



### **By Jan Rahn**

*Managing Editor*

Proudly representing Perkins County at the 2013 NSAA State Track and Field meet in Omaha over the weekend, Plainsmen athletes brought home some medals.

Graduating senior Vinny Ross medaled in shotput with a fifth place throw of 50'11.25". The boys 4x1 relay team brought home fourth place medals for their time of 44.74. Members of the team were Elliot Carlson, Quinton Hite, Tristen Kenicutt and Matthew Sestak.

Complete results of the state meet can be found on the website: [nsaahome.org](http://nsaahome.org)

Other Perkins County state qualifiers and their events at Omaha Burke included:

Vinny Ross in the discus, placing 21st with a throw of 128' 5".

Elliot Carlson with a seventh place finish in the 100m dash with a time of 11.27; Carlson placed 10th in long jump with a leap of 19'10.25"; Carlson finished 23.15 in the prelims of the 200m dash.

Quinton Hite finished with a time of 11.55 in the 100m prelims

Kendra Hoffert tied for 21st place in pole vault with a height of 8'.

Shania Metcalf threw the discus 95'1" for 25th place.

The girls relay team finished in 14th place with a time of 10:46 (Emily Kemling, Stephanie Schrotberger, Mariah Curtis, Courtney Lyon).

