

FLAME 84, MUSTANGS 59, COUGARS 36

East Hardy, George Mason at Strasburg
Shot put: 1. Gossard (S) 47.6, 2. Bumgarner (GM) 35.6, 3. Halvar (EH) 33-11; Long jump: 1. Strojcek (S) 17-7.75, 2. Bumgarner (EH) 17-5.25, 3. Fryo (S) 17-4.50; 110 hurdles: 1. Strojcek (S) 16.2, 2. Bragg (EH) 16.0, 3. Hackett (EH) 19.2; 100: Jankins (GM) 11.9, 2. Hatcher (EH) 12.0, 3. Simmons (S) 12.4; Discus: Gossard (S) 126-11, 2. Hulver (EH) 101-4, 3. Hickey (GM) 88-10; High jump: 1. Fryo (S) 5-8, 2. Hatcher (EH) 5-5, 3. Valentine (S) 5-8; 1,600: Sullivan (GM) 5:06, 2. Leathman (EH) 5:13.5, 3. Mathias (EH) 5:32.4; Triple jump: Fryo (S) 35-10, 2. Strojcek (S) 36-5.5, 3. Bumgarner (GM) 35-7; 400: Jankins (GM) 63.6, 2. O'Hara (GM) 54.5, 3. Rowdybush (GM) 58.9; 300 hurdles: 1. Strojcek (S) 43.9, 2. Davora (GM) 45.4, 3. Hackett (EH) 49.2; 800: 1. Byers (GM) 2:15.1, 2. Baattie (S) 2:17.1, 3. Netna (GM) 2:24.3; 200: Hatcher (EH) 24.7, 2. Simmons (S) 25.3, 3. Gossard (S) 25.4; 3,200: 1. Sullivan (GM) 10:55, 2. Newhan (GM) 11:13.8, 3. Leathman (EH) 11:32.7; 4x100 relay: 1. Strasburg 46.9, 2. East Hardy 51.0; 4x400 relay: 1. George Mason 3:46.6, 2. Strasburg 3:57.3.

PIONEERS 77, TIGERS 59, COLONELS 25

Brantsville, Millbrook at James Wood
3,200 relay: 1. Brantsville 8:54, 2. Millbrook 9:04.4, 3. James Wood 8:10.2; 110 hurdles: 1. Weiman (M) 15.8, 2. Casagrande (M) 17.8, 3. Ompp (JW) 19.8; Shot put: Cook (M) 38-10, 2. Wittong (B) 38-10.5; Long jump: 1. Braxton (M) 17-5, 2. Bell (B) 17-4, 3. Broadwater (B) 17-0; 100: 1. Keelon (M) 11.9, 2. Farnam (M) 12.0, 3. Broadwater (B) 12.0; 1,600: 1. Henken (B) 4:45.8, 2. Delgado (B) 4:46, 3. Pattysen (JW) 4:52.6; Discus: 1. Wittong (B) 113-10, 2. Brown (JW) 103-10, 3. Cook (M) 101-3; 400 relay: 1. Millbrook 45.8, 2. James Wood 47.3; 400: Braxton (M) 55.5, 2. Ross (B) 56.7, 3. Edwards (B) 58.8; 300 hurdles: 1. Weiman (M) 42.8, 2. Casagrande (M) 47.0, 3. Cave (JW) 50.0; 800: 1. Galsien (B) 2:07.8, 2. Gray (B) 2:13.4, 3. Ekholm (B) 2:13.8; Triple jump: Keelon (M) 30-2, 2. Farnam (M) 37-0, 3. Buchinsky (JW) 37-2; High jump: 1. Weiman (M) 5-4; 200: 1. Weiman (M) 23.8, 2. Broadwater (B) 23.9, 3. Keelon (M) 24.0; 3,200: 1. Merilus (B) 10:18.8, 2. Wilson (JW) 10:19.5, 3. Beach (JW) 10:35.5; 1,600 relay: 1. Brantsville 3:48.4, 2. Millbrook 3:48.3.

PANTHERS 72.5, BISON 63.5, FALCONS 19

Buffalo Gap, Central at Page County
110 Hurdles: Reifsnnyder (P) 17.5; Long Jump: 1. Cash (BG) 18-5; Triple Jump: 1. Trelovoy (C) 35-5; 100 Dash: Botton (BG) 11.89; 1600: 1. Nelson (P) 4:45; 400: Wilson (BG) 54.41; Shot put: Lubbage (P) 45-1; High Jump: 1. Aschinson (C) 5-6; Discus: Lubbage (P) 127-3; 800: Nelson (P) 2:07; 300: Reifsnnyder (P) 46.17; 3200: Price (P) 10:31.

GENERALS 61, GREEN HORNETS 54, BULLDOGS 41

Wilson Memorial, Luray at Stenewall Jackson
Triple Jump: Smoot (SJ) 38-8.25; 200: Villierdo (L) 24.3; 300: Nelson (WM) 48.7; 800: Lane (SJ) 2:13.2; 3200: Barber (L) 12:26; 1600: Joseph (SJ) 5:07.8; 110 Hurdles: Smoot (SJ) 18.8; Long Jump: Gleason (WM) 17-7.5; 400: Anderson (WM) 54.3; 100: Nelson (WM) 11.8; Shot put: Stout (SJ) 43-10; Discus: Santos (SJ) 120-11; High Jump: McPherson (L) 5-8.

