

SCOREBOARD

CALENDAR

SATURDAY, OCTOBER 28

COLLEGE FOOTBALL

West Virginia at UCF, noon (FS1)

HS VOLLEYBALL

Morgantown at Musselman Quad

COLLEGE ROWING

CHARLOTTESVILLE, Va. — University of Virginia rower Katherine Kelly has been named a Pocock Racing Shells First-Team All-American.

Kelly, whose father Kji was a three-sport athlete at Univeristy High School, has built quite the rowing career at UVA.

A senior chemistry major, Kelly has twice been slected to compete

for Team USA at the World Rowing Under 23 Championships.

She won a bronze medal in Italy in 2022 and competed again this summer in Bulgaria.

A native of Vashon Island, Washington, Kelly is the daughter of Kji and Becca Kelly. Her grandparents Steve and Marsha Kelly still reside in Morgantown

HIGH SCHOOL FOOTBALL

WVSSAC Week 9 Football Rankings

Class AAA

Rank	Team	Record	Pts
1.	Cabell Midland	8-1	14.58
2.	Hurricane	7-1	14.23
3.	Huntington	7-1	14.18
4.	Martinsburg	8-0	13.88
5.	Jefferson	6-2	13.35
6.	Princeton	7-1	13.15
7.	Bridgeport	7-1	12.63
8.	Spring Mills	7-2	12.58
9.	Parkersburg South	6-2	12.5
10.	Morgantown	6-2	12
11.	Oak Hill	7-1	11.88
12.	Wheeling Park	5-2	11.59
13.	Parkersburg	5-3	11.58
14.	George Washington	4-4	11.1
15.	Spring Valley	4-4	10.9
16.	Woodrow Wilson	5-3	10.7
17.	Musselman	3-5	10.23
18.	University	4-4	9.55
27.	Preston	1-7	5.6

4.	Weir	8-1	11.29
5.	Fairmont Sr.	6-2	11.25
6.	Winfield	7-1	11.15
7.	Mingo Central	6-2	10.8
8.	East Fairmont	7-1	10.41
9.	Lewis County	5-3	10.11
10.	Herbert Hoover	5-3	10.1
11.	Philip Barbour	6-2	9.35
12.	Lincoln	6-2	9.23
13.	Frankfort	5-3	9.13
14.	Independence	5-3	8.76
15.	Clay County	6-2	8.45
16.	Shady Spring	5-4	8.36

Class A

Rank	Team	Record	Pts
1.	Tucker County	8-0	10.25
2.	Greenbrier West	8-0	10
3.	James Monroe	6-1	9.83
4.	Williamstown	8-0	9.75
5.	Tug Valley	7-1	9.08
6.	Wahama	8-0	8.88
7.	Cameron	7-1	8.28
8.	St. Marys	7-1	8.23
9.	Man	6-2	8.15
10.	Doddridge County	6-2	7.75
11.	Tyler Consolidated	7-1	7.6
12.	Summers County	6-3	7.56
13.	East Hardy	5-3	7.4
14.	Madonna	5-3	7.13
15.	Paden City	7-1	7.13
16.	Midland Trail	4-4	7.11
36.	Clay-Battelle	2-6	3.63

Class AA

Rank	Team	Record	Pts
1.	North Marion	7-1	12.68
2.	Roane County	8-0	12.5
3.	Scott	8-0	11.75

ON TV

AUSTRALIAN RULES FOOTBALL (WOMEN'S)

4 a.m.: FS2 — AFL: Geelong at Richmond
 12 a.m. (Sunday): FS2 — AFL: North Melbourne at Adelaide
 2 a.m. (Sunday): FS2 — AFL: Port Adelaide at Hawthorn

