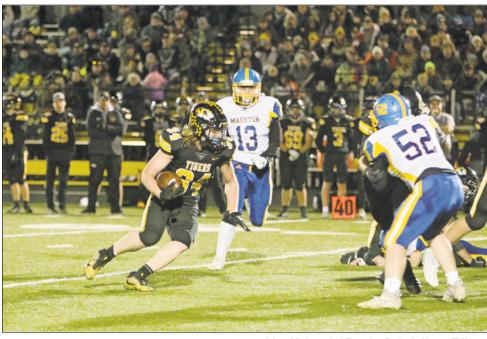


PREP FOOTBALL

Tigers cruise past Mauston, 47-14



Lisa Malcomb / For the Duluth News Tribune

Northwestern senior Austin Schlies scored four touchdowns Oct. 22 during the 47-14 Northwestern win against Mauston.

By Jamey MalcombDuluth News Tribune

Northwestern's Austin Schlies scored four touchdowns and ran for 139 yards to lead the Tigers to a 47-14 win over Mauston in Level 1 of the Wisconsin Interscholastic Athletic Association playoffs Friday, Oct. 22, in Maple.

Schlies scored two touchdowns in the first quarter, then bobbled and caught a pass late in the second quarter for a 37-yard score, but it was his final touchdown that was most significant.

Schlies took the handoff from quarterback Luke Sedin and busted through the line of scrimmage for a 33-yard

season.

runs, he's been getting better and better every week," Tigers coach Jovin Kroll said. "He's a running back that improves as the game goes on with the more touches he gets ... it was just a great night for him."

The night started on a sour note for Mauston when quarterback Spenser Lehman dropped back to pass on the Golden Eagles' third play from scrim-mage and was picked off by Jace Nelson and returned for a touchdown to make it 7-0.

"I rolled down in the

score that also took him box because I watched over 1,000 yards for the a bunch of film and I saw they don't go deep "Austin had some big much," Nelson said. 'I was watching this out route and I knew what was coming. Once he threw it, I took it to the house.'

The night quick-ly went from bad to worse for Mauston after Schlies struck twice more in the first quarter. Wyatt Dumonson and C.J. Thompson each added touchdowns in the second quarter to give Northwestern a 40-0 halftime lead.

The entire second half was played in running time and the Northwestern starters left the game after Schlies's

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PREP CROSS-COUNTRY



Superior's Tayler McMeekin, left, chats with assistant cross-country coach Lindsey Smith as she jogs in the water during a pool workout Monday at Superior High School. Coaches are keeping McMeekin off a sore knee before her race at the WIAA Division 1 state meet Saturday, Oct. 30, in Wisconsin Rapids.

CHANGING IT UP

McMeekin switches training regimen ahead of state meet

By Jamey Malcomb **Duluth News Tribune**

uperior's Tayler McMeekin has had **uite** the season

The Spartan freshman surprised everyone when she burst onto the crosscountry scene, winning the Lake Superior Conference race nearly 47 seconds ahead of second-place finisher Della Bettendorf of Proctor.

McMeekin didn't win the Wisconsin Interscholastic **Athletic Association** Division 1 Sectional Championships Saturday, Oct. 23, in West Salem, but she did finish sixth overall and set a new personal record of 19:11.9 in her 5K time.

With the run, McMeekin became the first Spartan to qualify for the state meet since Leah Holmes in 2012.

While McMeekin has continued to compete with some of the best runners in Wisconsin, the wear and tear on her knees has started to catch up with her, and coach Lee Sims put that still get that



Superior's Tayler McMeekin (566) builds up her lead on the first lap of the Dan Conway Classic on Sept. 9 at Nemadji Golf Course in Superior. McMeekin will represent the Spartans at the WIAA Division 1 state meet Saturday, Oct. 30, in Wisconsin Rapids.

her on a regime of pool workouts instead of running daily.

