

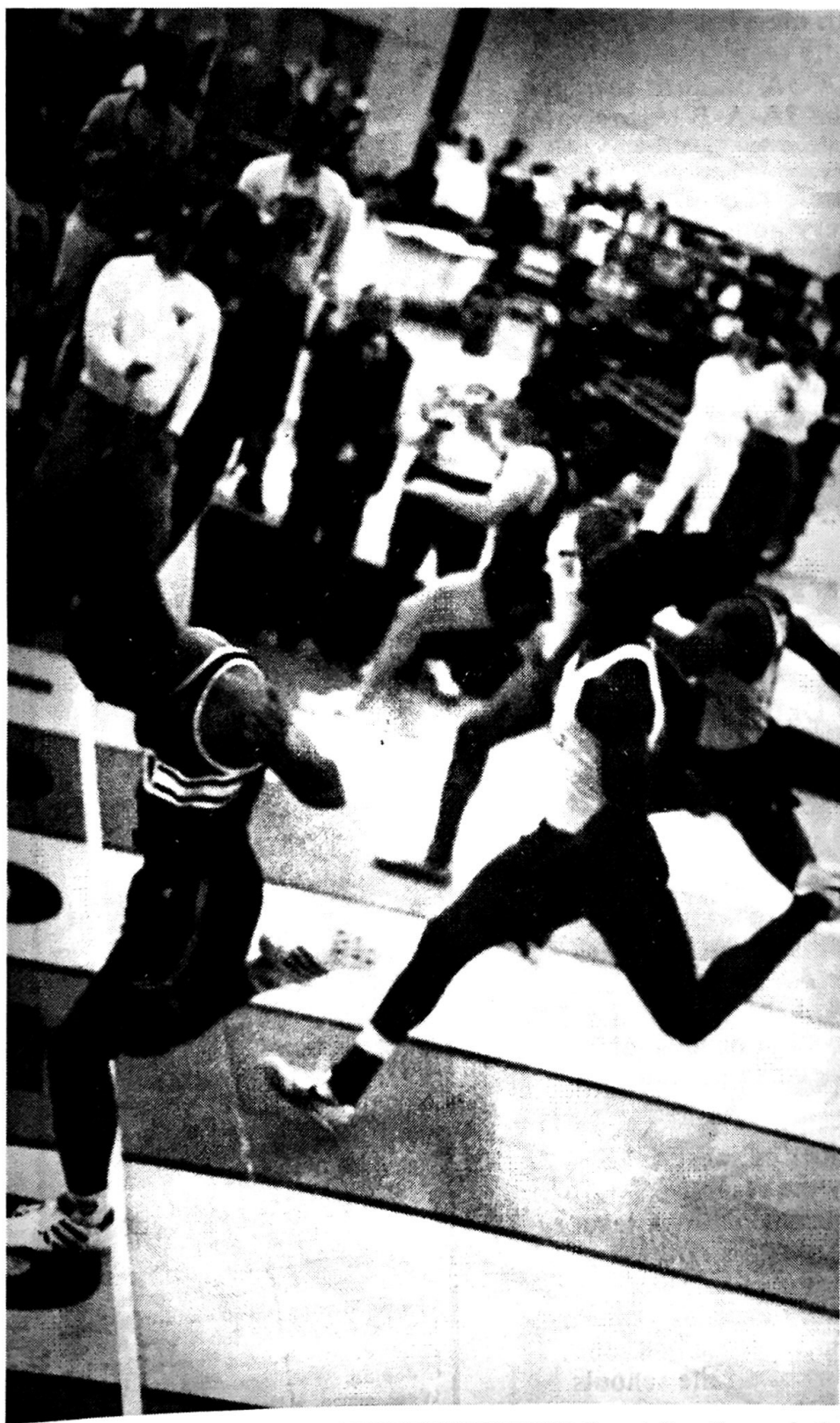
# Oklahoma TRACK & FIELD NEWS

## Devoted to Track & Field and Cross Country

Vol. 2, No. 6

\$4.00

February 28, 1994



OKLAHOMA TRACK COACHES ASSOCIATION INDOOR GAMES--Owasso's Shawn Creason wins the 55 meter dash in 6.34 followed by Del City's Benny Butler at the Myriad in Oklahoma City February 11. Full results inside on page 5. Photo by John Hoke.

## 1994 High School Track Preview 5A--4A--3A

By John Hoke, Editor

It is going to be a long and unpredictable two months until the regional and state championship meets in May but that is then and this is now and everybody seems to want some guesses. So, based on TEAM REPORTS (the few that have been returned), indoor meets and known returning champions and placewinners I'm going out on a limb and getting the season started off with some "off the wall" rankings for classes 5A, 4A and 3A. It was impossible to know what members of the second through sixth relay teams were returning so I had to group for feeling about their strengths. The next issue will venture into even darker waters and try to predict 2A, A and B.

### 5A Boys

B. T. Washington claims the top spot on the strength of their double event winner--and one of the best in the nation--Demetrius Birch who took the 100 and 200 dashes last year. Washington also returns all of their state championship 4x100 relay team and 400 dash champion Chris Pike. Norman definitely has the ability to challenge with two returning champions, 800 meter man Jeremy Thayer and high jumper Pat McCabe. Placewinning hurdler Terry Blackshire will also be back for the Tigers as well as 3200 meter placewinner Joey Donnelly.

Enid and Jenks both return one champion with seniors Chance Rush--3200--and Brian Young--1600. Shot putter Aaron Tracey from Choctaw and long jumper Jermaine Birdow from Lawton are the only other returning champions. Putnam City, Eisenhower, Putnam North and Edmond Memorial follow in that order each with a few placewinners back.