GIRLS TRACK AND FIELD**FLAME 84, COUGARS 32, MUSTANGS 31**

East Hardy, George Mason at Strasburg
High jump: Hines (S) 4-8, 2. Kline (EH) 4-4, 3. Funkhouser (EH) 4-0; Long jump: Fryo (S) 15-4.75, 2. Brown (S) 13-1, 3. Dozono (S) 12-5.25; 100 hurdles: 1. Hines (S) 18.3, 2. Kline (EH) 19.8, 3. Funkhouser (EH) 19.9; 100: 1. Brown (S) 14.5, 2. Fowler (EH) 14.5, 3. Dozono (S) 15.2; Shot put: Wilkins (EH) 31-1.5, 2. Stanley (GM) 28-4, 3. Rosenberger (S) 25-8.5; Discus: 1. Lowe (S) 82-10, 2. Rosenberger (S) 90-8, 3. Holmes (S) 90-8; 1,600: 1. Phellifer (S) 5:38.4, 2. Fairfax (GM) 6:27.8, 3. Williamson (GM) 6:30; Triple jump: Fryo (S) 35-1, 2. Hines (S) 32-8.75, 3. Funkhouser (EH) 22-1; 400: Fryo (S) 1:01.2, 2. Copeland (S) 1:06.8, 3. Clark (GM) 1:09.4; 300 hurdles: 1. Hines (S) 48.7, 2. Kline (EH) 56.0, 3. Maddox (EH) 57.3; 200: Fryo (S) 27.8, 2. Brown (S) 29.7, 3. Burroughs (EH) 31.8; 800: 1. Phellifer (S) 2:32.1, 2. Ek (GM) 2:32.3, 3. Latschaw (S) 2:42.5; 3,200: 1. Sullivan (GM) 12:37.2, 2. Goelz (GM) 13:51.9, 3. Grant (S) 15:44.8; 4x100 relay: 1. Strasburg 58.3, 2. East Hardy 58.3; 4x400 relay: 1. Strasburg 4:25.9, 2. George Mason 4:38.7.

PIONEERS 78, COLONELS 54, TIGERS 35

Brentsville, Millbrook at James Wood
3,200 relay: 1. Millbrook 10:29, 2. Brentsville 10:42.4, 3. James Wood 11:30.2; 100: Sears (M) 12.9; High jump: 1. Shifflet (M) 4-10; Shot put: 1. Hedrick (JW) 31.9, Armat (JW) 28-9, 3. Liggitt (B) 25-5; 1,600: 1. Pollack (M) 5:45.9, 2. Knoll (B) 6:07.4; Discus: 1. Douglas (JW) 94-10, 2. DeHaven (JW) 84-3, Hedrick (JW) 81-2; 400 relay: 1. Millbrook 51.1, 2. Brentsville 55.9; 400: 1. Uhler (M) 1:04.4, 2. Fox (JW) 1:04.9; 300 hurdle: 1. Jutze (JW) 48.9, 2. Frank (B) 52.7, 3. Loae (M) 53.0; Triple jump: 1. Ogiebny (M) 34-4.25, 2. Pollack (M) 31-7, 3. Shppard (JW) 30-0; 200: 1. Sears (M) 27.4, 2. Braxton (M) 28.3, 3.

Booker, who won the 100- and 400-meter races in personal- and area-best times of 11.0 and 51.2, respectively. Booker attributed his quick times to his competition, which he said gets no better than at Handley practices.

"We push each other real hard in practice every day," Booker said through heaping gulps of oxygen moments after the 100. "Everybody wants to get to line first when we race each other."

Teammate Johnny Myers agreed. The junior also turned in a solid performance, narrowly beating Sherando's Terry Johnson by a half-inch in the long jump with a soaring leap of 20 feet, 5 inches.

"Everyone always wants to come in first at practice," Myers said. "Someone's always there trying to take your spot, so it keeps you focused. Sometimes we even do better in practice than we do in meets."

With clumps of Handley competitors just blinks away from each other atop the area's best times, practices are steeped with fierce competition. Dowery likes to refer to his team's in-house intensity as nothing more than friendly competition.

"The only way they're going to be good is if they push each other," he said.

With pushing his team in mind, Dowery found a way to have his players race against immortality. He scoured the Handley record books and dug out the top 20 times for each event, then posted the lists on

001
against the scho
greats.

"The list shows best people that you, and it gives thing to shoot for," ley high-jumper Josh Thompson, v Wednesday's meet hip flexer.

Thompson is cu on the Handley i jump list with a re 6-7.

"It pushes y because you want lasting impression.

Thompson's Wednesday also the objective o meets. Though he in baggy Judges

music simmering f phones, he was cheerleader for his and even his comp

Take Sherando Huyett. Both Tho Huyett entered the area-best high jum 4, and were poised down. Thompson

spoiled that prosp was still on the sid ing advice to Huye ily took the high j mediocre 6-foot eff

"Me and Nathan even though we go schools, so we alwa other at meets and other tips and Thompson said.

Though the Sher earned a victory l past Handley, the little substance bec day meets are mair

PREP ROUND

Central girls soc

Daily Staff Reports

WOODSTOCK — It took seven games, but the Central girls soccer team finally has its first win of the season.

Adriana Mondragon scored about 10 minutes into the game and the Falcons made it stick in a 1-0 victory over Rappahannock on Wednesday night.

"The girls were very excited," Central coach Ken Mason said. "It's nice to get that monkey off our backs."

Lindsay Arnold saves for Centre which plays at River Friday. The Falcon the Panthers, 18-6.

Softball

Strasburg Battlefield
STRASBURG — dorff pitched a comp four-hitter to lead ti a 12-3 nondistrict v the Bobcats.

Orndorff struck o