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# Lavin Wins Region 3A Title



Vermillion's Maddie Lavin took first place at the Region 3A cross country meet last Thursday in Beresford with a time of 19:23.

BY MARK UPWARD  
For The Plain Talk

Eleven teams chased the Region 3A team title on the Bridges Golf Course in Beresford on October 15. On the girls' side, Beresford put up a team result of 1:21:32.50 to best all comers while Sioux Falls Christian took the team title on the boys' side with a team result of 1:1:02.03.

Vermillion's Maddie Lavin set the pace for the girls on the course as she had a personal best time in the 5,000 meter event. Lavin's time was 19 minutes and 23 seconds — 19 seconds ahead of Elk Point-Jefferson's Josie Heeren's time of 19:42.28.

"I took the lead on the back part of the course and it felt very good and I felt like I could do it today," said Lavin. "It has been a work in progress all season and I came into this meet with fresh legs and it just felt good."

"I am super excited about our girls' performance today," said Vermillion Coach Kelly Fischbach. "We knew that everyone had to pick up one or two places from a week ago and everyone did just that and more."

The top three teams in varsity competition move on to the State Cross Country meet next week to be held in Sioux Falls at the Yankton Trails park. The teams moving on to state include Beresford (1:21:32), Sioux Falls Christian (1:25:44) and Vermillion (1:26:06).

On the individual side of the event, the top twenty boys and girls from each region will automatically qualify for individual honors at the State Cross Country Meet. The girls qualifying out of Region 3A individually are Lavin (Vermillion), Heeren (EP-J), Cait Savoy (Beresford), Maisie Bainbridge (Lennox), Ashlynn Atwood (Beresford), Marisa Schulz (DV), Caitlin Worth (Beresford), Halie McMains (Canton), Micah Van Kalsbeek (SFC), Robin Stark (EP-J), Mia

Schnabel (SFC), Sabrina Swee (Beresford), Taylor Eitemiller (Wagner), Madi Thurston (SFC), Jaden Wersal (Canton), Patience Nexheim (Ethan/Parkston), Grace Quartier (Beresford), Sadie Eitemiller (Wagner), Taryn Whisler (Vermillion) and Sydney Wickersham (Ethan/Parkston).

DeWeerd of Sioux Falls Christian led the Chargers to the team championship in the 5,000 meter boys run with a winning team time of 1:10:02. Other teams that qualified for the State Cross Country Meet in Sioux Falls are Lennox, finishing in second with a 1:13:32 and Ethan/Parkston in third.

"Our boys ran in a pack but we didn't quite move forward enough to make it to State as a team," said Fischbach. "We are still young and if these boys stay together and work hard, they will improve tremendously."

Vermillion's only individual to qualify for the state meet was Justin Sorensen.

"My time wasn't the best, but the wind had something to do with that," said Sorensen. "I made it last year to state and I really wanted to make it this year too."

The individual qualifiers from the boys' Region 3A meet were DeWeerd (SFC), Alec Atwood (Beresford), Lance Van Zee (SFC), Jonah Murtha (E/P), Cooper Hitt (SFC), Connor Watley (SFC), Brendan Langbehn (Lennox), Jon Green (DV), Cody Szarmach (Canton), Tadan Wilson (Lennox), Justin Sorensen (Vermillion), Connor Vander Haar (SFC), Charlie Long (DV), Tanner Hohn (E/P), Tucker Murtha (E/P), Camden Wulf (Lennox), Jake Limmer (Beresford), Joe Graves (DV) and Bradan Phelps (Tea Area). "The course at Yankton Trails park will have a two loop course and is unique with its moguls that it has on the course," said Fischbach. "It is a tight course with areas that can cause problems if you get boxed in so we have to be aware of that."

## Tanager Of The Week

# Brady Keeps Busy During Fall Season



ELYSE BRIGHTMAN/ FOR THE PLAIN TALK  
Vermillion High School freshman Rachel Brady has been named Tanager of the Week due to her participation in multiple extracurricular activities during the fall season.

BY ELYSE BRIGHTMAN  
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Fall is one of the busiest times of year, especially for Vermillion High School freshman Rachel Brady.

Brady participates in a number of extracurricular activities at the high school, and because of her involvement and dedication at the school, she has been named this week's Tanager of the Week.

"Right now, I'm in volleyball and cross country, and then dance team and show choir," Brady said.

Volleyball and cross country practice every day, while dance team practices twice a week and show choir is one day after school.

"We have kids in multiple activities, although not many are involved in as many things as Rachel," said Vermillion's cross country coach Kelly Fishback. "She is very dedicated to all of them and does her best to be at as many things as humanly possible. She may run in a meet (3.1 miles) do a quick cool down then head back to Vermillion for volleyball practice. That is dedication."

Because of the conflicting schedules, Brady needs to divide her time and even put in extra work on her own.

