

# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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**FOUR TIME CHAMPION**--Cascia Hall's Natalie Gray crosses the finish line triumphantly for her fourth straight state 3A cross country title in Tulsa, October 30th at Oral Roberts University. Gray became the first Oklahoma runner to accomplish this feat and only the tenth in the nation to do the same. Story and full results on the state championships in this issue. Photo by John Reid, *The Delaware County Journal*

## OSSAA Cross Country State Championships

By John Hoke

Editor

TULSA--Cascia Hall's Natalie Gray turned in a red-hot performance on a blustery cold day at the OSSAA Cross Country State Championships held here at Oral Roberts University October 30th. Gray claimed her fourth state 3A cross country championship, the first ever by an Oklahoman and only the 10th high school athlete nationally to accomplish that feat. She avenged her only 3A loss of the season and clocked the fastest time of the day by defeating Plainview's Sarah Harvey, runnerup to Gray last year, by a margin of 12:05 to 12:22 for the two-mile circuit.

Gray, who is being recruited by two of the nation's top colleges, Georgetown and Villanova, and aspires to be a cardiovascular surgeon said she loved the cold weather and "didn't have any trouble getting motivated" to reclaim to top spot from sophomore Harvey.

Temperatures were in the mid-20's at the beginning of the first race with gusty winds and snow still on the ground from the previous night's brief snow storm. The frigid temperatures took their toll on many of the runners who suffered from asthma with over a half dozen top runners significantly impaired and at least two hospitalized.

Gray was joined by the two other defending champions in repeating their 1992 championships. Senior Brian Young of Jenks and sophomore Jessica Hoke of McGuinness both posted individual wins while leading their respective teams to repeat titles as well.

Young, second in the state as a sophomore, led his Trojan teammates to their sixth straight state title, the longest running streak since the 1950's when Tulsa Central last dominated the state cross country scene. Coach John McGinnis' team was a slight underdog to Norman after a lackluster regional performance but a raceweek lineup change and an inspired home-course performance gave the Trojans the strength they needed to pull off the victory.

It was Hoke's first win of the season after missing the first half due to a stress fracture and tearing a rib cartilage ten days before the regional. She sat out the regional and came into the state meet with only 100 miles on her legs for the season. She edged freshman teammate Ashley Boothe by only two seconds for the gold medal. Coach David Morton's Fighting Irish became only the third school to repeat as both boys and girls champions in winning the 4A divisions. Guthrie finished second to McGuinness in both races with the closest margin

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# On TRACK

By John Hoke, Editor

## State Championships

What a cross country season! It reached its zenith two weeks ago at the OSSAA State Championships in Tulsa where runners from over 150 different teams lined-up in freezing weather to decide who was the best and when it was all over there were eight champions and eight championship teams crowned "State Champions." Meet director, Roger Brown, did a great job of coordinating this huge event and all of the officials and volunteers are to be commended for performances above and beyond the call of duty.

## All-State

In the past, the top ten finishers in the state meet have been honored with All-State status regardless of class year. Now, there is a move under way by the Oklahoma Coaches Association (not the Track Coaches Association) to grant this award to seniors only as is done in most team sports. I know this doesn't make sense to those of us involved in individual sports--how do you tell the state champion that they aren't "All-State" just because they happen to not be a senior?--but it doesn't seem to be clear to the football, basketball, baseball, etc. coaches how really unfair this is. Their real concern seems to be the number of All-State jackets in circulation rather than the true achievement of being the top athlete, regardless of class, in the state.

Cross country and track coaches must make their feelings known to their fellow coaches and particularly their athletic directors if we want to stop this movement in its tracks.

## Track Season

This is the last issue until February 28, 1994, which will cover the indoor track season and preview the outdoor season. The Track Coaches Association Winter Clinic is set for the first weekend in February but the site is yet to be determined. Doc Kreis of the University of Colorado will be the featured speaker and the cross country coaches of the year will be announced at this meeting.

## Running's Loss

The running world was saddened by the news that Dr. George Sheehan died November first, four days short of his 75th birthday after an eight-year battle with cancer. Sheehan was our sport's preeminent philosopher who loved the discipline and creativity of preparation, the pain and challenge of competition and the joy of post-race parties.

He was an inspiration to me personally and his writings have been an often sought guide through some of my life's toughest times. It was only a couple of weeks ago when the McGuinness cross country team was eating at my house that their coach, David Morton, read to them from his latest book "Personal Best" about the need to be "above normal" which speaks to the ability in us all to exceed what is expected and become the best we can be.

I will miss Dr. Sheehan but his thoughts will live on through his words forever.

Oklahoma TRACK & FIELD NEWS is dedicated to covering the sport of track and cross country in the state of Oklahoma at all levels and encourages submission of all results of any Oklahoma events. Oklahoma TRACK & FIELD NEWS is published 12 times a year as follows: twice in September and October, once in November (cross country season); once in February (indoor track), twice in March, April and May (outdoor track). Oklahoma TRACK & FIELD NEWS is the official publication of the Oklahoma Track Coaches Association. Mailed by first class from Oklahoma City, OK.

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# State Championships

Continued from page 1

of the day, only one point, separating the boys and the largest margin, 48 points, separating the girls.

The Bartlesville girls added another trophy to their case in winning the 5A title, giving coach Mike Adair his 11th win this season without a loss, putting four runners in the top ten while easily outpointing runner-up Jenks, 39-86. Plainview took the 3A girls title again, as expected, with all five of coach Jerry Naylor's point scorers in the top ten.