### 5A Girls

The Norman girls were impressive in their indoor victory at the Myriad February 11th and that is what gives them the nod over cross-state rival Jenks though they lack any returning champions while Jenks returns 3200 meter champ Carissa Nix. There is not much else to go on for the rest of the team rankings but Union has the only returning double winner in Lucretia Mays who took the 100 dash and long jump. The only other returning champion is Eisenhower discus thrower, Vicky Moore.

Most of these teams, boys and girls, will be clashing at Jenks or Ardmore next weekend so

Continued on page 3

# On TRACK

By John Hoke, Editor

The indoor track season is over and the outdoor season opens up this week with meets in Ardmore and Jenks. This issue covers the results of the indoor season and previews the 5A-4A-3A outdoor season coming up. We will preview the 2A-A-B teams in the next issue, March 17th.

TEAM REPORTS were mailed out in January and so far I haven't gotten a very good response, especially from the big schools. I can't emphasize enough how important these are to putting out an accurate and timely publication. Besides correct spellings and accurate schedules these forms give me the class year of our athletes which is very important to college coaches looking for recruits. I get several calls a week wanting this information and if I don't have a TEAM REPORT I probably can't answer their questions. So, coaches, please get your TEAM REPORT back to me ASAP!

Along these same lines, I'm going to be sending reports to the national TRACK & FIELD NEWS and they want as much information as possible, including whether times are hand held or fully automatic and wind information. The state of Oklahoma always has some athletes that will be producing marks that qualify them for national recognition and it is important that this information be available.

I attended the Track Coaches Indoor games at the Myriad and was very impressed by the way the meet was run. Unfortunately I didn't do so well myself, managing to ruin most of my shots of the meet and get only marginal quality on the ones that came out. Wish me better luck for the rest of the season. I do hope that next year we are allowed to have an official indoor state meet and an expanded competition schedule.

I'm encouraged by the number of subscriptions coming in but a bit dismayed by the response from the 375 schools that sponsor at least one track team. With OTAFN being the only place some of these athletes might see their name in print I would hope that the coaches or the school libraries would have a subscription. I truly enjoy putting this publication out but I definite need the support of all the schools with track teams in the state in order to continue publishing.

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 season), twice in March, April and May (outdoor track season); no issues June, July, August, December or January. Oklahoma TRACK & FIELD NEWS is the official publication of the Oklahoma Track Coaches Association. Mailed by first class from Oklahoma City, OK.

Editor/Publisher John Hoke  
Design/Art Johanna Schneider

OFFICES: 5500 N. Lincoln Boulevard, Oklahoma City, OK 73105; MAILING ADDRESS: P.O. Box 54679, Oklahoma City, OK 73154-1679. PHONE: office 405-524-8551; FAX 405-524-8193. All contributions of results and photographs are welcome but we do not guarantee return of unsolicited materials.

SUBSCRIPTIONS: one year \$28.00 (12 issues); two years \$53.00 (24 issues) by first class mail.

BACK ISSUES: \$4.00 postage paid, if available.

ADVERTISING: rates on request, contact the publisher above.

COPYRIGHT 1994 by Oklahoma TRACK & FIELD NEWS. All rights reserved. Reproduction in whole or part without permission is prohibited.

CHANGE OF ADDRESS: to ensure uninterrupted deliver send both old and new addresses and Zip codes at least four weeks before moving.

## OKLAHOMA TRACK COACHES ASSOCIATION OFFICERS

President: Ford Mastin, Prague; Vice President: Jim Coleman, Watonga; Secretary-Treasurer: Pat Lenington, Norman.

## OKLAHOMA GIRLS TRACK COACHES ASSOCIATION OFFICERS

President: Randy Belicek, Purcell; Vice President: Elzy Miller, Tahlequah; Secretary-Treasurer: Elvin Sweeten, Plainview.

## OTCA ADVISORY BOARD (boys, girls)

5A: Richard Lousch, Tulsa Memorial; David Snow, Edmond Memorial. 4A: Charles Minkley, Ardmore; David Morton, McGuinness. 3A: Chris Bunch, Spiro; Randy Belicek, Purcell. 2A: Jim Coleman, Watonga; Charles Butler, Wynnewood. A: George Lemons, Maud; Keith Phillips, Carnegie. B: Gilford Turpin, New Lima; Steve Lancaster, Pond Creek-Hunter.

## Preview

Continued from page 1

look for some more informed guesses in the next issue.

### 4A Boys

The new Edmond North has the advantage of being a 5A school but getting to compete as a 4A team for one year. This should make for a pretty powerful force in this class but look for perennial powers John Marshall and Ardmore to contend for the top honors as well.

Chickasha high jumper Steve Alexander is back to defend his state title no other returning champions have been identified.

### 4A Girls

No doubt about who's on top here. The John Marshall Bears are the most successful track program in the state and would probably win any class they were put in. The Bears return the state's only triple winner, Talea Wisby, a junior, who captured the 100 hurdles, 300 hurdles and the long jump last year. They also return double winner Jameka Roberts who ran away with the 400 and 800.

The real fight here will be for second place with McGuinness and Ardmore duking it out again. Ardmore was hard hit by graduation but McGuinness returns double winner Jessica Hoke who took the 1600 and 3200 last year as well as a second to Roberts in the 800. The rest of the pack will be looking to break into the top three with the only other returning champions (we know of) being Duncan high jumper Jamie Battles. With Edmond North dropping into 4A out of the sky with 5A high jump champion Megan Toole, look for them to find their way into the top five.

