

STATE TRACK: Woods' Nowak, Ranch's Wallace finish 1-2 in 3200-meter run

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AUSTIN -- A pair of Cy-Fair ISD junior distance runners dominated the Boys 3200 Meter Run at the UIL Class 5A Track & Field Championships on Saturday.

Cy Woods High junior Craig Nowak won the event in 4:08.67 with Cy Ranch High junior Cale Wallace finishing second in 4:09.30.

Nowak and Wallace were the only competitors from Cy-Fair ISD to finish first or second at the state meet; Nowak also placed sixth in the 1600 meter run (9:14.87).

Cy Springs junior Kiersten Duncan placed third in the Girls 200 Meter (23.89), and Cy Creek junior Leslie Schilsky was third in the Girls 300 Hurdles (43.11) and fifth in the 800 (2:16.43).

Langham Creek sophomore Skylar Ross Ransom placed fourth in the Girls 100 Hurdles (14.04).

Cy-Fair senior Christian Cook took third in the 110 Boys High Hurdles (13.87).

Cy-Fair senior Kaleb Moore earned a third place finish in the Boys High Jump (6-8).

Cy Falls High senior Armon Owens placed fifth in the Boys 200 (21.37) and he was part of the Golden Eagles' 4x400 relay team that took ninth place (3:19.95).

Cy-Fair sophomore Lauren Fritz was fifth in the Girls 3200 (11:04.40), followed by senior teammate Sarah Pena, a Sam Houston State signee, in seventh place (11:19.12).

Cy Woods High junior pole vaulter Alyssa Gullo was ninth in the Girls Pole Vault (10-0).

(http://www.yourhoustonnews.com/cyfair/sports/article_da3e2e92-fb1e-5f7d-b125-6e443cd3b7bd.html)