AUTO RACING

12:30 p.m.: USA — NASCAR Cup Series: Practice and Qualifying, Martinsville Speedway, Martinsville, Va.
 1:25 p.m.: ESPNEWS — Formula 1: Practice, Autódromo Hermanos Rodríguez, Mexico City
 3:30 p.m.: USA — NASCAR Xfinity Series: The Dead On Tools 250, Playoffs - Round of 8, Martinsville Speedway, Martinsville, Va.
 4:55 p.m.: ESPNEWS — Formula 1: Qualifying, Autódromo Hermanos Rodríguez, Mexico City

COLLEGE FOOTBALL

12 p.m.: ABC — Florida St. at Wake Forest
 ACCN — UConn at Boston College
 BTN — Maryland at Northwestern
 CBS — Indiana at Penn St.
 CBSSN — UMass at Army
 ESPN — South Carolina at Texas A&M
 ESPN2 — Houston at Kansas St.
 ESPNU — Tulsa at SMU
 FOX — Oklahoma at Kansas
 FS1 — West Virginia at UCF
 SECN — South Carolina at Texas A&M (Command Center)
 2 p.m.: CW — Clemson at NC State
 3:30 p.m.: ABC — BYU at Texas
 ACCN — Virginia at Miami
 BTN — Michigan St. at Minnesota
 CBS — Georgia vs. Florida, Jacksonville, Fla.
 CBSSN — Miami (Ohio) at Ohio
 ESPN — Duke at Louisville
 FOX — Oregon at Utah
 FS1 — Purdue at Nebraska
 NBC — Pittsburgh at Notre Dame
 PEACOCK — Pittsburgh at Notre Dame
 SECN — Mississippi St. at Auburn
 4 p.m.: ESPN2 — Tulane at Rice
 ESPNU — Prairie View A&M at Florida A&M
 PAC-12N — Southern Cal at California
 5:30 p.m.: FS2 — Wyoming at Boise St.
 6 p.m.: NFLN — Marshall at Coastal Carolina
 7 p.m.: CBSSN — Air Force at Colorado St.
 ESPN — Tennessee at Kentucky
 FS1 — Washington at Stanford
 7:30 p.m.: ABC — Colorado at UCLA
 NBC — Ohio St. at Wisconsin
 SECN — Vanderbilt at Mississippi
 8 p.m.: ACCN — North Carolina at Georgia Tech
 ESPN2 — Cincinnati at Oklahoma St.
 ESPNU — Old Dominion at James Madison
 PAC-12N — Washington St. at Arizona St.
 10:30 p.m.: CBSSN — New Mexico at Nevada
 ESPN — Oregon St. at Arizona
 FS1 — UNLV at Fresno St.
 11 p.m.: ESPNU — Howard at Delaware St. (Taped)

COLLEGE VOLLEYBALL (WOMEN'S)

PREP SPORTS

Local teams ready to run at State Cross Country Championships

BY MATTHEW PEASLEE
 Sports@DominionPost.com

MORGANTOWN — Preston High cross country coach Paul Martin has led teams in the area for the past 27 years, and 2023 might be his most unique campaign to date.

Four of the top five girls runners are sisters.

There's junior Hallie Simmons, along with freshman Ava Simmons, as well as twin sophomores Autumn Myers and Delilah Myers.

"It's a very cool experience," Hallie Simmons said. "I started competitive running in sixth grade, but I've always loved to run and stay active. I didn't have to encourage my younger sister to get involved with it either, she did it on her own."

And in her first year at the varsity level, Ava Simmons is thriving.

"At the start of the season, I wasn't sure of what to expect," Ava Simmons said. "I'm very surprised. I have been blessed with a very successful season and hope that I continue to improve. I have goals to make it to state all four years."

Last year, the Preston girls failed to qualify for the state tournament for the first time in decades. The Knights are happy to be back this year after a third-place finish at the Class AAA Region I meet.

The state championships are on Saturday in Ona.

"This has been a very gratifying season," Hallie Simmons said. "It hurt not qualifying for states last year, but it was an experience that I learned from. It also helped me appreciate qualifying for states this year that much more — especially being able to do it with my team."