### 3A Boys

A real lack of information at this point makes it difficult to pick this class but, from information gleaned from TEAM REPORTS, it looks like the top three will remain the same this year: Okmulgee, Idabel and Weatherford. Plainview sits in fourth with returning 100 dash champion Cody Lawson and there are a few other possible returning champions that haven't been identified yet.

### 3A Girls

It isn't hard to pick the top team here with powerhouse Plainview returning double winner Sarah Harvey, 1600 and 3200, as well as 400 winner Leah Norton and 800 winner Lacey Sanford. They also return all members of their championship 3200 relay team. Vinita gets the nod for second followed by Marlow Idabel Millwood, Elk City, Okmulgee and Purcell, who moved up from 2A with double winner Julie Hodge in the 100 and 200 dashes. Hodge had the fastest 100 dash time in the state meet out of all classes last year. Purcell also returns 2A double champion Julie Clements, who won both the discus and shot put as a freshman last year.

Tecumseh 100 hurdler, Tiyah Ryan, is the only other returning champion identified at this point.



ONLY RETURNING BOY'S double winner is B. T. Washington's Demetrius Birch (right) who captured both the 100 and 200 meter dashes. Photo by John Hoke

## TRACK COACHES ASSOCIATION MID-WINTER MEETING

NORMAN--The Oklahoma Track Coaches Association and the Oklahoma Girls Track Coaches Association held their annual Oklahoma Track and Field Clinic of Champions here at the Ramada Inn February 4th and 5th. Over 110 coaches were in attendance over the two days of meeting, clinics and lectures.

Speakers, and their topics, were: Mark Heard, Elk City, Pole Vault; Dr. Calvin Johnson, Okla. City; Doc Kreis, University of Colorado, Speed-Strength Training; Dennis Lungstrum, Heavener, Jumps; Ford Mastin, Prague, Hurdles; Clay Tarter, Guthrie, Distance; Ed Wade, Marlow, Throws; Charles Wyatt, Tishomingo, Motivation.

The 1993 Cross Country Coaches of the Year were announced with Bartlesville's Mike Adair and Edmond North's Tom Snyder being honored for the girls and Norman's Pat Lenington and McGuinness' David Morton for the boys. The Girls Coaches Association picked Adair as their Coach of the Year.



RETURNING DOUBLE WINNER Lucretia Mays of Union took the 100 meter dash and the long jump. Photo by John Hoke





*JOHN MARSHALL'S TALEA WISBY wins the 55 meter dash at the Coaches' Indoor Games in the Myriad followed by Shlunda Hayes of Millwood (far right). Wisby won both hurdles and the long jump at state last year and is the only returning individual triple winner. Photo by John Hoke*

## COACHES' CORNER

### TEAM REPORTS

TEAM REPORT forms were mailed to all Oklahoma high schools with track teams in January. These forms need to be completed and returned to OTFAN as soon as possible, either by mail or FAX. The TEAM REPORT is one of our main sources of information concerning correct spelling, class year, schedules, coaches, etc. If you haven't sent your's in yet, please do so. If you didn't receive one or have lost it please call 405-524-8551 and we will mail or FAX another immediately.

### RESULTS

Please send the results (six deep) of any meet you host and make sure that any meet your team participates in reports the results to OTFAN promptly. Needless to say, results are absolutely the heart of this publication and we need them as soon as possible in order to get them into print in a timely fashion. Photos are also welcome, be sure to properly identify with names, schools, events, times/distances and the name of the photographer.

### SEASON LEADERS

We will begin our listing of season leading performances in the next issue, hopefully by class if enough results are received. In order for a time/distance to qualify we must have the full results of the meet in our office for verification.

## COLLEGE PROSPECTS OF AMERICA, INC.

**Now in the Tulsa Area**  
Contact Brian Rupe at (918) 488-0688  
for a free student/athlete evaluation.



### Helping Student Athletes Since 1986.

"My daughter was a state champion and didn't hear from any colleges until College Prospects helped us out. She heard from 52 schools and was offered 5 full rides."... Parent

"My daughter had only heard from small schools in this area. After CPOA, she is now hearing from 60+ schools with 23 being top Division I schools."...Parent

"My son has heard from 100 Division I and II schools ranging from the East Coast to the West Coast. CPOA has done everything that they said they could do."...Parent

"We use CPOA as a recruiting tool. Since our recruiting budget was cut, it's an easy way for us to consider student/athletes from around the country. They are thorough, dependable and extremely useful. I am a big supporter of CPOA and saw what it did for my daughter."...Big East Coach

College Prospects of America, Inc  
7332 S Wheeling Suite 2713, Tulsa, OK 74136  
(918)488-0688



*ENID'S CHANCE RUSH (right) returns to defend his title in the 3200 meter run. Putnam City North's Jason Larabee (left) finished second in the mile. Photo by John Hoke*



# Oklahoma Track Coaches Association Indoor Games

Myriad Convention Center  
Oklahoma City 2/11/94

OKLAHOMA CITY—Norman High School won both the 5A boys and girls titles in the Oklahoma Track Coaches Association Indoor Games (unofficial state indoor championships) held here in the west exhibit hall of the Myriad Convention Center February 11th. Norman displaced last year's double winner, Edmond, which suffered a three-way split in their school system this year.

The fabulous John Marshall Bears were the most dominant team in the meet, capturing the 4A girl's title with 156.5 points and nine individual and relay champions including six (of 13) best of meet performances. Bear junior, Talea Wisby, won four individual events (55 Hurdles, 55 Dash, Long Jump and 200 Dash) with best overall performances in the 55 Hurdles, 55 Dash and Long Jump.