"(Volleyball and cross country) both practice right after

BRADY: PAGE 10

# Field Goal Lifts South Dakota Past North Dakota State 24-21

ASSOCIATED PRESS

FARGO, N.D. (AP) — Miles Bergner hit a 33-yard field goal as time ran out and the Coyotes shocked second-ranked North Dakota State 24-21 Saturday.

Bergner had made just four of his previous 11 field goal attempts this season. But he split the upright as South Dakota snapped a 14-game Missouri Valley Football Conference losing streak and NDSU's 26-game home winning streak.

"We got beat by a better football team," North Dakota State coach Chris Klieman said. "We've got to go back to work. We've got to find a way to regroup on Monday. Give South Dakota credit."

It was USD's first win over NDSU in Fargo since 1978.

"It took us a while to get going," USD coach Joe Glenn said. "The first quarter was a little rough. Ryan Saeger did a great job commanding the game and our defense caught fire and handled the run."

The Coyotes outrushed the Bison 193-125

and outgained them 395-320 in total yards.

NDSU managed just 91 total yards in the second half.

NDSU (4-2, 2-1 MVFC) took the opening kickoff and marched 67 yards to take a 7-0 lead with 9:58 left in the first quarter. Bruce Anderson capped the drive with a 2-yard run for his first touchdown of the season.

The Bison extended their lead to 14-0 on Darrius Shepherd's 37-yard TD catch with 2:30 left in the first quarter.

South Dakota (3-3, 1-2) sliced the lead in half when Ryan Saeger lobbed an 8-yard TD pass to Brandt Van Roekel with 10:38 left in the half. The Coyotes' drive covered 86 yards and included 41 rushing yards by Saeger.

With 6:01 to play in the half, Saeger scored on a 1-yard run to tie the game 14-14. The run came one play after Saeger completed a 73-yard pass to Trevor Bouma down to the Bison 1.

Bouma, a junior who had missed the Coyotes' previous two games against the Bison with injuries, had 94 yards rushing and 80 yards receiving.

NDSU quarterback Carson Wentz was 16-for-28 for 195 yards and two touchdowns. His mastery of the clock paid off right before halftime when he drove the Bison 72 yards in 11 plays for the go-ahead score. He threw a 7-yard TD pass to Andrew Bonnet with 42 seconds left.

NDSU outgained the Coyotes 229-197 in the first half. USD's success came via big plays.

"We've got to play better on both sides of the ball," Klieman said at half. "We have to stay in our gaps and be conscious of the big play."

Glenn said the Coyotes' big second quarter was more about what they did as opposed to what NDSU did not do.

"They didn't give us anything. We earned everything we got," Glenn said.

South Dakota had the only scoring opportunity in the third quarter, but Bergner missed a 47-yard field goal attempt. Bergner had made just four of 11 field goal attempts this season.

The Coyotes tied it at 21-21 on an 8-yard

TD pass from Saeger to Drew Potter and the Bergner PAT with 4:47 to play. USD drove 72 yards in 15 plays for the score.

Saeger completed 12 of 20 passes for 202 yards. He also ran 16 times for 92 yards.

After USD tied the game, NDSU took over at its own 20 and went three and out.

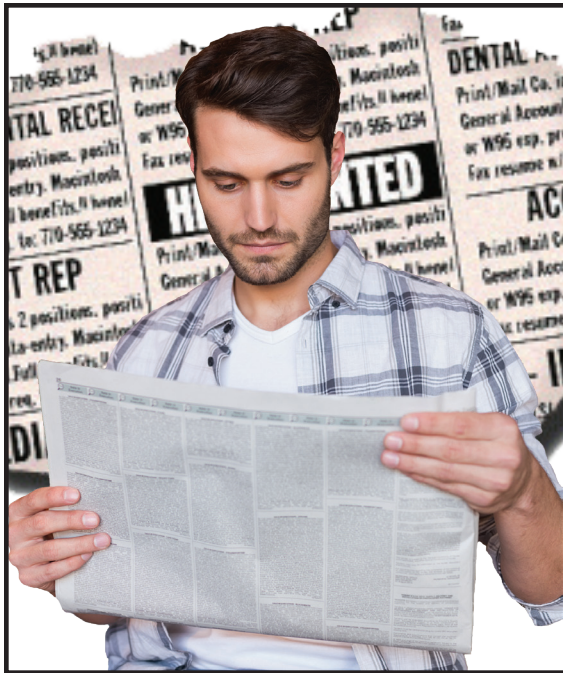
USD took over with 3:20 to play and the ball on its own 29. Saeger moved the Bison up the field, helped by a 15-yard personal foul on Nate Tanquay after a sack on third down.

Six plays later, Bergner came out to end it. Zach Vraa became NDSU's all-time leader in receiving yards with a 13-yard catch in the third quarter. He finished the game with 35 yards on three catches and a career total of 2,738, passing Kole Heckendorfer's 2,732.

King Frazier led NDSU in rushing with 39 yards on nine attempts.

Bruce Anderson had nine carries for 34 yards.

"We all left a lot on the field, so we just have to pick it up and prepare harder," Anderson said.



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