The Marlow boys won their third consecutive title in 3A but it took an outstanding team performance from coach Jimmy Brackeen's Outlaws to stave off a serious challenge by upstart Little Axe who placed three runners in the top five, including first and second. The Outlaws put four of their runners in the top seven and outpointed coach Barry Klein's Indians 34-41.

In the 2A division the Beaver girls notched the victory for coach Ed Hercock by two points over Velma-Alma with both teams glad that Laverne couldn't find a fifth runner to go with their one-two individual punch. The Tahlequah Sequoyah boys came back from a second place east regional finish and gave coach Sam Horsechief a first place finish and the state championship trophy.

Other individual winners included Jenks' junior Carissa Nix, the top-ranked 5A girl, who pulled away from Shawnee's senior Natalie Mann over the last half mile to clock the second-fastest time of the day with a 12:07. Northeast's only entrant, junior Cornelius Mason, won the 4A boys title by ten seconds over Noble's senior Chad Weaver with Little Axe's Craig Blanchard taking the 3A title. Laverne's freshmen, Ashlee Barby and Kim Whitehead, finished 1-2 in the 2A girls division and Buffalo's sophomore Mark Levings climbed back to the top of the 2A boys with a 15 second win over Lindsay's sophomore Charles Cameron.

The top three teams and top 15 individuals in each class will get a chance to compete against each other in the Meet of Champions November 6th at Oklahoma State University.

**BACK ISSUES of Oklahoma Track & Field News (Sept, Oct, Nov) and the State Cross Country Program are available while supplies last.**

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**Send to:  
Oklahoma Track & Field News  
PO Box 54679  
Oklahoma City, OK 73154**

## 2A GIRLS

**TEAM SCORING:** 1. Beaver (Sara Kee, Amy Herchock, Frankie Cash, Jody Wrangham, Sandy Jenkins, Elizabeth Lynch, Megan Gregg, Coach Ed Herchock) 69; 2. Velma-Alma 71; 3. Tahlequah Sequoyah 93; 4. Lexington 111; 5. Oaks 136; 6. Konawa 146; 7. Chicholm 165; 8. Forgan, 219; 9. Keyes 223; 10. Tishomingo 225; 11. Turpin 249; 12. Wynnewood 288.

**INDIVIDUALS:** 1. Ashlee Barby, Laverne, 12:59; 2. Kim Whitehead, Laverne, 13:04; 3. Sara Kee, Beaver, 13:11; 4. Becki Johnson, Big Pasture, 13:12; 5. Jennifer Dodson, Lindsay, 13:17; 6. Amy Herchock, Beaver, 13:24; 7. Cindy West, Fairview, 13:24; 8. Misty Ahhaltty, Carnegie, 13:25; 9. Anita Ramtertz, Oaks, 13:28; 10. Kaysha Headrick, Turpin, 13:29; 11. Brandi Cruse, Velma-Alma, 13:33; 12. Amit Taylor, Lindsay, 13:43; 13. Tara Overstreet, Pioneer-Pleasant Vale, 13:44; 14. Frankie Cash, Beaver, 13:49; 15. Tosha Calswell, Lexington, 13:53; 16. Janet Nofire, Tahlequah Sequoyah, 13:58; 17. Amanda Davis, Carnegie, 14:05; 18. Andrea Heavener, Carnegie, 14:05; 19. Sunni Wilson, Tahlequah Sequoyah, 14:07; 20. Lindsay Niles, Konawa, 14:08; 21. Melanie Foster, Forgan, 14:10; 22. Kiley Deal, Laverne, 14:11; 23. Drystal Fuller, Velma-Alma, 14:14; 24. Kassy Hammon, Lexington, 14:15; 25. Shana Truitt, Velma-Alma, 14:16; 26. Nicl Saville, Velma-Alma, 14:21; 27. Andrea Overstreet, Pioneer-Pleasant Vale, 14:23; 28. Marissa Leddy, Leedy, 14:23; 29. Lezlie Zielny, Hennessey, 14:25; 30. Laura Millican, Konawa, 14:29.

## 3A GIRLS

**TEAM SCORING:** 1. Plainview (Sarah Harvey, Lacey Sanford, Emily McCulloh, Halee Lackey, Amy Norton, Leah Norton, Michelle Goode, Coach Jerry Naylor) 24; 2. Marlow 70; 3. Cascia Hall 112; 4. Grove 126; 5. Purcell 153; 6. Locust Grove 183; 7. Glenpool 197; 8. Jay 210; 9. Jones 215; 10. Santa Fe 232; 11. Holdenville 252; 12. Sulphur 280.

