

# Sports

## Penticton crank up Heat

Morning Star Staff

It was their best result against the Penticton Heat all season, but it wasn't enough to earn the North Okanagan Legends a berth in the B.C. Under 16 Field Lacrosse Championships.

Tied 7-7 heading into the final period, the Legends, playing their second game after an hour's rest, ran out of steam as they fell 9-7 in the Interior Field Lacrosse League finals Sunday at MacDonald Park.

Jay Seaton led the Legends with a hat trick, including the equalizer with one second remaining in the second period. Cole Seidel canned a pair of goals and Ryan Sarazin and Braden Barr each had one.

Mitch Brodt and Mitch Walton, each with a pair of goals, led Penticton, who will advance to provincials, Feb. 17-20 at the University of Victoria.

Earlier Sunday, Barr turned in a six-goal performance as North Okanagan pummeled Kamloops 13-2.

Joel Castle, Daniel Peterson and Austin Williamson chipped in with two goals apiece and Seaton recorded a single. Netminder Cole McFarlane played steady in both games.

The U14 Legends dominated the Kelowna Kodiaks 7-0 to advance to provincials.

Meanwhile, Seaton recently returned from North Carolina where he played with the Burnaby Mountain Selects junior team in the Charlotte Fall Classic Tournament.

The two-day event featured more than 60 teams in seven divisions, with elite club teams hailing from Florida, Georgia, Illinois and Virginia.

The juniors opened with consecutive 8-5 losses



NATALIA VIGNOLA / MORNING STAR

**The Legends' Justin Backus tracks down the Kodiaks' Chase Bremner in U14 Interior Field Lacrosse League playoff action Sunday at MacDonald Park.**

to No. 3-rated North Carolina Red and No. 4 North Carolina Elite.

In the playoffs, the Selects fell 12-3 to Carolina Elite and 7-5 to Charlanta in the fifth-place game.

Seaton, a midfielder, leaves Nov. 17 for the Ultimate Performance Fall Shootout in Baltimore.

The other locals playing with the Selects program – Coldstream's Bayne Bosquet and Aaron Green, and Vernon's Mason Limb and Ryan Sarazin – left Wednesday for the Shootout in Baltimore.

Bosquet, Green and Limb all play with the senior team, while Sarazin is on the sophomore squad.

## Skaters strike gold

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A pair of Vernon Speed Skating Club members struck gold at the B.C. Cup in Abbotsford last weekend.

Connie Kapak, competing in a group of five 11-year-olds, placed first in her division. Trevor Rasmussen, with six first-place finishes, uncovered gold in the open men's division.

Earlier, Shaughnessy Barker and Kapak competed at the annual October Chill, hosted by the Kamloops Long Blades.

Barker, 10, co-winner of the club's most improved award last season, secured second place in field of five 10-year-olds. Kapak beat out four skaters to collect gold and earn a berth in the B.C. Cup.

"The local club is definitely gaining momentum, our numbers are up this year and the phone is ringing. This can be attributed to post-Olympic interest, Speed Skate Canada's new policy of allowing hockey skates to be worn (up to age 12), in an attempt to gain hockey players as a cross sport," said club spokesman Pete Kapak.

"Having a skater of Trevor Rasmussen's calibre has been a real inspiration to all of our skaters. His near-Olympic times create a buzz around the rink, at practice and competitions alike."

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