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Class 4, District 1 Baseball Tournament Seeds Released

MAY 02ND 2019 BY DEE LOFLIN

Class 4, District 1 Baseball Tournament Seeds Released

Class 4, District 1 Baseball Tournament seeds have been released. The Notre Dame Bulldogs received the #1 seed.

Dexter received the #6 seed.

Kennett earned the #2 seed followed by #3 Sikeston, #4 Perryville, and #5 Doniphan.

Perryville will play Doniphan on May 11th at 9 a.m.

Sikeston will play Dexter on May 11th at 11:30 a.m.

Notre Dame will play the winner of the Perryville/Doniphan game on May 13th at 4:30 p.m.

Kennett will play the winner of the Sikeston/Dexter game on May 13th at 7 p.m.

Championship will be on May 15th at 6 p.m.

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Dexter Athletes Can Get a FREE Physical at SoutheastHEALTH

MAY 01ST 2019 BY DEE LOFLIN

Dexter Athletes Can Get a FREE Physical at SoutheastHEALTH

Free Physical Day will be held at SoutheastHEALTH of Stoddard County on Thursday, May 9, 2019 from 3:30 p.m. to 7:00 p.m. Sign up today online with **Privit** to get your free physical! **Just CLICK HERE.**

A letter to parents/guardians from Athletic Director Josh Dowdy was send out on April 28, 2019 explaining the new registering systemd for PHYSICALS! It's FREE and easy to register!

"We are grateful that SoutheastHEALTH of Stoddard County will once again be providing physicals FREE of charge to all athletes who will be entering grades 7th through 12th," stated Dowdy. "FREE physical day will be from 3:30 p.m. - 7:00 p.m. on Thursday, May 9th."

"Additionally, Dexter Public Schools has partnered with **PRIVIT**, the number one provider for automating the pre-participation physical examination (PPE) process." That means no paper to fill out, just register online prior to the physical day!

The goal of **PPE** is to promote the health and safety of student-athletes in training and competition. By using **PRIVIT**, you will have the ability to sign the necessary documents at one time for your son/daughter to become eligible to participate in any MSHSAA related activity.

The Missouri State High School Activities Association has endorsed this new digital standard for the pre-participation physical exam process, called Privit Profile™. This includes the MSHSAA's comprehensive health history questionnaire in a format that is easy to use, legible, and accessible to help mitigate injury risks related to sports. The system facilitates the management of the pre-participation physical exam process and provides coaches, athletic trainers and medical personnel the information they need to react quickly to health situations.

As a Parent/Guardian of a student under the age of 20, you will register an account with your email address, then add your student into the account.

Returning Students: If you created an account for your student from a previous season, please Log In with the same email address and password.

New Students: Select Register to create a new account for your student. Make certain to select your role as Parent/Guardian when registering.

Privit Support Desk: 1-844-234-4357 (Monday to Friday 8:00 AM to 5:00 PM ET).

As an added bonus students/families who have a completed **PRIVIT** profile prior to the FREE physical day on May 9th will be placed in a drawing for gift cards and prizes. Please note it will not be necessary to fill out a physical form if you have already enrolled in **PRIVIT**.

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Bearcats Bring Home Medals in Track

MAY 01ST 2019 BY DEE LOFLIN

Bearcats Bring Home Medals in Track

Cape Girardeau, Missouri - Eight Dexter athletes bring home conference championships in the South Division of the SEMO Conference Track and Field Meet on Saturday at Notre Dame High School.

Dexter boys finished second in the teams standings with a total of 70 points. Kennett won with 177 total points and Caruthersville was third with 46 points.

Seth Rogers, Cole Barker, Austin Guy and Drew Soule won the 4x200-meter relay in 1 minute, 32.93 seconds.

"They finished four one-hundredths of a second short of breaking their own school record and were the overall winners in the event," commented Kim Waldner, DHS Track and Field Coach.

Seth Rogers also one a second event the 100 in 11.4 seconds. He placed second in the 200 with a 23.23 time.

Austin Guy won the high jump with an effort of 6 feet.

Dexter girls took third place with 62.75 points. Saxony Lutheran won with 140.5 points and Caruthersville was second with 97.75 total points.

Margo Nea won the 1600 in 5:55.58, and Grace Milam won the 3200 in 14:51.54.

BOYS

High jump: 1, Austin Guy, 6-0; 5, Gavin Cartwright, 5-8.

Long jump: 5, Drew Soule, 16-9.

Discus: 4, A.J. Garrett, 99-0.

Javelin: 3, Josiah Payne, 79-8.

Shot put: 4, Hunter Lawrence, 33-9; 5, A.J. Garrett, 32-3.

