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Knights start strong in state meet

May 22, 2010 @ 12:00 AM**DAVID WALSH****The Herald-Dispatch**

CHARLESTON -- Cabell Midland opened the West Virginia High School Track and Field Championships with a victory in the first running event.



Mark Webb/The Herald-Dispatch Cabell Midland opened the West Virginia High School Track and Field Championships with a victory in the first running event.

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"The strategy was to get as far ahead and we could and we did," Smith said. "We pushed each other and it paid off."

Cabell Midland led throughout, cruising to the comfortable victory.

"We tried to increase the lead," Edmunds said. "Michael holds the lead and Jacob brings it home."

Nieman, a senior, was more to the point.

"It's the last race," Niemann said. "That's enough."

Burcham, a freshman, was also in the final event of the first day, the 3200-meter run.

He had the fastest 3200 time in the state this season (9:20.34), but was beaten in the state championship race by Dayton McVicker from Fairmont Senior, who set a state record with a time of 9:14.23. McVicker shaved nearly a minute off his qualifying time from the regionals.

Burcham and McVicker went back and forth in the lead much of the race until the winner pulled away in the final 70 meters.

"I ran a heck of race," said Burcham, who recorded a time of 9:15.94. "He just beat me. I gave it all I had."

He has the 1600 and 800 coming up Saturday to complete a busy schedule.

"It was exciting to be in my first meet, but I was nervous until I stepped on the track," Burcham said. "It's easy to see but hard to do when you're running."

Hurricane High girls coach Steve Caldwell received some going away gifts Friday night. Caldwell is stepping down after the season.

The Hurricane girls won the Class AAA 4x800 relay for the third consecutive year. The quartet of

Sarah Davis, Morgan Myles, Josie Crouch and Alex Dent posted a time of 9:35.78.

"The goal was to get the lead early so I wouldn't have to go as hard as the anchor," Dent said. "We wanted to win it to make it three in a row and we wanted to win it for coach Caldwell. He's done so much for us."

Dent was on the track again Friday night and captured a state title in the 3200. She moved up from a runner-up position in 2009.

She raised her hand in the air crossing the finish line in a time of 11:00.56.

"It's nice to get one," Dent said. "This kind of makes up for last year."

Cabell Midland freshman Jordan Thornton finished sixth in the 3200 (11:41.50).

Winfield was fourth in the boys 4x800 with a time of 8:10.14.

Matt Bias from Cabell Midland and Zach Shreve of Winfield qualified for the boys 110-meter hurdles finals with times of 15.21 seconds and 15.27 seconds respectively.

Huntington High sprinters Daniel Brown (11.18) and Tyler Hutchison (11.19) advanced to the boys 100-meter finals.

Courtney Dilcher from Cabell Midland qualified for the girls 100-meter hurdle finals with the seventh-best time of 16.12 seconds.

Cabell Midland's girls took fifth place in the shuttle hurdle relay (1:05.76) and Winfield placed sixth (1:07.49).

Amanda Clark of Winfield tied for sixth in the girls pole vault, clearing 9-feet. Alex Howden of Hurricane and Joey Sovine of Winfield shared second place in the boys pole vault at 13-feet.

Wayne scored points in Class AA with a fifth-place finish in the girls 4x800 relay (10:18.96).

Alea Hipes of Point Pleasant finished second in the Class AA girls shot put (36-1.5). Point Pleasant's boys finished fourth in the Class AA shuttle hurdle relay (1:01.07).

Danielle Hershey from Buffalo finished fourth in the Class A girls shot put with a throw of 31-feet, 4 inches. Buffalo's boys placed fourth in the 4x800 relay (8:35.99).