**INDIVIDUALS:** 1. Natalie Gray, Cascia Hall, 12:05; 2. Sarah Harvey, Plainview, 12:22; 3. Chrissy Guld, Marlow, 12:23; 4. Lacy Sanford, Plainview, 12:40; 5. Emily McCulloh, Plainview, 12:48; 6. Halee Lackey, Plainview, 12:50; 7. Amy Norton, Plainview, 12:52; 8. Kelleigh Sanders, Elgin, 12:53; 9. Melinda Krieg, Cascia Hall, 12:58; 10. Marissa Fields, Grove, 13:04; 11. Dena Dial, Marlow, 13:23; 12. Leah Norton, Plainview, 13:26; 13. Melanie Lemons, Marlow, 13:27; 14. Anndria Love, Dickson, 13:31; 15. Mitzi Moore, Sulphur, 13:33; 16. Jennifer Sconyers, Bristow, 13:35; 17. Juleigh Johnson, Purcell, 13:43; 18. Staacie Burton, Tuttle, 13:43; 19. Jancy Gharkhania, Purcell, 13:44; 20. Rikki Hazen, Marlow, 13:49; 21. Keri Brixey, Grove, 13:50; 22. Darce Dodge, Glenpool, 13:54; 23. Darlene Dodd, Westville, 13:55; 24. Cathleen Baumelster, Jones, 13:56; 25. Lesia Allen, Jay, 13:57; 26. Lucresha Deloants, Little Axe, 14:02; 27. Susan Meeks, Cascia Hall, 14:05; 28. Stephanie Burton, Tuttle, 14:13; 29. Michelle Goode, Plainview, 14:14; 30. Julie Freitas, Glenpool, 14:18.

## 4A GIRLS

**TEAM SCORING:** 1. McGuinness (Jessica Hoke, Ashley Boothe, Lori Greenlee, Kim Keaton, Jolie Airington, Renee Conway, Laura Imel, Coach David Morton) 31; 2. Guthrie 79; 3. Edmond North 111; 4. Durant 125; 5. Elk City 143; 6. Carl Albert 149; 7. John Marshall 162; 8. Duncan 177; 9. Guymon 210; 10. Webster 220; 11. Kelley 244.

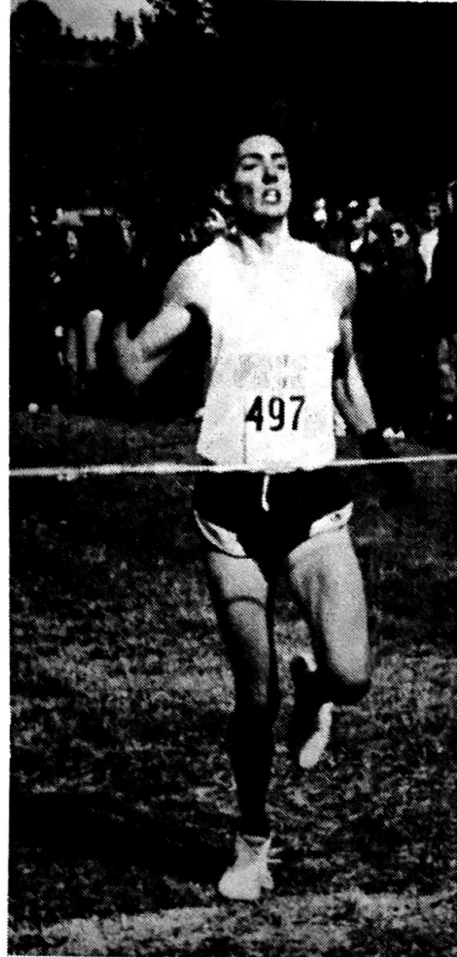
**INDIVIDUALS:** 1. Jessica Hoke, McGuinness, 12:31; 2. Ashley Boothe, McGuinness, 12:33; 3. Annie Forsberg, Claremore, 12:34; 4. Nicole Monroe, Guthrie, 12:59; 5. Jameka Roberts, John Marshall, 13:04; 6. Lori Greenlee, McGuinness, 13:08; 7. Brandi Woodard, Guthrie, 13:09; 8. Valerie Smith, Elk City, 13:10; 9. Summmer Lamons, Edmond North, 13:15; 10. Courtney Moody, Durant, 13:20; 11. Kelli Cowan, Guthrie, 13:25; 12. Kim Keaton, McGuinness, 13:26; 13. Shanna Hainline, Noble, 13:27; 14. Jolie Airington, McGuinness, 13:27; 15. Natalie Krieger, Durant, 13:29; 16. Hillary Stiglets, Edmond North, 13:29; 17. Tina Plagman, Carl Albert, 13:48; 18. Renee Conway, McGuinness, 13:48; 19. Katie Scheirer, Carl Albert, 13:50; 20. Laura Imel, McGuinness, 13:53; 21. Marietta Benefee, John Marshall, 13:56; 22. Joni Adkerson, Elk City, 13:56; 23. Taml Romans, Elk City, 13:59; 24. Rahael Marak, Hale, 14:03; 25. Erin Jones, Edmond North, 14:07; 26. Amanda White, Webster, 14:07; 27. Heather Deneweth, Duncan,



**LAVERNE FRESHMAN** Ashlee Barby crosses the line ahead of freshman teammate Kim Whitehead to win the 2A girls' race at the state meet. Photo by John Hoke



**MCGUINNESS' JESSICA HOKE** sprints for the finish and her second straight 4A girl's title just ahead of teammate Ashley Boothe (left) and Claremore's Annie Forsberg who finished 2nd and 3rd. Photo by Dean Imel



**DEFENDING 5A BOYS Champion, senior Brian Young of Jenks, picks up his second state championship. Photo by John Hoke**

14:16; 28. Stephanie Smith, Guthrie, 14:16; 29. Andi Lute, Edmond North, 14:17; 30. Beverly Casteel, Duncan, 14:17.

### 5A GIRLS

**TEAM SCORING:** 1. Bartlesville (Jennifer Christie, Stephanie Webb, Kim Lakey, Dana Baughman, Jocelyn Cannon, Annie Thompson, Emily Corbett, Coach Mike Adair) 39; 2. Jenks 86; 3. Moore 114; 4. Westmoore 136; 5. Stillwater 152; 6. Sapulpa 164; 7. Shawnee 184; 8. Union 198; 9. Tahlequah 203; 10. Norman 211; 11. Edmond Memorial 228; 12. Eisenhower 306.

