bauer, Thompson and Finn Martin all registered one hit.

Williams doubled and drove in one run. He also allowed two hits and walked two in his 6 2/3 innings of work.

Mason Hicks had one hit and two walks at the plate for the Eagles, and he allowed no earned runs on five hits with 10 strikeouts in 6 1/3 innings.



Troy Hyde/Newton News

Newton senior Turner Williams is batting .500 through three games this summer. He's getting on base 66 percent of the time so far this season.

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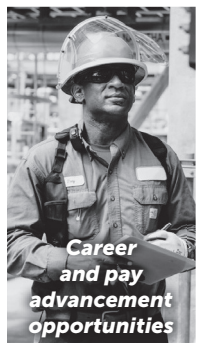


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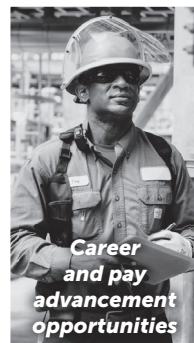


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