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ALPINE SKIING STATE MEET

Another Conway wins state title

Washburn senior, Eagan eighth-grader, Palmitquist were champs.

By BROOKS KIRKSON
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BIWAHIC, MINN. — For most of Wednesday, all Lake Conway could do was wait. The Minneapolis Washburn senior was the second skier down the mountain in the morning and third in the afternoon.

They were good runs. The best, it turned out after his wait ended.

"It's kind of a dream of mine my whole life," said Conway, who won both boys' Alpine skiing individual state championships at Giants Ridge.

Conway had the fastest time on both runs and a combined time of 11 minutes, 10.44 seconds to top Eagan sophomore Adam Berglund, who was a favorite entering the meet.

Conway's victory makes it two state championships in the family. His older brother Patrick was the individual winner in 2006. That kind of legacy, alongside a lifetime of coaching from their dad, gave Lake Conway the push he needed to top last year's second-place finish.

"I feel really lucky and I'm super grateful for all the opportunities I've had," he said.

With intense wind still persisting even as the sun came out for the afternoon run, Conway was more concerned with how hard to push through the slalom gates. The 17-year-old tried not to focus on his time after his first run, but he knew he had to lead.

"It was really nerve-racking," he said. "I decided to make sure I just do what I do and I know how to ski and try to have some fun with it and hope it worked out. And it did, and I can't ask for much more than that."

His teammates believed and hugged him in agreement.

Last year's top individual finishers all moved up a place this year, with Conway improving from second to first and Berglund from third to second. This year's third-place finisher, Minnesota's Eli Quint, finished fourth last year. Last year's champion, Kari Damberg of Mounds View, graduated.

Lakeville South won its



Photos by BRIAN PETERSON - brian.peterson@startribune.com

first Alpine team title, led by Kyle Westworth and John Olson, who were fourth and ninth, respectively, among skiers in the team competition. The team's 160 points edged second-place Stillwater's 157. Minnesota, with 146 team points, finished third.

Eagan eighth-grader captures girls' title

Sophia Palmitquist, an Eagan eighth-grader, was the girls' Alpine skiing champion. With a leading morning run and a nifty effort in the afternoon, Palmitquist edged out Lakeville North junior and returning state champion Peyton Servais by a squeaker of a second.

"It means a lot. It's really cool to do it as an eighth-grader," Palmitquist said.

Coming into the meet with only a few wins after consistently finishing second or third this season, Palmitquist's speedy first run set the stage for the rest of her day.

"I thought the first run was really good, and it was a relatively straight course," she said. "The second run was good, but it was a tighter course, so I had to be a little bit more quick... It was just to be quick and attack it."

It was just enough.

With a combined time of 14:25, Palmitquist edged Servais' time of 14:52 to deny her back-to-back titles. Minneapolis' Southwest senior Ella Petersen took bronze.

Servais did lead Lakeville North to its first girls' Alpine skiing team title with 163 points. Assisting that effort were strong finishes from Jane Steel and Abby Hahn.

Stillwater took second with 151 points, led by a seventh-place finish by Kirsten Anderson. Orono took third behind a fourth-place showing by Cordelia Shorewood.

Nordic meet Friday

The Nordic state meet, typically held the day after the Alpine meet, was postponed for Friday because of a snowstorm. The meet names threatening skier safety.

The start time of the first race also was moved back 90 minutes, with the first freestyle race now scheduled for 11:30 a.m. instead of 10 a.m.

NORDIC SKIING STATE MEET FRIDAY AT GIANTS RIDGE, BIWAHIC
Schedule: Girls' SK freestyle, 11:30 a.m. • boys' SK freestyle, 12:10 p.m. • girls' classical, 2:30 p.m. • boys' classical, 3:30 p.m.

2A SECTION 3 FINAL BURNSVILLE 3, EAGAN 1

Shorthanded goals spark Burnsville

STAFF REPORTS

Have fun, Cherie Nelvin told her daughter Aubrey before Wednesday's Class 2A Section 3 championship game, and believe in yourself.