The Preston team is also comprised of senior leader Ella White, sophomore Hannah Liston and freshman Leighton Biermann. The girls have formed a strong bond by running together and also hanging out outside of practice.

For the twins, they've always been training partners but also enjoy camping, swimming, kayaking and playing badminton. They like to keep track of who wins races between them.

"We are competitive with each other," Delilah Myers said. "Back in middle school, we did try to beat each other, and it was a



Submitted photo

Left to right, sisters Autumn Myers and Delilah Myers and twins Hallie Simmons and Ava Simmons all run for Preston Cross Country this season.

competition within a competition, but now in high school, we focus more on running our own races than racing each other."

They started their cross country journey several years ago by joining a program called Girls on the Run.

"We have more similarities than differences," Autumn Myers said. "We always train together and we run about the same pace. We do everything in our lives together since we like a lot of the same things."

Martin said the girls' team set three goals for this season. One was to win the Big Ten Conference championship. Preston did that on Oct. 12. Another was to qualify for the state meet. Preston did that on Oct. 19.

Now, the Knights hope to finish in the top four places at the state meet.

"It will take an astonishing effort, but I know these girls will always try their best and will leave it all out on the course," Martin said. "This is one of the best teams I have ever coached."

There is also the uniqueness on the boys' side.

Junior Damian Rumer ran a 16:30.95 at regionals to come in 11th place. By way of a mathematical formula, and with an assist from Martin's nephew Coen Thomas, who joined the team to fill out the roster, Rumer is running Saturday, representing Preston as an individual.

Morgantown, Trinity Christian and University also qualified for the state meet.

Both the Trinity boys' and girls' teams won the OVAC 1A-2A championships before finishing in second place to Doddridge County in the Class A Region II meet.

"It's been another exciting and memorable season for the Trinity Christian cross country teams, and I have been blessed to be able to coach them this year," said Trinity coach John Barnett. "They work extremely hard, and I've seen improvement in every runner. One thing that has been very special this year is the team unity. Everyone encourages each other through every workout. It doesn't matter if it's the boys' team encouraging the girls or vice versa."

The boys' team includes Miles Steptoe, who was the fourth-place individual qualifier and school record holder, Robert Kincaid, Hamilton Breakey, Ethan Tomlinson, Chase Livenood, Ben Akers and Bryson Sanders.

The girls' team includes Jenna Barnett, the fifth-place individual qualifier, who broke her own school record this year by more than 30 seconds, Tori Hovatter, Kylie Cline, Brianna Blake, Caelyn Unger, Amelia Fisher, Katherine Kincaid and Faith Perry.

"The genuine care for each other and wanting to see everyone succeed,

whether you're the first one in or the last, has been amazing," Barnett said. "I think that is a big reason we have seen success this year."

The Morgantown girls' team is looking for their fourth-straight state championship after winning both OVACs and regionals this season.

"This group has grown and come together as a team throughout this season," MHS coach Mike Ryan said. "It's been a positive experience and we are grateful to have the opportunity to compete on Saturday."

Girl qualifiers include freshmen Megyn Amsler, Ryleigh Freshour, Lauren Hawkins, Allison Hawkins; sophomore Olivia Riley; juniors Maraid Johnson, Sophie Renner, Sophia Schneider and seniors Madeline Gump and Jennifer O'Palko.

The Mohigan boys' team last won a state title in 2017. This year, they placed second at OVACs and regionals.

Boy qualifiers are freshmen Maxwell Abildso, Joaquin Summers; sophomore James Stacy; juniors Donald Adjeroh, Andrew Carlton, Finlay Lorimer, Caleb Young and seniors Quinn Mudry, Duncan Snyder and Zachary Workman.

The University teams are also mainstays at the highest level in the state. The boys' team enters today with an OVAC and regional title under their belt.

"The boys and girls teams have been running very well in the month of October," UHS coach Ed Frohnapfel said. "Progress has been shown by both teams in both the OVAC championship races and the Region I AAA races. We are looking forward to racing at the state championships again this year."