Edmond North won the 4A boy's division, knocking off defending champion John Marshall, while Idabel took the 3A boys title (no 3A girls).

Due to a schedule conflict with ice hockey in the main arena, the meet was held in the west exhibit hall this year which allowed flat track events to be held simultaneously with the oval events. Though spectator seating was not the best most coaches were pleased with the layout and the ability to run all the events in the limited time frame allowed. The board track is a banked 160 meters with eight lanes and was used by the Myriad when the NCAA conducted their indoor championships here many years ago.

There were no triple winners of individual events but there were nine double winners with three of them posting best of meet performances in both events: Owasso's Shawn Creason, 55 dash, 200 dash; Jenks' Carissa Nix, 3000 run and 1600 run; John Marshall's Mike Calhoun, 400 dash and Triple Jump.

Other double winners were:

5A Boys—Larry Digby, Putnam North, 1600 and 3000. 5A Boys—Terry Blackshire, Norman, 55 Hurdles and Triple Jump. 5A Girls—Shari Northington, Del City, 55 and 200. 4A Boys—Cornelius Mason, Northeast, 3000 and 1600. 4A Girls—Sarah Harvey, Plainview, 3000 and 1600. 3A Boys—Shane Gonzales, Fairview, Long Jump and Triple Jump.

All events were hand timed.

## 5A BOYS

**TEAM SCORING:** 1. Norman 99; 2. Jenks 64; 3. Del City 52; 4. Putnam City 48; 5. Edmond Memorial 41; 6. Union 31; 7. Broken Arrow 23; 8. (tie) Moore 22, Putnam North 22; 10. (tie) Choctaw 20, Owasso 20; 12. Enid 12; 13. Yukon 9; 14. Tulsa Memorial 8; 15. Westmoore 8; 16. Stillwater 5; 17. (tie) Midwest City 2, Shawnee 2.

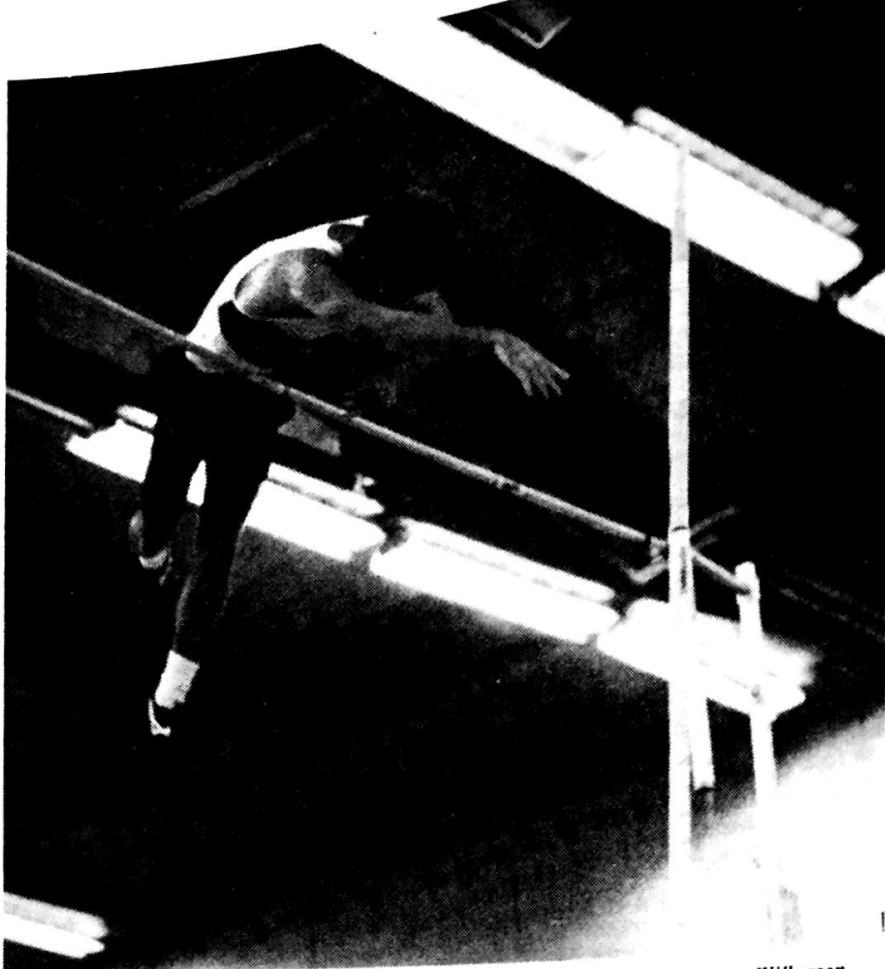
**55 Hurdles:** 1. Blackshire, Norman, 7.34; 2. Walker, Del City, 7.38; 3. Frank Westmoore, 7.8; 4. Hannah, Edmond Memorial, 7.82; 5. Ross, Moore, 7.84; 6. Pope, Yukon, 8.06.

**3200 Relay:** 1. Putnam City; 2. Norman 8:21.99; 3. Jenks 8:34.09; 4. Edmond Memorial 8:37.49; 5. Union, 8:42.1; 6. Midwest City 2, Shawnee 2.

**55:** 1. Shawn Creason, Owasso, 6.34; 2. Benney Butler, Del City, 6.48; 3. Chad Dainty, Union, 6.53; 4. Shawn Mills, Enid, 6.55; 5. Mosley, Westmoore, 6.56; 6. Mike Taylor, Norman, 6.65.