**INDIVIDUALS:** 1. Carlissa Nix, Jenks, 12:07; 2. Natalie Mann, Shawnee, 12:38; 3. Misty Moore, Tahlequah, 12:29; 4. Jennifer Christie, Bartlesville, 12:33; 5. Stephanie Webb, Bartlesville, 12:39; 6. Andrea Haley, Stillwater, 12:53; 7. Kim Lakey, Bartlesville, 12:56; 8. Tara Schifferlein, Edmond Memorial, 12:58; 9. Jamie Chambers, Tulsa Washington, 13:04; 10. Dana Baughman, Bartlesville, 13:06; 11. Lindsay Nickens, Jenks, 13:08; 12. Debbie Dearman, Sapulpa, 13:11; 13. Jaime McClain, Union, 13:12; 14. Naomi Ramos, Moore, 13:12; 15. Jocelyn Cannon, Bartlesville, 13:13; 16. Lori Hogan, Moore, 13:23; 17. Rachael Smiley, Jenks, 13:24; 18. Pamela Moudry, Jenks, 13:26; 19. Brandy Kappel, Norman, 13:26; 20. Lena Echelle, Stillwater, 13:30; 21. Cindy Ryan, Westmoore, 13:36; 22. Tammy Adamson, Westmoore, 13:36; 23. Kim Day, Moore, 13:37; 24. Annie Thompson, Bartlesville, 13:39; 25. Kim Settle, Moore, 13:39; 26. Misty White, Tahlequah, 13:42; 27. Primrose Lester, Muskogee, 13:43; 28. Andrea Delozier, Norman, 13:44; 29. Emily Corbett, Bartlesville, 13:45; 30. Katie Kinney, Yukon, 13:45.

### 2A BOYS

**TEAM SCORING:** 1. Tahlequah Sequoyah (Dan Hummingbird, Scott Lowe, Dusty Bunner, Willie Wacoche, Levi Wacoche, Charles Billie, Wes Procter, Coach Sam Horsechief) 50; 2. Lindsay 69; 3.

Tishomingo 97; 4. Glencoe 104; 5. Keyes 126; 6. Alva 156; 7. Riverside 162; 8. Hydro 172; 9. Chisholm 208; 10. Geary 251.

**INDIVIDUALS:** 1. Mark Levings, Buffalo, 16:45; 2. Charles Cameron, Lindsay, 17:00; 3. Ray Coomer, Glencoe, 17:18; 4. Dan Hummingbird, Tahlequah Sequoyah, 17:20; 5. Vincent McClain, Tishomingo, 17:23; 6. Zac Cazzelle, Glencoe, 17:24; 7. Ted Sutton, Beaver, 17:30; 8. Michale Longhat, Carnegie, 17:36; 9. Casey Langdon, Elmore City-Pernell, 17:41; 10. Zac Johnson, Velma-Alma, 17:41; 11. Cody Daukel, Watonga, 17:42; 12. Michael Simmons, Cement, 17:55; 13. Cade Baird, Hydro, 17:56; 14. Daniel McKinney, Davenport, 17:57; 15. Matt Holcomb, Lindsay, 17:58; 16. Jared Black, Hydro, 18:01; 17. Scott Lowe, Tahlequah Sequoyah, 18:03; 18. Corey Keesling, Buffalo, 18:04; 19. Ricky Hicks, Keyes, 18:13; 20. Dusty Bunner, Tahlequah Sequoyah, 18:15; 21. Kemp Woods, Tishomingo, 18:19; 22. Shawn Hicks, Prague, 18:22; 23. Willie Wacoche, Tahlequah Sequoyah, 18:29; 24. Levi Wacoche, Tahlequah Sequoyah, 18:30; 25. Chris Hoyle, Lindsay, 18:30; 26. Scott Hutchings, Tishomingo, 18:36; 27. Steven Branch, Lindsay, 18:42; 28. Bryan Anderson, Alva, 18:43; 29. Jerome Lucero, Riverside, 18:58; 30. Heath Isenbart, Alva, 18:59.

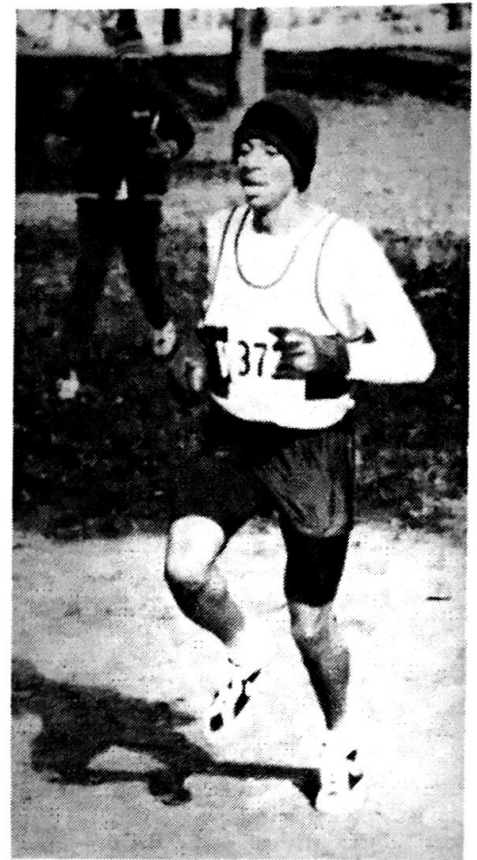
### 3A BOYS

**TEAM SCORING:** 1. Marlow (Junior Minson, Clint Loyd, Jared Lovett, Zach Minson, Michael Johnson, Jody Woods, Rodney Pipkin, Coach Jimmy Brackeen) 34; 2. Little Axe 41; 3. Plainview 110; 4. Dickson 131; 5. Grove 133; 6. Santa Fe 134; 7. Glenpool 162; 8. Byng 205; 9. Millwood 236.

