

FOR THE POST/CHARLOTTE BARTIZEK

In top photo, Brittany Shewan tries a high leap for Lake Lehman. She won the pole vault. Above left, Chris Mounce struggles to win his race for Dallas. He won a both the 110 and 300 hurdles. Above right, Stephen Schwartz holds the mark for teammate Alyson Paulauskas, who ran the first leg of the winning 400-meter relay team.

Track

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las' dominance in the distance events. The Mountaineers swept the 800, 1,600 and 3,200. Whitney Adams won the former in 22.4, and Jessica Jones won the latter two in 5:29 and 12:18, respectively. Besides that, the meet was as tight as Lehman's eight-point margin of victory. Kim Chollak won the long jump (15-5 1/2) and Annie Sorchik won the javelin (100-8) for Lehman. Dallas' Cassie Snider provided impressive victories in the 100 (13.1) and triple jump (32-8 1/4), while the Mountaineers

won the 1,600 and 3,200 relays. Dallas picked up a pair of victories in the boys meets, edging Hoban 76-62 and downing Lehman 94-56. Chris Mounce (110 hurdles in 15.4, 300 hurdles in 41.9) and Ryan Dimmick (800 in 2:01, 1,600 in 4:54) were double-winners for the Mountaineers. For Lehman, Brandon Burkhardt set a school record in the discus with a winning heave of 159-3. He also won the shot put (48 1/2), javelin (168-11) and high jump (5-4) in his first meet in that event.

Roundup

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Dukas scoring twice and Mandy Alles adding the other goal.

Lake-Lehman 5, Meyers 0
Apr. 29 — Traci Ragukas scored two goals as Lake-Lehman improved to 8-0-1 with a victory. Caroline Boris, Chrise Kazmierski and Allison Culver also scored for Lehman, which held Meyers to two shots.

BASEBALL

Tunkhannock 6, Lake-Lehman 5
May 5 — Tunkhannock scored a run in the top of the seventh to break a 5-all tie. Lehman held a 3-1 lead until the Tigers scored three in the top of third inning and one more in the fourth. The Knights fought back to tie up the score with two more runs in the bottom of the fourth. Chad Crispell scored three runs and knocked in two to lead the Tigers and Kraig Givens added two hits and two RBI.

Ryan Besteder went 2-for-3 to lead Lake-Lehman. Tim Schemel went 2-for-4 for Tunkhannock.

Pittston Area 12, Lake-Lehman 10
May 4 — The Black Knights allowed six runs in the sixth inning, then scored four runs to come up two short. Matt Kapitula homered and knocked in four runs, and Ryan Besteder homered and drove in two runs to lead Lake-Lehman. Rich Eckman went 4-for-5 with an RBI; Kevin Racemus had two hits and three RBI.

Wyoming Area 3, Tunkhannock 2
May 4 — Tim Schemel had a solo homer for Tunkhannock.

Coughlin 18, Dallas 3
May 1 — Dave Shultz and Eric Samanas each had a double and an RBI for the Mounts

in a game called after three innings.

Berwick 7, Dallas 1
Apr. 30 — Gracjan Kraszewski drove in Joe Lambert for Dallas's only run. The Mountaineers managed only four hits.

Tunkhannock 6, Hanover Area 2
Apr. 30 — Jon Clemens pitched a complete game, allowing five hits and recording 10 strikeouts, to lead Tunkhannock.

Chad Crispell led the Tigers with two hits and Kraig Givens scored two runs.

SOFTBALL

Lake-Lehman 7, Tunkhannock 2, 5 innings
May 5 — Lake-Lehman scored six runs in the third inning to break a 1-1 tie. Sheree Horvath allowed one earned run in five innings and went 2-for-3 with an RBI to lead the Knights. Joscelyn Mahon was 2-for-3 with a double.

Pittston Area 3, Lake-Lehman 2
May 4 — Jill Chocallo and Sheree Horvath each hit two singles for the Black Knights, and Whitney Pollock smacked a triple. Horvath struck out seven in six innings.

Hazleton Area 2, Dallas 0
May 4 — Lauren Collini of Dallas had an infield hit in the sixth inning to break up a no-hitter.

Tunkhannock 11, Wyoming Area 4
May 4 — Nicole Palmer had a pair of hits and Jess Wildrick smacked a double as Tunkhannock defeated Wyoming Area. Courtney Novajowsky struck out five and scattered five hits across six innings.

Tunkhannock 9, Hoban 5
Apr. 30 — Staci Szychowski

had a pair of singles as Tunkhannock defeated Bishop Hoban. Courtney Novajowsky struck out four and scattered 10 hits to claim the win on the mound.

Coughlin 3, Lake-Lehman 1
LEHMAN TWP. — The Crusaders broke open a scoreless pitchers' duel with a three-run sixth inning. Jocelyn Mahon hit a double for the Black Knights. Sheree Horvath struck out seven in going the distance.

Dallas 4, Berwick 0
Apr. 29 — Meredith Lacey went 3-for-3 with a triple as Dallas blanked Berwick. Britany Allen had a single and a double. Kasey Corbett also had a triple.

Sara Swepston tossed a five-hitter for the Mounts, striking out 11.

BOYS TRACK

Wyoming Valley West 82, Tunkhannock 67
Crestwood 89, Tunkhannock 61
May 4 — Jamie Weidner won the 1,600 and 3,200 for Tunkhannock. Matt Mason won the shot put.

GIRLS TRACK

Tunkhannock 77, Crestwood 73
Wyoming Valley West 94, Tunkhannock 56
May 4 — Kristen Wiggins won the pole vault and Mauri Anderson won the 300 hurdles for the Tigers.

BOYS VOLLEYBALL

Lake-Lehman 3, N. Pocono 0
May 5 — Led by Cory Spencer in the first two games and the latter part of the third, the Black Knights swept North Pocono in a battle of unbeaten teams. Lehman won the opener 25-

16 and the second game 27-25 as Kenny David completed a comeback by tapping a middle hit around a double block.

Lehman controlled the early going in the third game, then rallied for a 25-22 victory.

Spencer recorded 33 kills and eight blocks. Hitter Craig Thomas added 11 kills and four blocks. David finished with 38 assists.

Dallas 3, Pittston Area 0
May 4 — Jordan Belschner led the Mounts with 13 aces, 26 service points, 10 assists and five kills. Corey Hine added 11 kills and three aces, and Dan Retzena had five aces for Dallas.

Tunkhannock 3, Wyoming Valley West 0
May 3 — Kenny Young led the Tigers with 19 kills, Mike O'Mara recorded eight blocks and Eric Kytile contributed 22 assists.

Lake-Lehman 3, Abington Heights 0
Apr. 29 — Cory Spencer had 22 kills and served 18 points, including eight aces, as Lake-Lehman won 25-14, 25-13, 25-10 to snap Abington Heights' seven-match winning streak.

Craig Thomas added 10 kills and Kenny David had 32 assists for the Black Knights. Dave Harrison had six kills and played a strong all-around match.

Tunkhannock 3, Hazleton Area 1
Apr. 29 — Defending WVC champion Tunkhannock moved above .500 for the first time this season with an 18-25, 25-11, 25-18, 25-14 victory.

Mike O'Meara served 22 points and Kenny Young added 11 blocks for the Tigers (5-4).

Nanticoke 3, Dallas 0
Apr. 29 — Jordan Belschner had seven kills and four blocks for Dallas. Corey Hine added six blocks and five kills.

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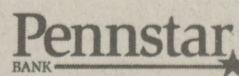


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