**400:** 1. Joel Moss, Jenks, 52.28; 2. Kyle Bennett, Norman, 52.73; 3. Daniel Phillips, Putnam City, 53.96; 4. Tribble Taylor, Edmond Memorial, 54.40; 5. Cherry, Moore, 54.82; 6. Tory Houchin, Putnam North, 54.95.

**3000:** 1. Larry Digby, Putnam North, 9:10.23; 2. Chance Rush, Enid, 9:11.24; 3. Joey Donnelly, Norman, 9:29.05; 4. Jonathan Pillow, Tulsa Memorial, 9:29.97; 5. John Cottrill, Union, 9:36.29; 6. Tom Bennett, Jenks, 9:43.32.



*BEST POLE VAULT of the Coaches Indoor Games was made by Stroud's Scotty Wilkerson who cleared 14-4. Photo by John Hoke*

**High Jump:** 1. Derek Sabatola, Broken Arrow, 6-3; 2. Damien Williams, Edmond Memorial, 6-1; 3. Danny Walker, Del City, 5-10; 4. (tie) Rogers, Del City, 5-10; Robert Turner, Stillwater, 5-10; 6. Murphry, Broken Arrow, 5-8.

**800:** 1. Jeremy Thayer, Norman, 2:00.02; 2. Ben Pittman, Putnam City, 2:01.24; 3. Brian Young, Jenks, 2:03.48; 4. Miller, Del City, 2:04.56; 5. Brandon Neal, Stillwater, 2:05.3; 6. Houchin, Putnam North, 2:08.7.

**200:** 1. Shawn Creason, Owasso, 22.69; 2. Chris Zemanek, Jenks, 22.97; 3. (tie) Mike Taylor, Norman, 23.10; Chad Dainty, Union, 23.10; 5. Jon Leon, Moore, 23.18; 6. Kenny Walker, Del City, 23.24.

**Long Jump:** 1. Benney Butler, Del City, 21-5; 2. Damien Ross, Yukon, 21-3.5; 3. Eric Bernard, Union, 21-2; 4. Chris Zemanek, Jenks, 21-2; 5. Lentz, Shawnee, 20-9; 6. Payne, Putnam City, 20-4.5.

**Pole Vault:** 1. Aaron Smith, Broken Arrow, 12-6; 2. Drew Lamuyer, Norman, 12-0; 3. Mike Polhemas, Edmond Memorial, 11-0; 4. Danny Lewis, Choctaw, 11-0; 5. Chris Tangle, Jenks, 11-0; 6. Scott Robertson, Edmond Memorial, 11-0.

**1600:** 1. Larry Digby, Putnam North, 4:42.40; 2. Brian Young, Jenks, 4:43.55; 3. Billy Miller, Putnam City, 4:49.07; 4. Jonathan Pillow, Tulsa Memorial, 4:49.29; 5. Ryan Suchala, Edmond Memorial, 4:53.84; 6. Tom Bennett, Jenks, 4:54.98.

**Shot Put:** 1. Aaron Tracy, Choctaw, 54; 2. Bill Borch, Del City, 52-11; 3. Matt Kelsner, Choctaw, 48-3; 4. Dean Richard, Norman, 47-5; 5. Rampey, Broken Arrow, 44-0.5; 6. Levi Casey, Norman, 43-7.

**1600 Relay:** 1. Norman 3:29.35; 2. Moore 3:30.92; 3. Putnam City 3:33.60; 4. Union 3:34.41; 5. Jenks 3:35.66; 6. Edmond Memorial 3:38.45.

**Triple Jump:** 1. Blackshire, Norman, 42-6.5; 2. Brown, Del City, 38-11; 3. Erin Ackerman, Edmond Memorial, 38-6.25; 4. Stangle, Jenks, 38-1; 5. Gerlin, Jenks, 37-7.5; 6. Payne, Putnam City, 36-11.

## 5A GIRLS

**TEAM SCORING:** 1. Norman 77; 2. Jenks 68; 3. Stillwater 65; 4. Union 59; 5. Yukon 38; 6. Edmond Memorial 37; 7. Shawnee 35; 8. Moore 33; 9. Del City 20; 10. Westmoore 14; 11. Midwest City 11; 12. Broken Arrow 5; 13. Putnam City 2.

**55 Hurdles:** 1. Danielle Hill, Union, 8.72; 2. Ulanda Cato, Yukon, 9.62; 3. Mamie Miller, Westmoore, 9.68; 4. Christina Cardenas, Jenks, 9.68; 5. Olasis, Norman, 9.81; 6. Kari Curtis, Stillwater, 10.15.



*JENK'S BRIAN YOUNG will be back to defend his state title in the 5A 1600 meter run. Photo by John Hoke*

**3200 Relay:** 1. Norman 10:15.1; 2. Jenks 10:31.1; 3. Shawnee 10:52.2; 4. Stillwater 11:02.17; 5. Moore 11:07.28; 6. Edmond Memorial 11:29.3.

**55:** 1. Sharie Northington, Del City, 7:18; 2. S. Kelso, Westmoore, 7:20; 3. Eakista Givens, Union, 7:47; 4. Sheba Halverson, Norman, 7:48; 5. Michelle Sorrell, Edmond Memorial, 7:55; 6. Naida Alexander, Midwest City, 7:65.

**400:** 1. Jessica Singleton, Yukon, 1:04.78; 2. Stephanie Spiller, Midwest City, 1:05.66; 3. Stephanie Jacobs, Jenks, 1:05.79; 4. Monica Smith, Edmond Memorial, 1:06.81; 5. Cassie Sinclair, Edmond Memorial, 1:06.83; 6. Trogden, Broken Arrow, 1:09.4.