**INDIVIDUALS:** 1. Crtag Blanchard, Little Axe, 16:59; 2. Jeremy Johnson, Little Axe, 17:01; 3. Junior Minson, Marlow, 17:08; 4. Clint Loyd, Marlow, 17:13; 5. Shawn Myers, Little Axe, 17:16; 6. Jared Lovett, Marlow, 17:21; 7. Zach Minson, Marlow, 17:24; 8. Jason Jones, Santa Fe, 17:25; 9. Marc Lampkin, Dickson, 17:27; 10. Blacke Jackson, Dickson, 17:32; 11. Bailey Stanphill, Grove, 17:33; 12. Jason Dodd, Glenpool, 17:34; 13. Jason Humphrey, Plainview, 17:34; 14. Michael Johnson, Marlow, 17:37; 15. Daviel York, Plain-



**LITTLE AXE'S CRIAG BLANCHARD breaks the tape to win the 3A boys race at the state meet in Tulsa Oct. 30. Photo by John Hoke**



**NORTHEAST'S LONE ENTRANT, Cornelius Mason, won the 4A boys title by ten seconds over runnerup, Chad Weaver, of Noble. Photo by John Hoke**

view, 17:49; 16. Vincent Burcham, Little Axe, 17:48; 17. Brandon Lewis, Little Axe, 17:54; 18. Jeremy Riddle, Byng, 17:54; 19. Chris Waling, Santa Fe, 18:10; 20. Scott Kissler, Oologah, 18:14; 21. Jody Woods, Marlow, 18:19; 22. Danny Romo, Plainview, 18:20; 23. Rodney Pipkin, Marlow, 18:23; 24. Timothy Colbert, Dickson, 18:28; 25. James Patton, Glenpool, 18:38; 26. J.T. Tilley, Little Axe, 18:40; 27. Lance Griffith, Little Axe, 18:42; 28. Bjourn Deichman, Oologah, 18:44; 29. Barry Jennings, Grove, 18:46; 30. James Brannon, Millwood, 18:51.

### 4A BOYS

**TEAM SCORING:** 1. McGuinness (Mike Connolly, Matt Stuart, Clay Axton, Eric Calder, Chris Strecker, Brian Corff, Paul Pierce, Coach David Morton) 39; 2. Guthrie 40; 3. Noble 87; 4. Duncan 109; 5. Kelley 148; 6. Edmond North 209; 7. Claremore 215; 8. Durant 243; 9. Weatherford 245; 10. John Marshall 245; 11. Elk City 265; 12. Webster 295.

**INDIVIDUALS:** 1. Cornelius Mason, Northeast, 16:34; 2. Chad Weaver, Noble, 16:44; 3. Justin Bumgardner, Guthrie, 16:50; 4. Mike Connolly, McGuinness, 17:03; 5. William Nelson, Guthrie, 17:08; 6. Jeremy Cleek, Guthrie, 17:10; 7. Peter Schultz, Kelley, 17:12; 8. Matt Stuart, McGuinness, 17:17; 9. Clay Axton, McGuinness, 17:26; 10. Toby Filener, Duncan, 17:36; 11. Eric Calder, McGuinness, 17:40; 12. Chris Strecker, McGuinness, 17:43; 13. Mike Johnson, Noble, 17:44; 14. Ryan Phillips, Duncan, 17:54; 15. Paul Lowery, Carl Albert, 17:55; 16. Phillip Boyles, Guthrie, 17:55; 17. Chad Williams, Guymon, 17:56; 18. Mike Damron, Guthrie, 17:58; 19. John Carpenter, Guthrie, 18:02; 20. Lawrence Shortbull, Claremore, 18:02; 21. Chris Ford, Claremore, 18:03; 22. Blake Collins, Edmond North, 18:03; 23. Joe Rule, Elk City, 18:05; 24. Gary Epperson, Noble, 18:13; 25. Brian Corff, McGuinness, 18:16; 26. Matt Huckabay, Duncan, 18:19; 27. Jon Ashley, Edmond North, 18:21; 28. Mike Bunch, Noble, 18:22; 29. Alderic Rochelle, Duncan, 18:24; 30. Kevin Calhoun, John Marshall, 18:26.

Continued on page 7

# 1993 GIRLS ALL STATE CROSS COUNTRY

## 2A

- Ashlee Barby  
*Laverne*
- Kim Whitehead  
*Laverne*
- Sara Kee  
*Beaver*
- Becki Johson  
*Big Pasture*
- Jennifer Dodson  
*Lindsay*
- Amy Herchock  
*Beaver*
- Cindy West  
*Fairview*
- Misty Ahhaity  
*Carnegie*
- Anita Rameriz  
*Oaks*
- Kaysha Headrick  
*Turpin*

HONORABLE MENTION: 11. Brandi Cruse, Velma-Alma; 12. Ami Taylor, Lindsay; 13. Tara Overstreet, Pioneer-Pleasant Vale; 14. Frankie Cash, Beaver; 15. Tosha Calswell, Lexington.

