

Track & field runs wild at KU Relays

BY SARAH HICKS
Staff Reporter

Truman State's track and field team beat personal bests and had top finishers during the 88th annual Kansas Relays April 16-17 at Rock Chalk Park in Lawrence, Kansas.

During two days of competition, 25 Bulldogs competed at Kansas University. Runners from both the men's and women's teams placed in top spots at the Relays, and three 'Dogs recorded personal record times.

While the team focused on competing in Lawrence, junior Jared Boyd said the 'Dogs also used the Kansas Relays as preparation for the biggest meet of the season — the GLVC Outdoor Championships, which will take place at Illinois College next weekend.

Boyd said he is trying to stay focused on the end goal of the season, the GLVC Championship.

Sophomore Laura Tarantino said head coach Tim Schwegler's main focus also is on the GLVC Championships.

"Everything is building up to the GLVC [Championships]," Tarantino said. "He stressed being thorough and doing all the small things right — running your workouts correctly, stretching, eating, sleeping — this is how you improve."

Tarantino said Schwegler's advice has helped the Bulldogs grow as collegiate runners. She said her biggest accomplishment this season was finishing a 10K run at Washington University in St. Louis, which she completed at a national qualifying time.

Tarantino participated at the Kansas Relays and placed fourth out of 23 runners in the 5,000-meter run, with a time of 17:58.30. She said though she was disappointed she did not finish in the time Schwegler set for her, she was happy with her accomplishment.

Sophomore Brice Pavey ran a personal best in the 1,500-meter run with a time of 3:57.73, ranking ninth overall. Junior Laura Westen was unseeded in the 800-meter run, but finished seventh overall and third in her heat. Senior Emma Trenhaile also ran and placed 12th in the steeplechase, which is an obstacle race with hurdles and a water pit, finishing with a time of 12:00.53.

Twenty-one 'Dogs competed during the final day of the relays. Junior Dominic Kacich ran the 400-meter dash with a time of 48.40 seconds and placed seventh.

During the open hurdle events, senior Zach Thomas ran 55.81 seconds in the 400-meter hurdles placing

15th overall — and sophomore Trevor Gonzales ran 56.36 in the 400-meter hurdles as well, placing 20th. Freshman Keegan McCabe and Boyd ran in the 110-meter hurdle races, placing 27th and 29th respectively. McCabe ran a personal best in the event with a time of 15.77 seconds.

The 4x800 and 4x100 men's relay teams competed at the event. The 4x800 team finished sixth out of 10 teams with a time of 7:55.80. The 4x100 team finished 14th out of 18 teams with a time of 42.64 seconds.

For the women, Westen and freshman Taylor Knoche, Heather Hughes and Victoria Soncasie ran the distance medley. The team placed fifth with a time of 13:01.73. In the 4x100, the ladies placed sixth with a time of 49.11.

Junior Jairus Bryant, while injured and unable to compete, said the team focuses on forming a tight bond and strengthening teamwork as the season progresses. He said he hopes they will place well at the GLVC championships in May.

Up next for the 'Dogs is the True Blue Open April 25 at Illinois College. This will be the team's last meet before the GLVC Championships May 1-2 in Liberty, Missouri.

Women should be sports savvy



Courtney Strait
Assistant Sports Editor

In the male-dominated world of athletics, I take pride in being a female who knows her stuff when it comes to sports. Attending Truman State sporting events and understanding the rules is important, and I think more women need to jump on board with this idea.

It is time Truman's female population gets more involved in Truman athletics and more informed about how different sports work. Whether it is a first-time visit to Pershing Arena or catching a game during the spring weather, there are ample opportunities to watch an athletic event and learn something new.

To some ladies out there, I know attending sporting events can seem intimidating. For those who feel this way, don't be scared to seek out answers — ask any student athlete or coach. Truman athletes are more than willing to explain rules and help untangle confusing concepts.

At an academically inclined school like Truman, I know there are girls who think attending sporting events is not fun. For those ladies, I have some advice — don't knock it until you try it. There are few experiences more exhilarating than witnessing a game-winning buzzer beater or a diving catch. Attend a Bulldog sporting event on campus, and I can guarantee something exciting will happen.

From personal experience, I know student athletes thrive from a big crowd. Receiving support from fellow Truman students is very gratifying and, in most cases, improves athletes' vigor. With that in mind I think if more students, including women, attended Truman sporting events, our athletes would perform at a higher level.

Unfortunately, some circumstances do arise where women are belittled for their lack of sports knowledge. I think the time has come for women to be appreciated for their knowledge instead. Now, I understand not all men behave in this manner, but I still believe that it's time for women to step up and prove we understand what we're watching so this behavior ceases.

Trust me, ladies — the Super Bowl is worth more than the commercials and halftime show. So grab some friends, head to the next spring sporting event, and start learning.

SATURDAY

Softball
vs.
St. Joseph's College

12 pm and 2 pm

GAMES -ON- CAMPUS

SUNDAY

Softball
vs.
Indianapolis

12 pm and 2 pm

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