**Shot Put:** 1. Leslie Schlegel, Union, 41-8; 2. Candi Palmer, Norman, 36-2; 3. Elizabeth Taylor, Stillwater, 33-5; 4. Julie Hensley, Edmond Memorial, 32-7; 5. Carley Daniel, Putnam City, 30-10; 6. Conley Olson, Union, 30-8.

**High Jump:** 1. Mariah Combs, Shawnee, 5-2; 2. Kelly Parrish, Moore, 5-0; 3. Erin Henderson, Stillwater, 4-10; 4. Halverson, Norman, 4-6; 5. Kari Curtis, Stillwater, 4-4.

**Long Jump:** 1. Janet Johnston, Jenks, 15-3; 2. Jessica Lavata, Union, 14-11.75; 3. Knuckles, Norman, 14-4; 4. Suzeki, Jenks, 14-3.75; 5. Lan Ly, Stillwater, 14-0.5; 6. Boralbi, Midwest City, 14-0.25.

**3000:** 1. Carlissa Nix, Jenks, 11:19.6; 2. Lori Hogan, Moore, 11:24.86; 3. Stephanie Adams, Norman, 11:36.42; 4. Tara Schifflbein, Edmond Memorial, 11:58.25; 5. Pam Mouldry, Jenks, 12:24.07; 6. Karen Maier, Shawnee, 12:26.

**800:** 1. Andrea Haley, Stillwater, 2:31.03; 2. Brany Kappell, Norman, 2:36.20; 3. Lindsey Nickeas, Jenks, 2:37.42; 4. Anderson, Shawnee, 2:38.71; 5. Thomas, Broken Arrow, 2:39.09; 6. Tara Schifflbein, Edmond Memorial, 2:39.8.

**200:** 1. Sharie Northington, Del City, 26.09; 2. Shannon Hansen, Edmond Memorial 26.84; 3. Michelle Sorrells, Edmond Memorial, 27.11; 4. Grinnell, Shawnee, 27.22; 5. Givens, Union, 27.24; 6. Johnson, Midwest City, 27.30.

**1600:** 1. Carlissa Nix, Jenks, 5:42.1; Kim Day, Moore, 5:42.6; 3. Jamie McClain, Union, 5:47; 4. Lori Hogan, Moore, 5:55.48; 5. Tara Schifflbein, Edmond Memorial, 6:01.56; 6. Stephanie Adams, Norman, 6:06.52.

**Triple Jump:** 1. Lan Ly, Stillwater, 31-7.5; 2. Christie Wilhite, Yukon, 28-7.5; 3. Jamie McDonald, Norman, 28-2; 4. Sheba Halverson, Norman, 26-4.5; 5. Roberts, Edmond Memorial, 26-4; 6. Mosley, Moore, 25-10.

**1600 Relay:** 1. Stillwater 4:24.26; 2. Union 4:25.85; 3. Yukon 4:27.74; 4. Norman 4:28.61; 5. Shawnee 4:29.5; 6. Broken Arrow 4:41.7.

#### 4A BOYS

**TEAM SCORING:** 1. Edmond North 103; 2. John Marshall 71; 3. Broken Bow 64; 4. McGuinness 39; 5. Guthrie 38; 6. Northeast 36; 7. Duncan 35; 8. Carl Albert 35; 9. Noble 28; 10. Douglass 18; 11. Star Spencer 16; 12. #1 Reno 6; 13. Claremore 4.

**55 Hurdles:** 1. Chris Allen, Guthrie, 7.8; 2. Mike Braddy, Northeast, 8:0; 3. Jeff Curtis, Duncan, 8.1; 4. Thomas Smith, John Marshall, 8.19; 5. Larry Smith, Claremore, 8.2; 6. Glen Braun, Carl Albert, 8.61.

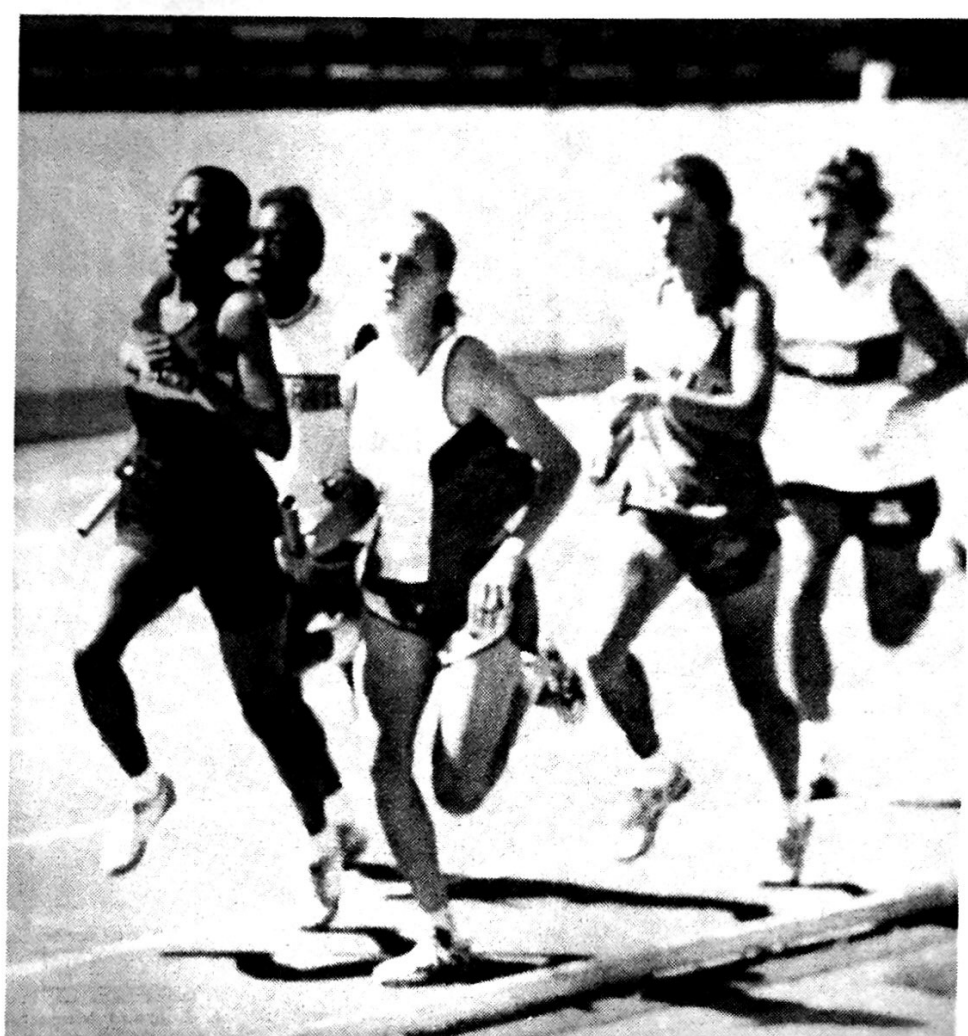
**3200 Relay:** 1. Broken Bow, 8:33; 2. Duncan 8:38.5; 3. Guthrie 8:49; 4. Noble 8:56.13; 5. McGuinness 9:10.4; 6. Carl Albert 9:46.82.