## 3A

- Natalie Gray  
*Cascia Hall*
- Sarah Harvey  
*Plainview*
- Chrissy Guild  
*Marlow*
- Lacey Sanford  
*Plainview*
- Emily McCulloh  
*Plainview*
- Halee Lackey  
*Plainview*
- Amy Norton  
*Plainview*
- Kelleigh Sanders  
*Elgin*
- Melinda Krieg  
*Cascia Hall*
- Marisa Fields  
*Grove*

HONORABLE MENTION: 11. Dena Dial, Marlow; 12. Leah Norton, Plainview; 13. Melanie Lemons, Marlow; 14. Anndria Love, Dickson; 15. Mitzi Moore, Sulphur.

## 4A

- Jessica Hoke  
*McGuinness*
- Ashley Boothe  
*McGuinness*
- Annie Forsberg  
*Claremore*
- Nicole Monroe  
*Guthrie*
- Jameka Roberts  
*John Marshall*
- Lori Greenlee  
*McGuinness*
- Brandi Woodard  
*Guthrie*
- Valerie Smith  
*Elk City*
- Summer Lamons  
*Edmond North*
- Courtney Moody  
*Durant*

HONORABLE MENTION: 11. Kelli Cowan, Guthrie; 12. Kim Keaton, McGuinness; 13. Shanna Hainline, Noble; 14. Jolie Airington, McGuinness; 15. Natalie Krieger, Durant.

## 5A

- Carissa Nix  
*Jenks*
- Natalie Mann  
*Shawnee*
- Misty Moore  
*Tahlequah*
- Jennifer Christie  
*Bartlesville*
- Stephanie Webb  
*Bartlesville*
- Andrea Haley  
*Stillwater*
- Kim Lakey  
*Bartlesville*
- Tara Schiffelbein  
*Edmond Memorial*
- Jamie Chambers  
*Tulsa Washington*
- Dana Baughman  
*Bartlesville*

HONORABLE MENTION: 11. Lindsay Nickens, Jenks; 12. Debbie Dearman, Sapulpa; 13. Jaime McClain, Union; 14. Naomi Ramos, Moore; 15. Jocelyn Cannon, Bartlesville.

# 1993 BOYS ALL STATE CROSS COUNTRY

## 2A

- Mark Levings  
*Buffalo*
- Charles Cameron  
*Lindsay*
- Ray Coomer  
*Glencoe*
- Dan Hummingbird  
*Sequoyah Tahlequah*
- Vincent McClain  
*Tishomingo*
- Zac Cazzelle  
*Glencoe*
- Ted Sutton  
*Beaver*
- Michael Longhat  
*Carnegie*
- Casey Langdon  
*Elmore City-Pernell*
- Zac Johnson  
*Velma-Alma*

HONORABLE MENTION: 11. Cody Daukei, Watonga; 12. Michael Simmons, Cement; 13. Cade Baird, Hydro; 14. Daniel McKinney, Davenport; 15. Matt Holcomb, Lindsay.

## 3A

- Craig Blanchard  
*Little Axe*
- Jeremy Johnson  
*Little Axe*
- Junior Minson  
*Marlow*
- Clint Loyd  
*Marlow*
- Shawn Myers  
*Little Axe*
- Jared Lovett  
*Marlow*
- Zach Minson  
*Marlow*
- Jason Jones  
*Santa Fe*
- Marc Lampkin  
*Dickson*
- Blake Jackson  
*Dickson*

HONORABLE MENTION: 11. Bailey Stanphill, Grove; 12. Jason Dodd, Glenpool; 13. Jasn Humphrey, Plainview; 14. Michael Johnson, Marlow; 15. Daniel York, Plainview.

## 4A

- Cornelius Mason  
*Northeast*
- Chad Weaver  
*Noble*
- Justin Bumgardner  
*Guthrie*
- Mike Connolly  
*McGuinness*
- William Nelson  
*Guthrie*
- Jeremy Cleek  
*Guthrie*
- Peter Schultz  
*Kelley*
- Matt Stuart  
*McGuinness*
- Clay Axton  
*McGuinness*
- Toby Filener  
*Duncan*

HONORABLE MENTION: 11. Eric Calder, McGuinness; 12. Chris Strecker, McGuinness; 13. Mike Johnson, Noble; 14. Ryan Phillips, Duncan; 15. Paul Lowery, Carl Albert.

## 5A

- Brian Young  
*Jenks*
- Chance Rush  
*Enid*
- Brian Crow  
*Broken Arrow*
- Joey Donnelly  
*Norman*
- Jonathon Pillow  
*Tulsa Memorial*
- Larry Digby  
*Putnam City North*
- Jeff Reid  
*Jenks*
- Jeff Baer  
*Norman*
- Eric Hatcher  
*Eisenhower*
- Brian Powell  
*Eisenhower*

HONORABLE MENTION: 11. Gary Porter, Eisenhower; 12. Tom Bennett, Jenks; 13. John Cottrill, Union; 14. Ryan Suchala, Edmond Memorial; 15. Jason Wolfe, Enid.



