

## Msikizi-Jackson gives jump-start to Keaau

Junior claims two events to lead Cougars boys to victory

by Wayne Joseph  
*Tribune-Herald Correspondent*

Keaau's Mtume Msikizi-Jackson helped lead the Cougar boys to a Big Island Interscholastic Federation track and field win on Friday at Kamehameha.

Msikizi-Jackson began the day dividing his time between the long jump pit and the high jump, as the junior Cougar was looking to strike gold in both events.

In the long jump, Msikizi-Jackson outleaped Laupahoehoe's Tyler Pilor, going 20 feet to Pilor's 19-3.75 to win his opening event.

But it was in the high jump that Msikizi-Jackson would need an extra lift to defeat the defending BIIF champion, Hilo's Adisa Ahrens-Woodson.

"I've never cleared anything beyond 5-8 in a meet before, and the highest I've jumped in practice was 5-10," Msikizi-Jackson said.

Both Msikizi-Jackson and Ahrens-Woodson found themselves clearing the state qualifying height of six feet, with the Cougar being declared the winner in fewer attempts.

"I was really surprised that I cleared that height, but I had a good week of practice with my coach and I felt confident coming in," Msikizi-Jackson said.

The talented Cougar played an instrumental role in helping his team with two second-place scoring opportunities in the 400 and 1,600 relays, and he finished second in the 200-meter run.

"My strongest event and the one I enjoy doing the most is the triple jump, but my coach wanted me to rest this week," Msikizi-Jackson said.

Keaau's two second-place relay finishes came at the hands of a talented Waiakea sprinting corps, and first-year coach Ikaika Ho wore a huge smile.

"I knew they had the talent to make states in both relays, and I think we're going to give a lot of teams something to worry about," Ho said.

The Warrior boys swept the relays, using Kaimi Scott, Joseph Johnson, Christian Shintani and Cameron Nance to beat Keaau.

In the 400-meter relay, Waiakea hit a state qualifying time of 45.11 seconds, with the Cougars coming in at 45.77.

The battle in the 1,600 relay saw two of the most talented 400 sprinters in Warriors Scott and Nance outdistancing the Cougars. Both teams qualified for state.



**Kona's Kaneala Abaya won the discus Saturday during a BIIF meet at Konawaena High. - Stephens Media**

Scott and Nance served notice onto the rest of the league as Scott clocked in a 400-meter state time of 52.69 seconds, with teammate Nance hitting the line in second at 53.05.

But Scott was not done. In the 200, the Warrior led the rest of the field but missed state time by two hundredths of a second, clocking in at 23.26 seconds.

Christian Liberty's Nick Ucker improved on his 800 time, breaking the tape at 2:04.61, with Hilo speedster Amor Love keeping pace at 2:07.14.

The distance race of the day was the 1,500 run with Keaau's Nicholas Hagemann, Hilo's Mark Turner and CLA's Ucker.

All three boys stayed in a close-knit pack as they rotated the lead for most of the race. In the final 150 meters, it became an all-out sprint that resulted in the person with the best kick winning the race.

Hagemann won in 4:20.66, with Ucker (4:21.09) taking second and Turner (4:22.28) claiming third -- all well below the 4:27.74 required time to make state.

Keep an eye on Hilo's Scott Hunter as he continues to improve on his pole vault height. He cleared 13 feet Friday.

In the girls race, Ka'u's Jana Larson won the middle distance races as well as the 300 hurdles.

Larson began the day taking third in the 100 hurdles before moving to her specialty, the 1,500.

"I like the 1,500 run better than all the other races because it allows me time to relax and settle into the run," Larson said.

If time matters, then Larson knows what she's talking about, as the junior distanced herself early in the 1,500 and then ran away from the rest of the field, winning with a state qualifying time of 5:17.32.

Larson (49.16) went on to beat teammate Larissa Edwards (49.18) in the 300 hurdles, and then closed her day by winning the 800 in 2:34.24.

Hilo's Corie Schattauer returned to the track to display her lightning speed in the 100. The junior Viking ran 13.31 seconds to qualify for state with Edwards (13.36) taking second.

Later, Edwards would get even as the two talented sprinters matched up in the 200. Edwards (27.44) and Schattauer (27.79) finished 1-2 with both qualifying for state.

Kamehameha's Cheray Brzezowski continues to be the one to beat in the long jump as the junior Warrior won the event, surpassing 16 feet.

Konawaena hosted a meet Saturday, and the Honokaa boys raced to victory.

Jake Shiraki led a group of four teammates in the 3,000, which provided Honokaa with 30 points. Shiraki led from start to finish, clocking in close to the state time of 9:52.93.

In the 1,500, it was Kealakehe's Garrett Prinslow (4:20.05) battling Honokaa's Preston Vierra (4:20.62) for top honors as both boys made state.

Prinslow returned later in the day to win the 800 (2:05.18) with Kona's Dakota Smith (2:06.35) hot on his heels.

For the girls, it was a strong Hawaii Prep team taking top honors with their 1,600 relay team (4:24.61) hitting the state qualifying time. Noelani Vargas helped the Ka Makani charge, winning the 800 in 2:34.12.

Honokaa's Beverly Quiamas had a strong day, winning the 100 (13.34) and 400 (65.27) to set up a showdown with

Hilo's Schattauer.

The East and West schools will meet for the first time this season on Saturday as Konawaena hosts an all-comers meet at 9 a.m.

.....

*All rights reserved. Copyright © 2008 Hawaii Tribune Herald.*

Content on this site may not be archived, retransmitted, saved in a database, or used for any commercial purpose without the express written permission of Hawaii Tribune Herald.

[Close Window \[x\]](#)