**55:** 1. Derick Marsh, Douglass, 6:36; 2. William Swan, Edmond North, 6:38; 3. Shantel Peters, Star

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

**\$2.00 each postage paid**

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



*TWO RETURNING DOUBLE INDIVIDUAL CHAMPIONS, Jameka Roberts of John Marshall (left) and Jessica Hoke of McGuinness, will both return to defend their titles. Roberts won the 400 and 800 meter dashes while Hoke took the 1600 and 3200 runs. Photo by John Hoke*

Spencer, 6:52; 4. Frank Johnson, Edmond North, 6:58; 5. Jenkins, Carl Albert, 6:59; 6. Jabaar Bilbury, John Marshall, 6:65.

**400:** 1. Mike Calhoun, John Marshall, 51.86; 2. Kevin Calhoun, John Marshall, 52.22; 3. Jason Briscoe, Edmond North, 53.04; 4. Shantel Peters, Star Spencer, 53.72; 5. Jamie Ish, Broken Bow, 53.84; 6. Frank Johnson, Edmond North, 54.72.

**3000:** 1. Cornelius Mason, Northeast, 9:22.46; 2. Jason Bumgardner, Guthrie, 9:25.39; 3. Clay Axton, McGuinness, 9:35.51; 4. Lowery, Carl Albert, 10:14.41; 5. Blake Collins, Edmond North, 10:16.96; 6. Mike Connolly, McGuinness, 10:21.64.

**Pole Vault:** 1. Kyle Congery, Edmond Memorial, 11-6; 2. Joe McNulty, McGuinness, 10-6; 3. Jeremy Lee, El Reno, 9-6; 4. Kenyatta Lampley, Carl Albert, 8-6; 5. Tom Eberle, McGuinness, 8-0.

**High Jump:** 1. Rico Miller, Broken Bow, 6-1; 2. Robert Watson, Northeast, 6-1; 3. Ben Schadegg, Edmond North, 5-8; 4. Terrance Wakefield, Edmond North, 5-8; 5. Jackson, Duncan, 5-6.

**800:** 1. Chad Weaver, Noble, 2:04.31; 2. Jonathan Ashley, Edmond North, 2:05.04; 3. Kevin Calhoun, John Marshall, 2:05.05; 4. Mike Calhoun, John Marshall, 2:06.53; 5. Bryan Mabry, Broken Bow, 2:09.19; 6. Brett Jones, Broken Bow, 2:09.19.

**Long Jump:** 1. Jason Willaman, Duncan, 20-10.5; 2. Richard Johnson, Douglass, 20-9.5; 3. Jabaar Bilbury, John Marshall, 20-8; 4. Adam Edwards, Carl Albert, 20-3.5; 5. James Nichols, McGuinness, 20-1.25; 6. Tyson Thomas, Broken Bow, 20-0.

**200:** 1. William Swan, Edmond North, 23.19; 2. Terrence Wakefield, Edmond North, 23.42; 3. Shantel Peters, Star Spencer, 23.47; 4. Jabaar

Bilbury, John Marshall, 23.68; 5. Joe Thomas, Broken Bow, 23.91; 6. Jenkins, Carl Albert, 23.96.

**Shot Put:** 1. Taber LeBlanc, Edmond North, 46-2; 2. Lance Ridenore, Noble, 45-2; 3. Charles Wooten, Broken Bow, 44-11.5; 4. Crisp, Carl Albert, 43-9; 5. Josh Hopps, McGuinness, 41-6.5; 6. Watson, 39-11.

**1600:** 1. Cornelius Mason, Northeast, 4:40.67; 2. William Nelson, Guthrie, 4:43.85; 3. Matt Stewart, McGuinness, 4:47.26; 4. Clay Axton, McGuinness, 4:57.22; 5. Ford, Claremore, 4:57.90; 6. Rochell, Duncan, 4:59.44.

**Triple Jump:** 1. Mike Calhoun, John Marshall, 42-6.75; 2. Rico Miller, Broken Bow, 42-2; 3. Ben Schadegg, Edmond North, 42-0.75; 4. McGary, Carl Albert, 39-4.75; 5. Kein Calhoun, John Marshall, 39-0; 6. Watson, Northeast, 38-3.

