

## Quintana's state track medals put HHS in 5th place

Written by Brenda Johnson Brandt

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HHS senior Alex Quintana single-handedly scored 33 points to earn the HHS boys' track team a fifth-place finish at the Colorado State 2A Track & Field Championships May 17-19.

Quintana fulfilled his ultimate goal of winning a gold medal, which he accomplished in his last race of the meet, the 300 meter hurdles.

Additionally, his goal of placing in the top three in all four of his events was conquered.

Quintana was runner-up in both the 800 meter run and the 110 meter hurdles and placed third in the 400 meter run.

On an even sweeter note for the HHS Dragon headed to Mesa State University to run track next year, personal best times were achieved in all four of his events at the state meet.

"I wanted the gold medal badly," admitted Quintana after winning the 300 hurdle event.



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**Alex Quintana breaks out in a smile as he crosses the finish line ahead of the pack to win the 300-meter hurdles gold medal in the Class 2A Colorado State Track championships. —Enterprise photo**



**Alex Quintana stays focused as he clears the last hurdle in the 300 meter event to finish his high school track career with a gold medal effort. —Enterprise photo**

Running well in preliminary races Thursday and Friday in the 110 hurdles, 400 meter run and 300 meter hurdles, Quintana qualified for the three finals on Saturday.

Looking to run his 800 meter final Friday afternoon, Quintana said he saw that race and the 300 hurdles as his best chances for claiming a gold.

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When he took second in the 800, he kept his sights on his final hurdle event Saturday. And his dream win came true. Quintana said the 300 hurdles is the first event he placed in as a high school freshman, and it was a great way to finish out his high school career.

"I thought it was rather poetic that Alex got his first-place finish on his last race of his high school career," said coach Sandra Rahe.

"He has worked hard all season long," added Rahe, saying she couldn't be happier for him. The competition was fierce, according to Rahe, and Quintana shined.

"It has been enjoyable to watch Alex grow as a young man and as an athlete over the past four years, and I wish him the best of luck in the years to come," said Rahe. "He has been an excellent leader, and we are all very proud of him."

Quintana ran a personal best (PB) in the 800 finals, clocking a 1:59.06 for runner-up honors Friday.



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### Alex Quintana leans into his third-place finish in the 400 meter finals Saturday. —Enterprise photo

Weather conditions on Thursday and Friday at the state track meet at Jeffco Stadium in Lakewood were beautiful. But rain showers and overcast skies greeted tracksters Saturday morning for a much different day.

Gray skies didn't deter Quintana on his quest to do his best.

He ran his 110 hurdles in drizzling rain, but clocked a personal best of :15.49 to place second.

It was raining even harder when the gun sounded to start his 400 meter final Saturday around noon. Quintana finished third in :50.42. His :50.00 in the prelims was a PB in the 400 meter race.

Over two hours later when Quintana entered the blocks for his final race, the sun was shining.

His :39.83 in the 300 meter hurdles was not only a gold-medal effort, but a personal best, as well.

Quintana was quick to acknowledge his coaches for helping him keep his eye on the gold medal. He expressed appreciation to his coaches, teammates and family for their support.

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### Relay runs well

Holyoke's only other entry in this year's state track meet, the boys' 4x800 meter relay, ran really well, said coach Rahe.

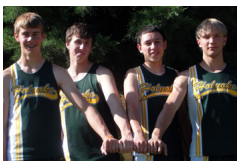
Freshman T.J. Gertner started off the Thursday afternoon relay, handed off to freshman Tito Fierro, who passed the baton to junior Matt Golden, who turned it over to anchor sophomore Ryan Parker.

The team ran their best time of the season, clocking a 9:07.64 to finish 15th in the field of 18.

Coach Rahe said the relay team used Quintana as a team member to qualify for state, and she and the other coaches were extremely pleased with the effort of the four underclassmen at state.

Reflecting on the season as a whole, coach Rahe said she and coaches Luke Thomas and Kelsey Reimink had a wonderful group of kids to work with.

She acknowledged parent support, with special appreciation to Justin and Janette Helgoth for donating a tent for use during the season and to Curt and Chandra Parker for donating food and drinks for the three days at state track.



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**HHS 4x800 meter relay team members hold the baton at the State Track Meet last weekend. Team members are pictured from left, Ryan Parker, Matt Golden, Tito Fierro and T.J. Gertner. —Photo by Chris Pell**

## Lyons boys and girls win

Lyons won both the girls' and boys' 2A team championships, while Telluride was runner-up in both boys' and girls' competition. The Akron girls finished third.

The Lyons boys scored 101.5 points, followed by Telluride with 64, Hoehne 59, Burlington 36, Holyoke 33, LaVeta 32, Crested Butte Comm. 31, Custer County 31, Wiggins 30, Yuma 30, Sargent 30 and Wray 29 to round out the top 12.

Lyons girls scored 86.5, followed by Telluride 76, Akron 73, Paonia 62, Vanguard 61, Nederland 48, Lutheran 40, Meeker 40, Sangre de Cristo 37, Dolores 31, West Grand 28 and Limon 27.

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