

## Gruen sisters lead Royall, Roehling W-C at Cashton

By NATE BEIER  
Sports Writer

Royall junior Marah Gruen and freshman sister Bria made major contributions to the Panthers' team score at the Cashton indoor meet on Saturday, March 25 in La Crosse.

Marah finished second in both the long (15-10.5) and triple (32-00) jumps and was third in the 1600 meter run.

Bria was third in the 55 meter hurdles.

Other top 10 finishes included Laya Wainwright in the triple jump (10th) and shot put (9th). Malory Knudtson tied for 10th in shot put.

For the boys, Rodrigo Garcia scored all five of the team points after taking fifth in the 400 (57.00) and eighth in the long jump with a leap

of 18-01.5 Saturday.

### WONEWOC-CENTER

Like clockwork, Wonewoc-Center's Danny Roehling continued to show his prowess around the oval at Saturday's indoor track and field meet hosted by Cashton at UW La Crosse.

Roehling finished second in both the 55 and 200 meter dashes Saturday to lead the W-C track program.

Roehling ran the 55 meter race in 7 seconds before finishing the 200 in a time of 24.27.

Other highlights for the Wolves included an 11th place finish in the 55 meter hurdles and a 14th place finish in the 1600 meter run - both by freshman Alik Grigorev.

The girls' leading finishers included Bridget Totzke (17th) in high jump and Isabelle Field in the 1600 meter run (19th).



Hillsboro's Jerry Von Falkenstein overtakes the high jump bar feet first during an early attempt at Saturday's indoor meet held at UW La Crosse. **Herald photo by Nate Beier/GX3 Media.**

### TRACK AND FIELD CASHTON INDOOR INVITE

# TIME TO GET FAST

## Britzke, Jackson lead charge at Cashton indoor meet

By ZACH RASTALL  
Sports Writer

Hillsboro senior Savannah Britzke did the heavy lifting for the Tiger track and field team last weekend at Cashton's annual indoor invite at UW La Crosse.

Britzke posted a trio of top ten finishes and scored all 14 of HHS's team points.

The senior sprinted to a second place finish in the 55 meter dash prelims, then went on to claim second in the final with a time of 7.91 seconds.

However, Britzke went on to show off her range of ability with a fourth place finish in the 800 meter run (2:36.09) and seventh place finish in the long jump with a distance of 14-08.

Britzke's fourth event was the 800 meter relay. The team finished 16th with a time of 2:10.57, but Lauren Auel was tripped up just ahead of the exchange zone. Auel bounced off the track and finished her leg of the relay, despite the setback.

### TIGER BOYS

Like Britzke, Russell Jackson accrued all of Hillsboro's team points after taking fourth in the 55 meter hurdles.

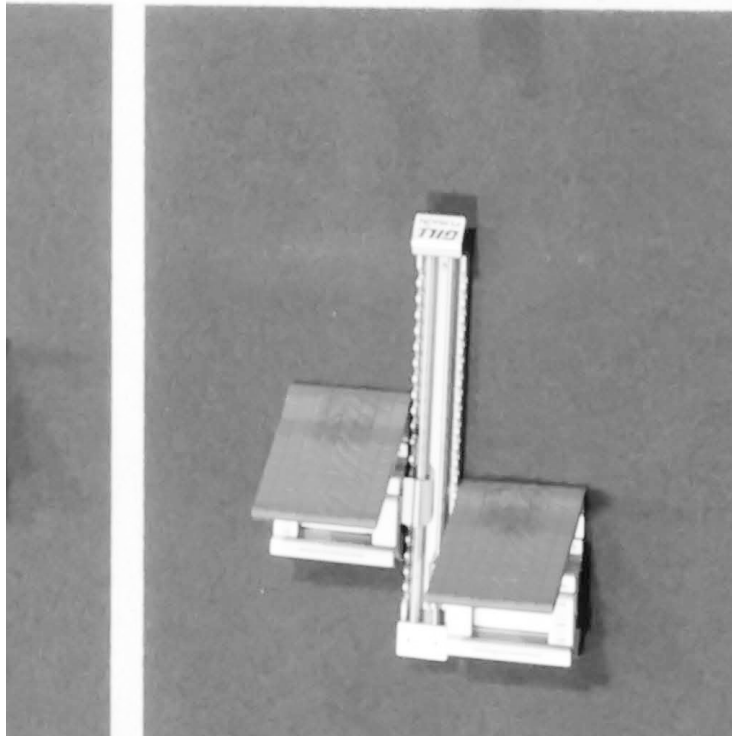
Jackson was seeded second after posting a time of 9.23 in the prelims, but ran a time of 9.27 in the final to finish fourth overall.

