DALLAS

VOLLEYBALL Dallas 1 - GAR 2

13 blocks in the loss.

The Mounts record dropped to 0-2 September 12, as they fell to GAR 15-17, 18-16, 15-4. Sarah Misson dished out 11 kills, and

Dallas 0 - Abington Heights 2

A late game comeback fell short as the Mountaineers let one slip to the Comets 15-6, 16-14. Sarah Misson slammed 8 kills.

Dallas 2 - Valley West 0

The Lady Mounts pulled it together to record their first win of the year with a 15-7, 15-4 thrashing of Valley West September 18. A balanced scoring attack from Stacey Engler, Sarah Misson and Susan Benedetti were instrumental in the win.

FIELD HOCKEY

Dallas 2 - Valley West 0

The Lady Mount offense kept the heat on the Spartan cage September 12 as they outshot Valley West 41-0. Despite the attack the Spartan keeper did a fine job in the net allowing just two to slip past, but that's all the Mounts needed as they won 2-0. Amory Fetko and Melanie Getz supplied the games 2 goals.

Dallas 4 - Hazleton 0

Maryann Selenski drove in a goal and 2 assists in the Lady Mounts 4-0 romp past Hazleton September 15. Suzanne Fisher, Bridget Temperine and Amory Fetko supplied the game's other tallies. The Mounts outshot Hazleton 28-2.

Dallas 3 - Abington 0

The Mounts boosted their record to 5-0 with a 3-0 shutout of Abington Heights September 18. Amory Fetko and Maryann Selenski each posted a goal and an assist in the victory. Melanie Getz supplied the game's other goal off an assist from Kristy Woolbert.

SOCCER

Dallas 2 - Crestwood 1

The Mounts pulled out a victory from Crestwood in a battle of defenses September 12 as Dallas topped the Comets 2-1. Devin Michael commenced the Mount scoring on a penalty kick at 10:10 in the third. Ned Friar sank the winning goal seconds later at Bombick sank both Knight goals 10:46 off an assist from Mitch unassisted. Keeper Mike Tre-

Dallas 2 - Wyo. Seminary 3

It took double overtime for Seminary to finally take out the Mounts 3-2 September 14. Dave Dempko dumped the ball off to Ned Friar who racked up the first Dallas goal. Mike Cleary tied it up in the third on an assist from Mitch Bailey. The Blue Knights sealed the victory on a penalty shot in double overtime.

GOLF

Dallas 164 - O'Reilly 228

The Mounts walked away with a resounding 164-228 victory over O'Reilly September 14 at Irem Country Club. Lynn Kilduff settled with sharing medalist honors with Leo Yarashunas of O'Reilly, both with one over 37's. Tom Klimed shot a 39, Larry Lettie a 42.

Dallas 156 - Nanticoke 169

Tom Klimek earned medalist honors September 15, shoting a 37 to lead the Mounts to a 156-169 victory over Nanticoke. Lynn Kilduff and Brian Blaze followed with 39's.

Dallas 163 - Tunkhannock 171

Lynn Kilduff and Tom Klimek shared medalist honors, both carding 37's to pace the Mounts to a 163-171 win over Tunkhannock. Justin Jumper finished at 44 and Larry Lettie a 45.

BOYS CROSS COUNTRY

Dallas 15 - Nanticoke 42

John Crispell (16:45) and Mike Tomasura (17:31) cruised to first and second place finishes September 13 as the Dallas harriers defeated Nanticoke 15-42. Following were fourth Steve Roosa (17:40); fifth Mike Lykon (17:57) and sixth Steve Tomasura (18:38).

GIRLS CROSS COUNTRY Dallas 15 - Nanticoke 50

Dallas swept the first three finishes September 13 to blow past Nanticoke 15-50. Stacey Suda crossed the line first at 17:32 trailed by Amber Coolbaugh (20:47) and Heather Gryziec (20:51).

LAKE-LEHMAN

SOCCER

Lehman 2 - Wyo. Seminary 2

Lehman and Sem settled for a draw September 12, as both teams locked at two goals apiece. Ryan bendis racked up 16 saves.

Lehman 1 - Valley West 2

Charlie Snyder scored Lehman's lone goal September 14 as they lost to Valley West 2-1. Ryan Bombick assisted Snyder's shot. The Knights record drops to

GOLF

Lehman 188 - Valley West 173

The Knights Jeff Cardwell, 2 over par 38, snagged medalist honors September 12 in Lehman's loss to Valley West 173-188. Following were Jeff Farley, 45, Bill Humphries 52 and Chad Sorber 53.

