



HITTING THE GROUND *running*

CORY WELLS | ELON NEWS NETWORK

Senior Bryanna Hames loads up to throw her discus at the Phoenix Invitational hosted by Elon University on April 14 at Elon's track and field complex.

Women's track and field team competes against 15 programs at home

Christian Galvano

Elon News Network | @Chrisgalvano

Looking back on the season so far, the women's track and field team has succeeded in a number of endeavors and has many noteworthy competitors who embody what it means to be a Phoenix athlete.

Elon's all-star thrower

Senior Bryanna Hames came off an outstanding final season. She represented the Phoenix for the first time ever in the program's history in the NCAA Championship in Eugene, Oregon. She threw an outstanding 154' 9" (47.18m) on her first attempt in discus. Hames has been All-

CAA in throwing since her freshman season.

In the recent Phoenix Invitational, Hames placed fourth in the hammer event and second in shot put.

Now in her final season, Hames is still doing great things for the Phoenix. She set a new personal record earlier this month, breaking her own outdoor school record in the shot put. She had a heave of 51' 1.5" (15.58m) and finished as the runner-up in the event. But she still pushes herself to improve.

"I feel like my results are not where I want them to be right now," Hames said.

Accomplishments and glory don't come easily for Hames. The discovery of protruding discs in her lower back stalled her from training, and she knew this season it would be a struggle to throw to her fullest potential.

"Biggest struggle had to be my back injury," Hames said. "I still have weeks to prepare and fix it, but that

is definitely the biggest hurdle that I have going on."

Emily Dixon, the all-around athlete

Competing is all encompassing for senior Emily Dixon. Since 2015, the CAA has recognized her accomplishments in track and field five times. Just last year, she won the heptathlon title for the third straight season at the CAA Outdoor Championship.

Dixon competed in three events last Saturday at the Phoenix Invitational and qualified for finals in every event she participated in. She won the 100-meter hurdles with a time of 14.94. On top of that, she cleared the bar in the high jump event with a season-best jump of 5' 5" (1.65m) at the same event.

Regarding the hurdles, Dixon said she was not happy with her overall performance because of the weather.

"The time wasn't that great, but the conditions aren't that good because of the wind," Dixon said.

Despite the tough weather conditions, she persevered and earned second place in the finals.

Dixon jumped a season personal record in the long jump with her mark of 17' 11.75" (5.48m). She attributed her personal record to competing at the Jerry and Jeanne Robertson Track and Field Complex, the home field of the Phoenix.

"I was pretty happy with that," Dixon said. "It was nice to see familiar faces at home cheering us on."

The long jumper in the spotlight

Sophomore Melody Burke proved she could keep up with her upper-classman teammates this past weekend at the Phoenix Invitational.

Burke set a personal record for herself in the

long jump on Saturday when she hopped an 18' 9" (5.71m) for second place. She surpassed her current teammate, Emily Dixon, and placed third on the all-time top five-performance list.

"I did my first three and made finals. Then I did my second three and the last one I popped the big one. Nice way to end it. The measurement was 18 feet 9 inches, but if you want the meters it was 5.71," Burke said.

Looking forward

The Phoenix will split up for the Virginia Challenge and the Duke Invitational next Friday, April 20. The meets will take place at University of Virginia in Charlottesville and Duke University. Afterward, the team will be on its way to the Colonial Athletic Association (CAA) outside tournament, which will be held in Williamsburg, Virginia.

SPORTS BRIEFS

Baseball sweeps conference rival Hofstra

Fifteen total strikeouts by Elon University led the Phoenix to sweep the Hofstra Pride 3-0 in the series last weekend. Sophomore Kyle Brnovich keeps raising his Division I leading strikeout count, now at 97 on the year. The series finale saw a 5-3 victory for Elon when Zach Evers slung a home run over the right field wall in the bottom of the seventh. Evers finished the day 2-for-4, while freshman Matt Oldham went 1-for-3 and scored a pair of runs for Elon (20-16, 7-5 CAA).

Phoenix pitchers tallied 47 strikeouts in the series, the most in a three-game set this year. The Phoenix start a six-game home stand with North Carolina A&T April 18 at 6 p.m.

Heather Munro steals the show for women's golf

Heather Munro shot a two-over 74 in the final round of the Colonial Athletic Association (CAA) Women's Golf Championship to earn a top-five individual finish and all-tournament honors as the Elon University women's golf team finished fourth as a team.

Munro's 74 on Sunday was the lowest individual score of the play as the Scotland native posted 12 pars and two birdies on the day. She finished the tournament with 31 pars and seven total birdies.

Softball falls to Towson

The Elon University softball team was swept by Towson in the Colonial Athletic Association series this past weekend at the Tiger Softball Complex in Towson, Maryland. Junior Tia Mitchell paved the way for the Phoenix going 3-for-3 with a triple, but it wasn't enough to help pull off a win, as Elon fell 5-3.

Elon will return home after an eight-game absence to host James Madison in a CAA three-game set this weekend, April 21-22. The Phoenix and the Dukes start the series with a doubleheader on Saturday before concluding with a Sunday afternoon game.

Lacrosse falls twice to top-ranked teams

Elon fell to No. 6 Towson University on Friday night 10-4. Elon was kept in the game by dominance in the first half on draw controls and the stellar play of senior goalkeeper Tori Cipollone, who made a career-high 13 saves. This came after she had another great showing against Hofstra University when she made 10 saves in a 12-8 win on the road. But that wasn't enough to help Elon past the Tigers. Elon then faced No. 4 James Madison University. They dropped the second game of their second game of the weekend 15-3.

The game was called off with 2:55 left to play because of severe weather. Senior Stephanie Asher, for just the second time this season, was held in check without a point.

THE PHOENIX FOCUS

SOFTBALL

RESULTS 20-22

4/11	DUKE	0-1
4/14	TOWSON	1-11
4/14	TOWSON	0-10
4/15	TOWSON	3-5

SCHEDULE

4/21	JAMES MADISON/ELON	1 P.M.
4/21	JAMES MADISON/ELON	3 P.M.

LACROSSE

RESULTS 2-10

4/13	TOWSON	4-10
4/15	JAMES MADISON	3-15

SCHEDULE

4/20	DELAWARE/NEWARK, DEL.	6 P.M.
4/22	DREXEL/PHILADELPHIA	1 P.M.

TRACK AND FIELD

SCHEDULE

4/20-21	DUKE INVITATIONAL/DURHAM, N.C.
4/20-21	VIRGINIA CHALLENGE

MEN'S TENNIS

RESULTS 15-7

4/11	UNC GREENSBORO/UNCG
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SCHEDULE

4/20-22	CAA CHAMPIONSHIPS/ELON
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BASEBALL

RESULTS 20-16

4/11	EAST CAROLINA	0-3
4/13	HOFSTRA	2-1
4/14	HOFSTRA	6-3
4/15	HOFSTRA	5-3

SCHEDULE

4/18	NC A&T/ELON	6 P.M.
4/20	HARTFORD/ELON	6 P.M.
4/21	HARTFORD/ELON	4 P.M.
4/22	HARTFORD/ELON	1:30 P.M.
4/24	HIGH POINT/ELON	6 P.M.

WOMEN'S TENNIS

RESULTS 13-12

4/14	JAMES MADISON/JMU	1-6
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SCHEDULE

4/19-22	CAA CHAMPIONSHIPS/ELON
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