100: 1, Seth Rogers, 11.4.

4x800: 4, Dexter (Cartwright, Evans, Greene, Mason), 10:04.73.

200: 1, Seth Rogers, 23.23; 2, Cole Barker, 23.31.

4x200: 1, Dexter (Barker, Guy, Rogers, Soule), 1:32.93.

4x100: 3, Dexter (Barker, Helton, Rogers, Soule), 46.07.

400: 2, Cole Barker, 51.92.

300 hurdles: 5, Colton Evans, 50.57.

800: 2, Gavin Cartwright, 2:14.97; 4, Casey Greene, 2:26.61.

GIRLS

High jump: 3, Alexa Werneck, 4-4.

Long jump: 5, Madelyn Haynes, 13-6.

Triple jump: 3, Madelyn Haynes, 28-7; 5, Rachel Lin, 27-11 1/2.

Discus: 5, Payton Phelan, 58-5.

Javelin: 3, Alexa Werneck, 80-9; 4, Payton Phelan, 73-0.

4x800: 2, Dexter (Brown, Lin, Neely, Milam), 11:33.22.

200: 5, Dulcie Pullen, 30.19.

4x200: 3, Dexter (Brown, Werneck, Pullen, Lin), 2:00.91.

1600: 1, Margo Nea, 5:55.58; 2, Avery Neely, 6:26.74.

4x100: 3, Dexter (Lin, Pullen, Werneck, Haynes), 55.88.

400: 5, Gabby Brown, 1:07.45.

300 hurdles: 4, Madelyn Haynes, 54.73.

800: 2, Margo Nea, 2:47.91; 4, Avery Neely, 3:01.76.

3200: 1, Grace Milam, 14:51.54.

Photo Credit Brandy Rogers.

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Dexter Bearcats Golf Team Won First District Title in Nine Years

MAY 01ST 2019 BY DEE LOFLIN

Dexter Bearcats Golf Team Won First District Title in Nine Years

The Dexter Bearcat Golf Team won their first District Title in nine years on Monday, April 29th at the St. Francois Country Club in Farmington, Missouri.

They defeated 2nd place Farmington by 9 strokes to win the Class 3, District 1 tourney with a score of 333; Farmington posted a 342.

In 2010 the 'Cats placed 3rd in the state tournament.

“I would have never expected 333 to win today,” stated Dexter coach Eric Sitze, “but it did and I couldn’t be happier for the kids. They have played better but we will take it today.”

Spencer Warren of Dexter placed second with a 2-over 74.

Wil Claywell, of North County, won the individual championship with a 73.

“Spencer was right there for first again today,” Sitze said. “He is getting closer. He started out minus-3 on his first four holes. We had an hour-plus rain delay that might have affected his momentum a little.”

All five Dexter golfers placed in the top 16.

Dylan Sitze tied for 6th with 82, Cy Worley tied for ninth with 88, Ryan Collier was 11th with 89, and Luke Becker was 16th with 92.

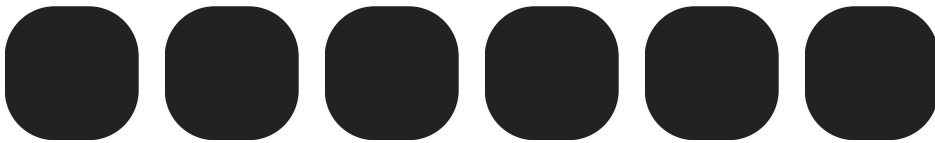
Dexter will compete in the Class 3 Sectional Tournament Monday, May 6, 2019 at Crown Pointe Golf Course in Farmington.

Photo Credit to Dawn Warren.

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2019 JV SEMO Conference Baseball Tournament Seeds Announced

APRIL 30TH 2019 BY DEE LOFLIN

[2019 JV SEMO Conference Baseball Tournament Seeds Announced](#)

The 2019 JV SEMO Conference Baseball Tournament seeds have been released.

Poplar Bluff JV earned the #1 spot followed by #2 Jackson, #3 Cape, #4 Sikeston and #5 Dexter.

Poplar Bluff received a bye in the first round.

#4 Sikeston will play #5 Dexter at Sikeston on Friday, May 3, 2019 at 4:30 p.m.

#2 Jackson will play #3 Cape Central at 5:30 p.m. on Friday, May 3rd.

The winner of the Sikeston/Dexter game will play Poplar Bluff on Saturday, May 4th at 10 a.m.

JV Championship will be Saturday, May 4th at 12:15 p.m.

LAST UPDATED ON APRIL 30TH 2019 BY DEE LOFLIN

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