# STATE TEAM PLACERS



*JENKS' CARISSA NIX cruises along alone in first with less than a mile to go in the 5A state meet in Tulsa. Nix was one of only two top-seeded runners to win state titles. Photo by John Hoke*



## THE RUNNERS CLINIC

*For the prevention and treatment of running-related medical problems or injuries.*

**Tom Coniglione, M.D.**

Runners Clinic  
608 NW 9th Street  
Oklahoma City, OK 73102  
(405)272-6369

### 2A BOYS

1. Tahlequah Sequoyah
2. Lindsay
3. Tishomingo
4. Glencoe
5. Keyes
6. Alva
7. Riverside
8. Hydro
9. Chisholm
10. Geary

### 2A GIRLS

1. Beaver
2. Velma-Alma
3. Tahlequah Sequoyah
4. Lexington
5. Oaks
6. Konawa
7. Chisholm
8. Forgan
9. Keyes
10. Tishomingo

### 3A BOYS

1. Marlow
2. Little Axe
3. Plainview
4. Dickson
5. Grove
6. Santa Fe
7. Glenpool
8. Byng
9. Millwood

### 3A GIRLS

1. Plainview
2. Marlow
3. Cascia Hall
4. Grove
5. Purcell
6. Locust Grove
7. Glenpool
8. Jay
9. Jones
10. Santa Fe

### 4A BOYS

1. McGuinness
2. Guthrie
3. Noble
4. Duncan
5. Kelley
6. Edmond North
7. Claremore
8. Durant
9. Weatherford
10. John Marshall

### 4A GIRLS

1. McGuinness
2. Guthrie
3. Edmond North
4. Durant
5. Elk City
6. Carl Albert
7. John Marshall
8. Duncan
9. Guymon
10. Webster

### 5A BOYS

1. Jenks
2. Norman
3. Sapulpa
4. Eisenhower
5. Edmond Memorial
6. Union
7. Enid
8. Midwest City
9. Altus
10. Stillwater

### 5A GIRLS

1. Bartlesville
2. Jenks
3. Moore
4. Westmoore
5. Stillwater
6. Sapulpa
7. Shawnee
8. Union
9. Tahlequah
10. Norman

**Meet of Champions  
Oklahoma State University  
11/6/93**

STILLWATER--It was another cold, windy day but the sun was out and the inaugural Meet of Champions was a great race that brought together the top teams and individuals in one single boys and girls division with the Marlow boys and Bartlesville girls walking away with top team honors.

Jenks' Carissa Nix took top honors in the girls' race over Shawnee's Natalie Mann while Enid's Chance Rush won the boys' race over Norman's Joey Donnelly.

**GIRLS**

**TEAM SCORING:** 1. Bartlesville 51; 2. Plainview 52; 3. McGuinness 91; 4. Moore 116; 5. Jenks 119; 6. Marlow 126; 7. Guthrie 127; 8. Tahlequah Sequoyah 216.

**INDIVIDUALS:** 1. Cariss Nix, Jenks, 11:55; 2. Natalie Mann, Shawnee, 12:05; 3. Jennifer Christie, Bartlesville, 12:06; 4. Chrissy Guild, Marlow, 12:07; 5. Jessica Hoke, McGuinness, 12:09; 6. Sarah Harvey, Plainview, 12:12; 7. Emily McCulloh, Plainview, 12:14; 8. Ashley Boothe, McGuinness, 12:14; 9. Stephanie Webb, Bartlesville, 12:18; 10. Nicole Monroe, Guthrie, 12:23; 11. Valerie Smith, Elk City, 12:23; 12. Brandi Woodard, Guthrie, 12:26; 13. Kim Lahey, Bartlesville, 12:29; 15. Andrea Haley, Stillwater, 12:32; 16. Misty Moore, Tahlequah, 12:34; 17. Ashlee Barby, Laverne, 12:34; 18. Jamie Chambers, Tulsa Washington, 12:35; 19. Dana Baughman, Bartlesville, 12:48; 20. Halee Lackey, Plainview, 12:37; 21. Amy Norton, Plainview, 12:37; 22. Lori Greenlee, McGuinness, 12:37; 23. Jaime McClain, Union, 12:38; 24. Jocelyn Cannon, Bartlesville, 12:48; 25. Kim Day, Moore, 12:48; 26. Leah Norton, Plainview, 12:51; 27. Kelli Cowan, Guthrie, 12:52; 28. Debbie Dearman, Sapulpa, 12:54; 29. Naomi Ramos, Moore, 12:57; 30. Melinda Krtegh, Cascia Hall, 13:00.

**BOYS**

**TEAM SCORING:** 1. Marlow 75; 2. Jenks 78; 3. McGuinness 85; 4. Guthrie 87; 5. Sapulpa 107; 6. Norman 116; 7. Little Axe 175; 8. Tahlequah Sequoyah 179; 9. Plainview 205.