"We tried a couple of speed workouts and it just wasn't working,' Sims said. "We knew that if we wanted her to have a healthy race and have the race that we thought she could, we needed to switch our game plan. So we started doing a few

more pool workouts

aerobic piece, but not the impact on her legs. At sections, it sounds like her knees definitely didn't hold her back.'

One thing will be for sure when she starts the Division 1 race at 2:25 p.m. Saturday, Oct. 30, at Ridges Golf Course in Wisconsin Rapids: McMeekin won't be hard to pick out of the crowd. At

the beginning of the

season, she picked out a pair of hot pink shoes to race in this fall.

"I found them at Tortoise & Hare (in Duluth) and there was a whole bunch to choose from, but when I saw the hot pink ones, I really wanted them," McMeekin said. "My mom was there and she was like, 'Well, at least we'll be able to

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YELLOWJACKET REPORT

UWS stays unbeaten in conference play

Superior Telegram

Mya Holmquist and Brenna Mattson of Cloquet scored two goals apiece to lead Wisconsin-Superior to a 6-0 UMAC shutout over North Central in a makeup women's soccer match Monday, Oct. 25, at Elliot Park Field in Minneapolis.

Niva Wilson of Superior added two assists and Morgan Philliber and Jenna Lang combined on the threesave shutout as UWS (14-3-1 overall, 11-0-1 UMAC) stayed unbeaten in conference play.

(2-12-2, 1-9-2).In action last week-Annah Schussman drew a penalty that Wilson converted in the 88th minute as the Yellowjackets got a 1-1 draw with Northwestern on Saturday, Oct. 23, at NBC Spartan Sports complex.

Northwestern went ahead Megan on Moeller's goal in the 67th minute before Wilson's egualizer. That sent the match to extra time, where a winning goal could not be found.

Jenna Lang had two saves for UWS and Ellie Fryer stopped nine for Northwestern.

On Friday, Oct. 22, Wisconsin-Superior peppered the North Central net, firing 52 shots, 26 of them on goal in a 5-0 rout of North Central.

Alessi had the breakthrough for UWS and added a second goal Schussman, Wilson and Ava Giswold also scored. The Yellowjackets did not allow the Rams a single

UWS maintains its conference lead over Northwestern.

The Yellowjackets close the regular season at Minnesota-Morris at 1 p.m. Friday, Oct. 29, and against Crown at 1 in St. Bonifacius, Minnesota.

Men's soccer: **Yellowjackets** ground Eagles

Wisconsin-Superior earned a seventh straight victory after getting four goals from three players in a 4-1 home win over Northwestern on Saturday at NBC Spartan Sports Complex.

UWS took the lead on a 13th-minute own goal before Blake Perry doubled the advantage with his 36th-minute

Isaac Friesen scored for Northwestern, but Protus Babaya buried a Arien Fritts had 20 penalty just six minsaves for North Central utes later. Philip Eriksen added a late insurance tally.

Alex Paredes and Payton Anderson made three saves apiece for the Yellowjackets (12-6, 11-1 UMAC), who go into the final weekend of the regular season tied with Bethany Lutheran.

Friday, consin-Superior dispatched North Central 7-0 at NBC Spartan Sports Complex.

Karsten Kletti opened the scoring for UWS iIn the sixth minute. UWS led 3-0 after 18 minutes and 5-0 at halftime. Nicolai Stokker had two goals and two assists for the winners, who had a 12-3 advan-

tage in shots on target. Paredes and Anderson shared goalkeeping duties, combining to make three saves.

UWS is at Minnesota Morris on Friday and Crown on Saturday, Bethany is at Northwestern on Wednesday and at North Central on Saturday.

Volleyball: UWS starts fast, falls 3-1 in nonconference action

Lexie Nelson had 34 set assists and seven blocks as Wisconsin-Stout overcame a first-set deficit to down Wisconsin-Superior 21-25, 25-21, 25-15, 25-19 in nonp.m. Saturday, Oct. 30, conference volleyball

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