**Aptos’ Nikki Hiltz runs to 8th at Indoor Nationals**

Freshman finishes mile in 4:38.47

*By Sentinel staff*

**College baseball**

**GAVILAN 3, AT CABRILLO 2**

Zane Golphman’s two RBIs weren’t enough run support for the Seahawks in their Coast Conference loss to the Pacific Division-leading Rams.

Matt Palazzo allowed four hits and two runs in seven innings while striking out seven batters and walking two in a no-decision. Reliever Devon Loomis took the loss.

Gavilan’s Bryant Cid had two hits and scored the winning run in the eighth inning when he stole home. Teammate Sean Allen also had two hits, an RBI and run.

JQ Folea was 2-for-4 with a run scored for the Seahawks (12-8, 5-3), who host De Anza on Tuesday at 2:30 p.m.

**College softball**

**CABRILLO AT SHASTA**

Taylor Tessier had 12 strikeouts and gave up an earned run as Cabrillo fell to Shasta, 1-0, in Game 1 of its doubleheader.

Tessier’s record is now 12-3 after the nonconference loss.

The Seahawks came back strong in Game 2 as Michelle Firebaugh improved to 6-3. They defeated Shasta, 2-1, in her complete game win.

Firebaugh finished with three strikeouts and no earned runs for Cabrillo (17-7, 4-2), which plays Sunday at Yuba City in another doubleheader with games scheduled at 11 a.m. and 1 p.m.