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# Midland girls track off to a good start

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PROCTORVILLE -- The Cabell Midland girls track team capped off a good first week with a victory in the Fairland Early Bird Relays on a cool, overcast Saturday at Fairland High School.

The Knights finished with 101 points to 68 for runner-up South Point. Fairland was third with 67. On the boys side, host Fairland won with 103 points and Ironton placed second with 76.

On Thursday, the Knights totaled 100 points to win the girls division in the rain-drenched Ashland Blazer Relays. Russell was second with 56.

"A good start," Cabell Midland coach Don Rogers said. "We're still trying to figure out some relays."

The Knights won seven of eight relays Saturday. Huntington High edged them out in the 4x800. In field events, the Knights took second in the long jump and discus, but were seventh in the discus and fourth in the shot put.

"We've got to find some throwers," Rogers said.

At Ashland, the Knights swept all 10 relays.

"We were more relaxed," Roger said of Saturday's performance. "It was good to see the kids in competition."

Leading the charge for Cabell Midland were seniors Danielle Winningham, Rachel Williams and Ellen Sparks.

Fairland won five events Saturday to four for Ironton. The 103 points are the most for the Dragons in this event in the past five years.

In the pole vault, Kyle Kincaid cleared a personal-best 13-0 1/4 to give the Dragons a 1/4-point edge over the Fighting Tigers in that event.

"We have a lot of veterans and a lot of new guys," Fairland boys coach Jon Buchanan said. "It's good to see them on the track. You want to how they're going to compete."

Next week, many of the teams at Fairland will head either to the Carlos Akers Invitational at Cabell Midland or Ironton Invitational. The Ironton Girls Invitational is scheduled Thursday.

"After today you have an idea of what everybody has," Buchanan said. "You see how they go from practice to a meet."

At the Ashland meet, Spring Valley won the boys division with 70 points. Rowan County was second with 64.

At the Kim Nutter Classic on Thursday in Parkersburg, Winfield's girls were third with 88.50 points. Buckhannon-Upshur won with 148. On the boys side, Winfield was second with 105 and Cabell Midland third with 82. Wheeling Park topped the list with 109.