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South Fork sophomore Brittany Neill leaps during the high jump competition at the H-DNC individual championships on Friday at Fortuna.

## **Carson, Hintz shine in H-DNC championships**

by Jackie Christensen, 5/12/2007

Del Norte junior pole vaulter Kelsy Hintz broke her own Humboldt-Del Norte Conference record of 12 feet, 3 inches by clearing 12-6 Friday afternoon at the H-DNC individual championships at Fortuna, while Eureka's Nina Carson was a triple event winner.

Carson won the 800 meters (2 minutes, 22.2 seconds), the 1,600m (5:32.6) and the 3,200m (11:57.5).

"I'm feeling the best I have all year," Carson said. "The two-mile (3,200m) is really my comfort pace but I've been doing all I can, trying to get ready for NCS."

Hintz, who matched her H-DNC record in the pole vault with a 12-3 at the California Interscholastic Federation State Championships last year, was determined to clear 12-6 on Friday, despite having never done it before.

"I was just really focused on the bus ride to get 12-6," she said. "And I finally got it. Now it's up to 13 for state."

Hintz also won the 100m with a time of 12.5 seconds.

Other double event winners for the girls were Fortuna's Mallorie Franco, who took first in the triple jump (32-1.25) and the high jump (5-0), Hoopa's Alanna Nulph, who won the shot put (35-11.25) and the discus (119-11.75), Del Norte's Bailee McCulloch, who took first in the 200m (26.4 seconds) and the 400m (60.5 seconds).

The Lady Warriors had a combined six conference championships, which was the most of any H-DNC schools.

For the boys, the only double event winner was Fortuna's Skylar Rice, who finished first in the 110m hurdles (15.6 seconds) and the 300m hurdles (42.5).

Other conference champions for the boys were Eureka's Jack Lamb in the 100m (11.1 seconds); McKinleyville's Joe Beeman in the 200m (23.1 seconds); Arcata's John Hunter in the 400m (51.9); South Fork's Michael Radenbaugh in the 800m (2:02.2) and Josh McDonald in the discus (137-6.5); Eureka's Dillon Ayers in the 1,600m (4:30.8), Jonathan O'Connell in the 3,200m (9:59.3) and Eric Wright in the shot put (47-7); Ferndale's Jeff Hindley in the long jump (19-1.25), Del Norte's Taylor Duncan in the pole vault (13-6) and Saxon Schultz in the triple jump (40-1).

Other conference champions for the girls were Fortuna's Heather Morris in the 100m hurdles (16.4 seconds); Del Norte's Rachel Cink in the 300m hurdles (48.1 seconds); McKinleyville's Brittany Chown in the long jump (16-1).