Drew Zundell, who will run at Syracuse next year, leads the Hawk boys after an individual OVAC and regional title.

Tyler Umbright, Jake West, Ethan Conroy, Logan Conroy, Gavin Whorton and Jack Overfield round out the boys' team.

Abby Rogers won the regional championship and is joined by fellow UHS girls Adelyn Tager, Claire von Boetticher, Sophia Bell, Izzy West, Shatyra Turner and Haley Kramer.

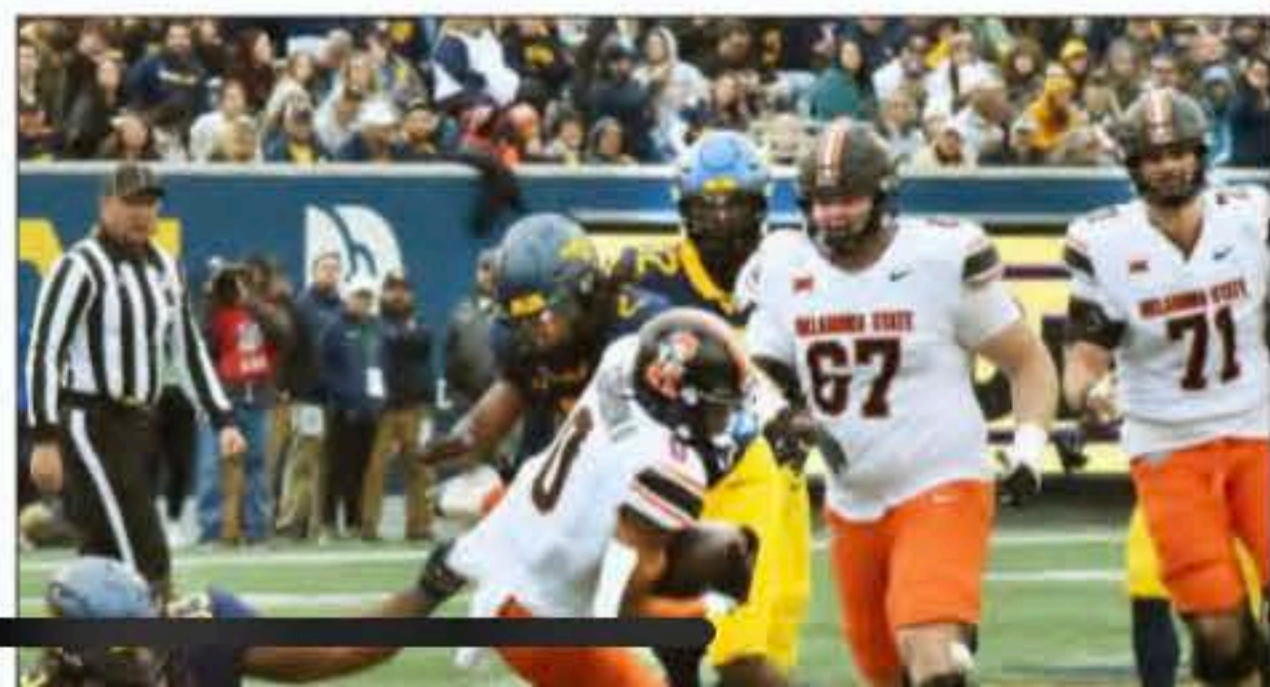
Clay-Battelle's Wyatt Sharpless will also compete at the state meet after making it as an individual qualifier.

UCF

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and offensively," offensive lineman Doug Nester said. "We need to become a cohesive group, start playing complimentary football and just help each other out as much as we can."

It's complimentary football that WVC has been



need to be even better against run-heavy West Virginia.

"They're number seven in the country on time of possession," Malzahn stated. "They run the football, they get off the field and they're good on third down."

"We've got to just continue to grow stopping the