Lehman 198-Wyo. Area 189

The Knight's record dropped to 2-3 September 14 following a loss to Wyoming Area 198-189. Jeff Farley was the low score for Lehman shooting a 46. Dave Cradwell contributed 48, Mark Celusniak 50, and Billy Humphries a 54.

Lehman197 - Nanticoke 191

Dave Cardwell sliced a 42 en route to medalist honors but Nanticoke had the depth to pull away with a 191-197 victory over Lehman September 18. Jeff Farley supplied a 45 and Chad Sorber

HOCKEY

Lehman 3, Northwest 0

Sara Kasper dished out two goals to propel the Lady Knights to a 3-0 whitewash of Northwest September 13. Kasper relied on assists from Tiffany Van Scoy and Beth Turner. Turner belted the final tally at 23:47 in the second half off a pass from Cathy Diamond.

Lehman 0 - Crestwood 2

The Lady Knights had nothing to be ashamed of despite a 2-0 loss to Crestwood September 15. Lehman never gave up in a game that was highlighted by spectacular performances from both teams. After a scoreless first-half the Comets sank two in the second to seal the win. Keeper Jonelle Elgaway had 4 saves.

Lehman 5 - Nanticoke 0

Sara Kasper commanded the field sinking 3 goals lifting the Lady Knights to a 5-0 shutout of Nanticoke September 18. Kacy Ziomek and Erin Edwards tallied the final two late in the second

FOOTBALL

Lehman 13 - Wyo. Area 21

The Black Knights had a rough night against Wyoming Friday night as they went down 13-21. Lehman put their numbers on the board first after John Oliver pulled in an interception and drove it 47 yards to the 3-yard line. Two plays later Mike Pitcavage muscled it in from the 2. Wyoming scored on their next possession and again twice in the fourth. At the end of the fourth Pitcavage again got the call ran 66 yards for the end zone to round up the Knight scoring.

VOLLEYBALL

Lehman 2 - W.S. Tech 0

The Lady Spikers powered past Tech in straight sets 15-1, 15-0. Kim and Kelly Spenser anchored the offensive attack while Cara Stroud ignighted the defense.

Lehman 2 - Pittston 0 The Knights put themselves at the top of the WVC standing September 18 after upsetting Pittston 15-6,15-2 and increasing their record to 4-0. Cara Stroud nailed 10 service points for the victors.

BOYS CROSS COUNTRY

Lehman 29 - Bishop Hoban 27 The Lehman treadsters closed

in but couldn't pull one from Hoban September 13 ending up with a 29-27 loss. Chris Long (16:34); Jason Lyons (16:39) recorded second and third place finishes for the Knights.

No paper has as much Back Mountain news as The Post



Wilkes-Barre Triathlon volunteers make it happen

The Wilkes-Barre Triathlon has become well known for its challenging course, beautiful scenery and extensive community support. Competitors, sponsors and volunteers return year after year, making it one of the most successful events of its kind in the country. Triathlete Magazine has featured the race numerous times over the years, also naming it one of the top 16 pro races worldwide in 1993. Volunteer members of the Triathlon Planning Committee are, first row, from left, Sonny Smith, Set Up Support Team; Nancy Kline, R.N., Medical Support Coordinator; Joanne Gensel, Lake Site Coordinator; Joan Bush, Race Coordinator; and Geoff Dent, Communications Coordinator. Second row, Karen Mason, Finish Area Services/Health & Sports Expo Coordinator; Jim Harris, President, Pocono Northeast Triathlon Association and Public Relations/Campus Site Coordinator; Andrea Harris, Swim Coordinator; and Corin Yarrish, Pro Triathlete Liaison.

Third row, John Maday, Run Coordinator; Alda Maturi, Swim Coordinator; Jim Askey, Pro Triathlete Liaison; and Jayme Spencer, Campus Site Coordinator.

Fourth row, Cindy Lefko, Bike/Run Transition Coordinator; Megan Kozemchak, Awards Ceremony Coordinator; and Mary Noon, Motorcyle Support Squad.

Fifth row, Pat Kramer, Pro Triathlete Liaison/Swim Check In; Ron Dean, Registration Coordinator; and Amy Dean, Registration Coordinator.

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