

Regan Rome runs to a perfect 4-for-4

Dominic DeLuca takes boys title; Dallas girls finish first in cross country districts

TOM ROBINSON
For The Dallas Post

Dallas won three out of four possible Class AA titles at the District 2 Cross Country Championships.

Mountaineers senior Regan Rome made it a perfect 4-for-4 personally.

Rome became a four-time district individual champion Wednesday, completing the 3.1-mile course at Elk Lake High School in 19:03.

"All four of my years were here at Elk Lake," Rome said. "I have lots of awesome memories. As I was walking the course (before the race), I was thinking about all the memories I have."

Rome added another memorable performance. She led a 1-2-3 finish that carried Dallas to the girls team title.

Dominic DeLuca won the individual boys championship but the Mountaineers had to settle for third place in a strong team field.

Rome's latest success story came less than 24 hours after a nervous build-up to her district title defense and in her team's latest chance to qualify for Saturday's Pennsylvania Interscholastic Athletic Association Championships on the Hershey Parkview Course.

After spending most of Tuesday at Wilkes-Barre General Hospital with kidney stones, Rome quickly established Wednesday that she had enough pain tolerance and remaining strength to win another championship even at the end of what had already been an injury-plagued season.

"With her, she's such a

smart runner and such an intelligent young lady, that I trust her implicitly," said Dallas coach Matt Samuel, who, along with Rome, noted that there was no strategy change for racing while recovering. "It's just one of those unsaid things."

"She asked once in the race, 'how are things going?' That's the only indication that she was not feeling great."

Rome asked that question to get an assessment of what was going on behind her while running well ahead of the rest of the pack.

"I've given up being surprised by what she can do when she's running," Samuel said. "I can't be surprised any more by how she's been able to overcome some of the adversity she's been beset with this year."

Rome, who had a groin injury to start the season, leading to shin splints when she adjusted her stride, broke to the front of the pack early. She opened her eventual winning margin of 12 seconds a little more than a mile to start the race.

Although it was not easy, she maintained her lead. "For the first mile I was OK, then it started hitting me," said Rome, who was still taking pain medication. "I'm just kind of happy it's over with so I can get better."

"I can get ready for states and get some of my strength back."

Rome will be running with her teammates again in Hershey.

Lindsey Oremus and Bryanna Dissinger completed the top-three finish and sophomore Ally Rome,

Regan's younger sister, finished sixth. Katie Grose finished 24th to complete the team scoring and lock up a 36-79 victory over second-place North Pocono.

The district championship was the latest accomplishment for the Dallas girls team, which went unbeaten to win the Wyoming Valley Conference and won the conference's Ed Narkiewicz Meet.

The Dallas boys had won those same two championships, but fell short not only of a team title, but also of qualifying for the state meet.

Tunkhannock won with 47 points. Scranton Prep took the other state spot with 55 points. Dallas finished third with 61, but did qualify for four individuals for the state meet.

The top 10 individuals from schools other than the two team qualifiers earned berths in Hershey.

DeLuca made it by winning. Kyle Borland was eighth, Travis Mattson 13th and Bryce Mattson 15th.

Lake-Lehman's Dominic Hockenbury advanced by finishing second.

DeLuca finished in 15:53, 29 seconds ahead of Hockenbury as they posted the two fastest times of the 478 runners who competed in six varsity races Wednesday.

"It was definitely better than last year with the conditions," said DeLuca, who finished almost three minutes faster than the time he posted as a runner-up in thick mud a year ago on his way to an 11th-place finish in the state meet. "I'm just trying to do better than I did last year."



Dallas High School's Dominic DeLuca wins at Wednesday's District 2 cross country race in Elk Lake.

Eric Seidle photos | For The Dallas Post

Hockenbury was 22nd in the state last season.

Lake-Lehman sophomore Lindsay Pembleton qualified for the state girls meet as an individual by finishing 13th.

Tunkhannock and Scranton Prep are back in the state meet after finishing fourth and fifth in the Class AA boys team race in Hershey last year.

"We have probably the best three teams in the whole state here in District 2," Tunkhannock coach Randy White said. "It's a shame they're only taking two."

Jack Tidball was third and Jacob Toczko finished sixth to lead the Tigers. Tunkhannock had its second, fourth and fifth runners place ahead of the corresponding



Lake-Lehman's Dominic Hockenbury finished second at Wednesday's Class AA race.



Seconds after finishing first and third, Regan Rome and Bryanna Dissinger emotionally hug each other as Lindsey Oremus Dallas High School's second-place finisher runs in cheering for her teammates at Wednesday's District 2 meet. Dallas finished the day with four out of the top five runners.

runners from both Scranton Prep and Dallas.

"I have all the respect in

the world for Tunkhannock and Scranton Prep," Samuel said. "We got the best of

them at times, but they got the best of us when it mattered most."

D2 ROUNDUP

Field hockey ends, boys soccer team loses, girls soccer team prevails

Staff Reports

Dallas and Lake-Lehman had their field hockey seasons come to an end Tuesday with one-goal, home-field losses in the District 2 Class AA quarterfinals.

Holy Redeemer dumped Dallas, 2-1, Tuesday afternoon and Wyoming Area knocked off Lake-Lehman, 4-3, in overtime at night.

Both Back Mountain teams went into the first-round playoff games as the higher seeds after going 9-4-1 to finish in a three-way tie for third among seven Wyoming Valley Conference Division 1 Class AA teams.