Oh, and one more thing, get me absolutely wild.

Aubrey Nelvin, a senior forward on the Burnsville girls' hockey team, did Mom one better. She scored a shorthanded, game-winning goal in the third period in a 3-1 victory over Eagan.

"This is good for Mother's Day even," Cherie joked.

Burnsville and Eagan skated to a pair of ties in South Suburban Conference play this season.

But in their third meeting, an unassisted, shorthanded goal from junior Allison Urbani gave the Bears a 1-0 first-period lead. A power-play goal by senior Jessa Ruiz of Eagan (14-12) evened the count after two periods.

Late in the third period, the teams appeared headed toward an extra period of hockey or more.

Then Nelvin, on the penalty kill, poked a puck off the bench and just as Eagan defenseman began dashing around her to set up a breakaway.

She'd been here before. Twice, actually in the second meeting of the season with Eagan. And both times, she failed to score.

"This time, she ignited the Burnsville of the crowd with less than three minutes left at Veterans Memorial Civic Center in Inver Grove Heights.

1A SECTION 5 FINAL BRECK 6, ORONO 2

Breck extends its section win streak

STAFF REPORTS

Five-goal second period makes the difference.

By HEATHER BULL
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Orono and top-ranked Breck played a scoreless first period — then the goal-scoring floodgates opened.

After Orono struck first, Breck responded with a pair of goals in 10 seconds and took a 2-2 lead into the third period before an eventual 6-2 victory and a third consecutive Class 1A, Section 5 championship on Wednesday night at St. Louis Park Ice Center.

Breck played well to start and just had to keep working, even after getting down 1-0, coach Steve Persian said.

"I think it was a little bit of a wake-up call," Persian said. "I think we played well the whole game, but we were doing some things that we needed to change up a little bit, and I think we did."

Breck junior Sophie Lindsay bookended the second-period scoring effort for Breck with her 16th and 17th goals of the season. MS

When I was going in, I was hoping my teammate would get a rebound," Nelvin said. "But then I saw it in the back of the net and I was overwhelmed with joy."

Nelvin's emotions ran higher as Urbani scored an empty-net goal with 26.3 seconds to play. It insured Burnsville (19-7-2) of its first state tournament appearance since 2014 and erased five consecutive years of quarterfinal disappointments.

"That goal was even better because we knew we sealed the deal," Nelvin said.

After the game, Nelvin took from her pack of jubilant teammates, borrowed the public address announcer's microphone and yelled, "Happy birthday, Cherie Nelvin!"

DAVID L. VOGEL

Section 6 semifinals

Edina, Breck tie, Margaret's 1. Vivian Jungels scored four goals to lead the Heron's (24-1) past the Red Knights at Trade Ice Garden. Jungels scored three times in the first period as the defending state champions built a 4-0 lead.

Wayzata 4, Blake 2. Mallory Coffin scored two goals to lead the Trojans past the Bears. Her second goal at 2:37 of the second period broke a 2-2 tie.

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Hockey semifinals: Olivia Mackley put Breck up for good with her 49th goal of the season on a one-timer set up by Abby Quales.

Persian and Lindsay recalled how similar this game felt to their '94 section semifinal victory over Minneapolis, which was tied 1-1 through the first period until Breck also put up five in the second.

"Against Minneapolis, we hadn't really scored, and then we scored one and then the floodgates opened," Lindsay said. "I was just hoping that that would be the same for this game as well."

Sophomore Kaleigh Niccum scored both goals for Orono, after senior goalender Anna Lisle stopped 17 shots in the first period to keep Breck at bay.

"We got the first one, got some juice going," Orono coach Sean Fish said. "And then they got two quick ones, and we knew that they can score in bunches."

Breck (22-4-0) defeated Orono (17-30-1) 11-2 in December.