**INDIVIDUALS:** 1. Chance Rush, Enid, 16:13; 2. Joey Donnelly, Norman, 12:29; 3. Jonathan Pillow, Tulsa Memorial, 16:38; 4. Justin Bumgardner, Guthrie, 16:47; 5. Jeff Reid, Jenks, 16:50; 6. Craig Blanchard, Little Axe, 16:53; 7. Mark Levings, Buffalo, 16:54; 8. Jeff Baer, Norman, 16:55; 9. Eric Hatcher, Eisenhower, 16:56; 10. Tom Bennett, Jenks, 16:57; 11. William Nelson, Guthrie, 17:07; 12. Matt Stuart, McGuinness, 17:14; 13. Junior Minson, Marlow, 17:14; 14. Jason Wolfe, Enid, 17:15; 15. Clay Axton, McGuinness, 17:15; 16. Clay Porter, Eisenhower, 17:22; 17. Mike Connolly, McGuinness, 17:24; 18. Mark Hildebrand, Jenks, 17:27; 19. Ray Coomer, Glencoe, 17:29; 20. Jeremy Cleek, Guthrie, 17:29; 21. Zach Minson, Marlow, 17:34; 22. Mike Crook, Sapulpa, 17:40; 23. Jared Lovett, Marlow, 17:40; 24. John Cottrill, Union, 17:41; 25. Michael Johnson, Marlow, 17:42; 26. Jason Dodd, Glenpool, 17:42; 27. Toby Filener, Duncan, 17:44; 28. Dan Hummingbird, Tahlequah Sequoyah, 17:48; 29. Clint Loyd, Marlow, 17:48; 30. Eric Calder, McGuinness, 17:49.



ENID'S CHANCE RUSH holds a commanding lead in the Meet of Champions Nov. 6 at Oklahoma State University. Rush won the boys race with a time of 16:13. Photo by John Hoke

**Oklahoma Girls Track Coaches Association  
Cross Country Senior All-Stars Award**

**5A**

- Katie Kinney, Yukon  
(Donna Geiger)*
- Brandy Kappel, Norman  
(Pat Lenington)*
- April Dearman, Sapulpa  
(J.B. Lierly)*
- Lisa Martin, Stillwater  
(Uwe Gordon)*
- Suzy Stover, Stillwater  
(Uwe Gordon)*
- Anna Magie, Tahlequah  
(Elzy Miller)*
- Melinda Earl, Tahlequah  
(Elzy Miller)*

**4A**

- Jackie Barnes, Kelley  
(John Heckenkemper)*
- Jennifer Payne, Duncan  
(Mike Gray)*
- Gina Mackey, Duncan  
(Mike Gray)*
- Tricia Gill, MacArthur  
(Jim Hamilton)*
- Katie Scheirer, Carl Albert  
(Mike Pierce)*
- Bena Lander, Webster  
(John Kastner)*
- Lori Baker, Poteau  
(Earl Jobe)*

**3A**

- Natalie Gray, Cascia Hall  
(Jim Frazier)*
- Michelle Goode, Plainview  
(Jerry Naylor)*
- Leah Norton, Plainview  
(Jerry Naylor)*
- Leslie Matthews, Purcell  
(Randy Belicek)*
- Juleigh Johnson, Purcell  
(Randy Belicek)*
- Cindy Shobert, Purcell  
(Randy Belicek)*
- Jennifer Sconyers, Bristow  
(Jaime Conine)*

**2A**

- Skie Helterberke, Chisholm  
(John Pickens)*
- Lezlie Zielny, Hennessey  
(Becky Elmer)*
- Missy McClure, Konawa  
(Don Gallagher)*
- Amber Schachle, Oaks  
(David Schachle)*
- Julie Roach, Watonga  
(Jim Coleman)*
- Spring Bradford, Watonga  
(Jim Coleman)*
- Jodi Wrangham, Beaver  
(Ed Herchock)*

**5A BOYS**

**TEAM SCORING:** 1. Jenks (Brian Young, Jeff Reid, Tom Bennett, Mark Hildebrand, Parker McAbery, Brent Haynes, Matt Stiger, Coach John McGinnis) 62; 2. Norman 78; 3. Sapulpa 93; 4. Eisenhower 110; 5. Edmond Memorial 121; 6. Union 130; 7. Enid 163; 8. Midwest City 175; 9. Altus 218; 10. Stillwater 277; 11. Putnam City 317; 12. Bartlesville 317.

**INDIVIDUALS:** 1. Brian Young, Jenks, 15:53; 2. Chance Rush, Enid 16:00; 3. Brian Crow, Broken Arrow, 16:18; 4. Joey Donnelly, Norman, 16:25; 5. Jonathon Pillow, Tulsa Memorial, 16:25; 6. Larry Digby, Putnam City North, 16:48; 7. Jeff Reid, Jenks, 16:49; 8. Jeff Baer, Norman, 16:50; 9. Eric Hatcher, Eisenhower, 16:52; 10. Brian Powell, Eisenhower 16:53; 11. Bary Porter, Eisenhower, 16:57; 12. Tom Bennett, Jenks, 16:57; 13. John Cottrill, Union, 16:58; 14. Ryan Suchala, Edmond Memorial 17:02; 15. Jason Wolfe, Enid, 17:08; 16. Joey Dickerson, Sapulpa, 17:11; 17. Mark Hildebrand, Jenks, 17:12; 18. Billy Miller, Putnam City, 17:12; 19. Don Holman, Sapulpa, 17:13; 20. Brandon Shultz, Altus, 17:20; 21. Matt Bonner, Norman, 17:22; 22. Mike Crook, Sapulpa, 17:23; 23. Jeremy Thayer, Norman, 17:23; 24. Jason Clark, Edmond Memorial, 17:26; 25. Curt Cillo, Sapulpa, 17:26; 26. Jon Seay, Sapulpa, 17:29; 27. Ricky Schneider, Tahlequah, 17:30; 28. Jeremy Buhl, Edmond Memorial, 17:31; 29. Jammal Starks, Union, 17:31; 30. Shawn Hendrick, Union, 17:31.