Dallas was the fourth seed on a tiebreaker over fifth-seeded Holy Redeemer, the other 9-4-1 team. Lake-Lehman, the third seed, fell to sixth-seeded Wyoming Area, which was 6-8 in the regular season.

The Mountaineers and Black Knights each had comebacks fall short.

Greta Ell had a goal and an assist for Holy Redeemer, which opened a 2-0 lead with a goal in each half.

Dallas came on strong, forcing a penalty stroke with 12 minutes left, scoring with eight minutes left and applying pressure into the final minute. Holy Redeemer's Holly Slowik made the last of her 11 saves on a quality chance with 15 seconds left.

"We pushed to the last second," Dallas coach Kylie Fisher told the Times Leader.

The Dallas goal came when Vanessa Parsons, the WVC scoring leader with 27 in conference play, converted a centering pass from Michelle Thompson.

Dallas finished with a 19-9 lead in shots and a 6-5 advantage in penalty cor-



Dallas' Vanessa Parsons, center, weaves her way between Holy Redeemer defenders Ana Turosky, left, and Audrey Zavada in a District 2 Class 2A field hockey quarterfinal in Dallas.

Bill Tarutis | For The Dallas Post

ners. Freshman Grace Angelella, who ultimately scored the game-winner with 6:15 left in the first overtime, gave Wyoming Area a 3-0 lead when she scored with 19:39 left.

Lake-Lehman's Korri Wandel, who had assisted on a Katey Supey goal with 10:53 left, forced overtime when she converted a penalty stroke with 3:25 remaining. Taylor Alba also scored on an assist from Alyssa Adams with 6:14 left.

"If they had played the whole game like those last 10-to-12 minutes, we wouldn't have had to play overtime," Lake-Lehman

coach Jean Lipski told the Times Leader.

BOYS SOCCER

Honesdale eliminated Lake-Lehman with a 2-1 victory Tuesday in a District 2 Class AA play-in game.

Austin Harry put the Black Knights ahead midway through the first half before Honesdale rallied in a game that finished with the teams even in both shots and corner kicks.

Lake-Lehman had won an earlier play-in game Oct. 23, beating Holy Redeemer, 4-1, behind two goals from Ian Dawsey.

The Black Knights went 5-9-1 to finish fifth of six

teams in Division 1 of the WVC.

Honesdale's victory Tuesday spoiled a potential Back Mountain rematch in Friday's quarterfinals. WVC Division 1 champion Dallas was scheduled to host that game as the top seed.

GIRLS SOCCER

WVC Division 1 champion Dallas is the top seed and Lake-Lehman is also in the field for the District 2 Class AA tournament that got underway this week.

Dallas went 14-1 in WVC play. Lake-Lehman was 11-4 for sixth place in the 16-team league and the sixth seed in the district playoffs.

YOUTH FOOTBALL RESULTS

Dallas C team beats Ed/Lark; heads to Super Bowl

C TEAM

Dallas 40
Ed/Lark 8

The Dallas Junior Mounts C team advanced to the WWYFCC super bowl with a 40-8 victory over the Ed/Lark Hurricanes.

Dallas stands at 10-0 and will play the 9-1 WWWE Panthers.

Dallas won the coin toss and elected to receive. After a short drive, Alex Hajikowski punched the ball in the endzone for a Dallas TD. Jared Adamski added the 2-point conversion and Dallas led, 8-0.

Ed/Lark came right back, returning the ensuing kickoff for a TD. The 2-pointer was good and the score was knotted at 8-8.

Dallas' offense broke the game open with Jared Adamski scoring four unanswered TDs in the second quarter. Dallas held a commanding 34-8 lead at halftime.

Ed/Lark received the second half kickoff and put on an impressive drive, getting all the way to the Dallas 2-yard line before the Junior Mount defense, led by Ryan Cuba and Mark Karcutskie, turned them back.

The Dallas offense got the ball back on downs and went on a 98-yard drive with Mitch Burgess capping off the drive with a TD. The 2-pointer was no good and Dallas led, 40-8.

The Dallas defense once again held the



Lucas Tirpak carries the ball for a Dallas D team first down.

Submitted photo

Hurricane offense and took over on downs. Dallas took a couple knees and ran out the clock to end the game.

D TEAM

Back Mountain 32
Dallas 24

The Dallas Junior Mounts D team concluded a stellar season, finishing with a record of 8-2, losing a hard-fought battle in the first round of playoffs.

The Junior Mounts dropped their only regular season game of the year during the final week against the strong-running Back Mountain Bobcats. This loss dropped the Dallas team into a 3-way tie for first place and resulted in a rematch against the Bobcats in the playoff round.

Round 2 started off with the two teams trading scores. Despite the strong defensive play

of Logan Geskey, Noah Greco, Dalton Robbins, Charlie Stephens and Archie Stephens, the Bobcats led, 16-8, at the half.

During the second half, the duo of Mason Calvey and Luke Hajkowski blasted through the Bobcats offense and disrupted their rhythm. The offensive backfield of Nate Malarkey, Lucas Tirpak, Aaron Patton and Dylan Geskey fought tirelessly, bringing the score to 24-24 in the fourth quarter.

The Bobcats drove into the endzone during the last few minutes, taking the game to 32-24. With less than 30 seconds left, the Dallas offensive line (Bryce Casey, Michael Elgonitis, Dalton Hislop, Colby Powell and Caleb Venosh) tried to pave the way for the backfield, but fell short as time expired.