The 800 meter team that included Hayden Bell, Will Richardson, Russell Jackson and Jerry Von Falkenstein ran to a ninth place finish with a time of 1:47.01 Saturday.

Richardson and Von Falkenstein tied for 10th in the high jump after successfully clearing 5-02.

The Hillsboro track and field teams will return to action, albeit outdoors, on Tuesday, April 4 at Richland Center. Events are set to start at 4 p.m.

**Hillsboro's Ryan McCoic** bursts from the starting blocks during the 55 meter dash trials at Cashton's indoor meet in La Crosse Saturday. **Herald photo by Nate Beier/GX3 Media.**



### TRACK AND FIELD WONEWOC-CENTER PREVIEW



Wonewoc-Centers Bridget Totzke takes the baton from Addison Benish during the 800 mter relay at Cashton's indoor meet in La Crosse Saturday. **Herald photo by Nate Beier/GX3 Media.**

## Numbers boon to help turn page for W-C track

By ZACH RASTALL  
Sports Writer

Jason Winchel is in his fourth year coaching the Wonewoc-Center track and field team, giving him a front-row seat to what's turning into a boon period for the program.

Each of the last three years has seen the team's participation numbers steadily rise to where their varsity roster is now into the mid-20s. In fact, just from 2022 to 2023 the Wolves have enjoyed an increase of nearly 10 athletes.

Joining Winchel this spring as co-head coach is Teresa Field, who previously spent time as a coach for the track team prior to Winchel's arrival. They are tasked with molding a youthful roster at both an exciting and important time for the program.

"We have a young team with only one senior athlete," Winchel said. "Our numbers have consistently gone up the past three years in a row. The team will continue to grow."

Leading the way for Wonewoc-Center in 2023 is junior Danny Roehling, who was a sectional qualifier in both the 100- and 200-meter dashes last year. He got his spring off to a strong start by placing second in both the 55-meter dash and the 200-meter dash at the Cashton Indoor Invitational Saturday, March 25 in La Crosse.

Other juniors on the boys' side for the Wolves are Roy Amerman and Brock Sprotte. The boys' roster is rounded out by sophomores Corbin Fitzgerald and Alik Grigorev and a group of six freshmen: Chase Geiger, Vladislav Grigorev, Agustin Murillo Gormaz, Gavin Olson, James Weber and Jeremy Wollin.

On the girls' side of things, Torra-Jean Hummel is the lone senior on the entire team and is joined by juniors and fellow upperclassmen Abby Lueck and Bridget Totzke.

The youth movement among the girls features six sophomores (Anna Baker, Addison Benish, Isabelle Field, Hannah Hill, Lexus Mortimer and Josephine Richet) and five freshmen (Heidi Baker, Destiny Carothers, Carley Laubscher, Emily Toy and Tiana Weldon) to complete the varsity roster.

“**Our numbers have consistently gone up the past three years in a row. The team will continue to grow**”

- Jason Winchel  
W-C track & field head coach

### THROUGH MY LENS

Alas, it's back to spring again

By NATE BEIER  
Sports Editor



It felt good to be outside last week, that's for sure.

As much as I hate and dread the lack of rest between the winter and spring sports seasons, I do really enjoy getting back outside.

So last week I officially kicked off my spring sports season with a couple of softball games Friday afternoon.

Despite being a touch cool, the afternoon was perfect for softball. I watched Sparta host Westby for a few innings, then hopped to Holmen to see West Salem best the Vikings in a non-conference contest.

It was a great starter night. Saturday I subjected myself to a pair of indoor track meets as well as a couple hours of college baseball and softball.

Once again, it was great to be outside - that's the running theme here.

Sunday was more baseball, Monday was a fair night for softball as I made an appearance at Adams-Friendship to see Royall, then got lucky and caught the last inning between Mauston and New Lisbon at Woodside in Mauston.

Yes, being outside is a blessing this time of year. I love the change of pace from tracking down dozens of basketball games for nearly half a year.

Here's the thing, though, I don't think our schools and communities do enough to make base/softball a 'must see' event in the spring. It's a sticking point that I'd like to see change.

I know games start at an inconvenient time, but there's still a way to make the 5:00 start time viable. Maybe it's in how we promote our spring sports overall - are we actively trying to get casual viewers to come to games?

I guess I just get frustrated that nearly everyone puts all their eggs in the basketball basket. That's the sport that draws the best crowds. There has to be something to what that sport is doing that can get converted to spring sports in order to bolster fans to show up - fans that aren't a mom or dad to a player, that is.

I love spring sports. It's a great way to get us back outside, but it's also another way to get our communities together.

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