Del Norte Triplicate

SPORTS

# Del Norte’s Hanks enjoys another record-setting season in track

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It was another record-breaking spring in track and field for Del Norte High junior Deken Hanks.

The Warriors speedster enjoyed a dominating H-DNL championships, placing first in all four of his events, and he carried that impressive form into the North Coast Section Redwood Empire championships a week later.

Hanks broke his own league record on the way to victory in the 100 meters at the H-DNL meet at Fortuna High School on May 10, crossing the finish line in a time of 10.7 seconds.

And he did it again a week later while placing first at the NCS Redwood Empire championships, which also took place at Fortuna High School, winning in a time of 10.57 seconds and further cementing his legacy as the fastest athlete in H-DNL history.

The victory at the Redwood Empire meet qualified Hanks for the prestigious NCS Meet of Champions at Dublin High School, where he reached the final and placed eighth to close out a very impressive season.

“It was a great year, the kind of year you want any athlete to have,” Del Norte head coach Taylor Duncan said of Hanks. “Obviously there were some high highs and some things to work on, but I couldn’t be more proud of Deken. It was a great year of growth.”

For good measure, Hanks also placed first at the league championships in the 200m, and also was a part of the victorious Del Norte 4x100m and 4x400m relay teams.

He teamed with Santiago Velasco, Landon Balent and Mario Ledezma to win the 4x100m and with Balent, Jayden Garcia-Levy and Dylan Rodriguez to win the 4x400m.

His four wins on the day helped lead the Del Norte boys to a team league championship.

The Warriors placed first in six of the 17 events and scored 173 points, which was 41 better than second-placed Eureka.

Rodriguez also won the 3200m in a time of 10 minutes, 9.82 seconds and placed second in the 800m.

Del Norte's Brandt Pennington took first in the boys high jump with a jump of 5' 8".

The Del Norte girls, meanwhile, placed third as a team at the league championships, led by sophomore Avery Ritter, who won the 300m hurdles with a PR of 51.07 seconds and was second in the 100m hurdles.

The story of the spring for the team, however, was the performance of Hanks, who first broke the league record in the 100m with a time of 10.76 seconds at the Phoenix Invitational in Oregon in April of last year.

He followed his impressive showing at this year's league meet with another dominating day in the sprints at the Redwood Empire meet, placing first in both the 100m and 200m.

In addition to his league-record performance in the 100m, he also set a PR in the 200m with a time of 21.91 seconds.

Hanks, who also is a standout soccer player for the Warriors and holds the school record for most goals in a single season, should only continue to get better with one more year of high school competition still remaining.

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