**1600 Relay:** 1. Edmond North 3:31.09; 2. John Marshall 3:52.50; 3. Broken Bow 3:33.36; 4. Carl Albert 3:44.58; 5. McGuinness 3:47.03; 6. Noble 3:54.88.

#### 4A GIRLS

**TEAM SCORING:** 1. John Marshall 156.5; 2. Plainview 57; 3. McGuinness 48; 4. Guthrie 38; 5. Millwood 38; 6. Prague 20; 7. Edmond North 18; 8. Elk City 15; 9. Velma-Alma 14; 10. Holdenville 12; 11. Little Axe 8; 12. (tie) Duncan 6; Edmond Santa Fe 6; Northeast 6; Claremore 6; 16. Weatherford 5; 17. (tie) Western Heights 4; Durant 4; Tecumseh 4; 20. Douglass 2; 21. Konawa 1.5.

**55 Hurdles:** 1. Talea Wisby, John Marshall, 8:25; 2. Mandy Sims, Velma-Alma, 8:53; 3. Amy Harper, Duncan, 9:29; 4. Ryan, Tecumseh, 9:54; 5. Lisa Wall, Plainview, 9:61; 6. Shan Brown, John Marshall, 12.10.





**EDMOND NORTH'S** Megan Toole, last year's 5A high jump champion, returns this year in class 4A.  
Photo by John Hoke

**3200 Relay:** 1. Plainview 10:10.60; 2. McGuinness 10:30.48; 3. Guthrie 10:40.37; 4. John Marshall 11:05.58; 5. Edmond North 11:11.89; 6. Edmond Santa Fe 12:40.43.

**Long Jump:** 1. Talea Wisby, John Marshall, 16-3.25; 2. Tasha Wisby, John Marshall, 16-2.5; 3. Shelton, Millwood, 15-6.75; 4. Ryan, Prague, 14-9; 5. Williams, Northeast, 14-3.25; 6. Bank, Elk City, 13-11.75.

**Shot Put:** 1. Steinemar, Elk City, 33-9.5; 2. Shear, Little Axe, 33-5.5; 3. Paulette Middleton, John Marshall, 32-10; 4. Clark, Santa Fe, 31-8.25; 5. Gilbert, Northeast, 31-1.5; 6. Gayla Huffman, John Marshall, 31-0.5.

**400:** 1. Marietta Benefee, John Marshall, 1:01.68; 2. Crystal Swanegan, John Marshall, 1:03.84; 3. Natalie Treadwell, Holdenville, 1:04.66; 4. Boone, Weatherford, 1:04.97; 5. Joni Adkerson, Elk City, 1:05.08; 6. Lori Greenlee, McGuinness, 1:05.70.

**55:** 1. Talea Wisby, John Marshall, 7.14; 2. Shlunda Hayes, Millwood, 7.44; 3. Mandy Sims, Velma-Alma, 7.53; 4. Meredith Kelley, McGuinness, 7.58; 5. Tasha Wisby, John Marshall, 7.59; 6. Huff, Douglass, 7.61.

**High Jump:** 1. Diedra Jones, John Marshall, 4-10; 2. Maggie Slavonic, McGuinness, 4-10; 3. Tara Sullivan, Holdenville, 4-8; 4. Downs, Durant, 4-8; 5. Aszue Wilson, John Marshall, 4-8; 6. Kagel, Konawa, 4-8.

**3000:** 1. Sarah Harvey, Plainview, 11:32.2; 2. Ashley Boothe, McGuinness, 11:40.22; 3. Hillary Stiglets, Edmond North, 12:21.6; 6. Amy Zimmerman, Plainview, 12:19.

**800:** 1. Jameka Roberts, John Marshall, 2:25.31; 2. Lacey Sanford, Plainview, 2:31.21; 3. Annie Forsburg, Claremore, 2:33.76; 4. Nicole Monroe, Guthrie, 2:38.51; 5. Jessica Hoke, McGuinness, 2:39.60; 6. Boone, Weatherford, 2:41.48.

**200:** 1. Talea Wisby, John Marshall, 27.10; 2. Jennifer McMillan, Millwood, 27.12; 3. Shan Brown, John Marshall, 27.32; 4. Hayes, Millwood, 27.54; 5. Joni Adkerson, Elk City, 27.76; 6. Huff, Douglass, 27.87.

**1600:** 1. Sarah Harvey, Plainview, 5:47.88; 2. Jessica Hoke, McGuinness, 5:51.7; 3. Brandy Woodard, Guthrie, 5:52.67; 4. Jones, Edmond North, 6:09.8; 6. Lori Greenlee, McGuinness, 6:09.22.

**Triple Jump:** 1. Shan Brown, John Marshall, 31-5.25; 2. Ryan, Prague, 31-4; 3. Tonjonique

Green, John Marshall, 30-8.5; 4. Green, Prague, 26-7.5.

**1600 Relay:** 1. John Marshall 4:10.7; 2. Guthrie 4:30.67; 3. Millwood 4:36.91; 4. Plainview 4:38.18; 5. Prague 4:42.98; 6. Northeast 4:53.

### 3A BOYS

**TEAM SCORING:** 1. Idabel 86; 2. Fairview 66; 3. Prague 49; 4. Marlow 45; 5. Jones 38; 6. Weatherford 30; 7. Watonga 26; 8. Elk City 24; 9. Plainview 22; 10. Tishomingo 21; 11. Stroud 14; 12. Ada 13; 13. Harrah 12; 14. Wewoka 10; 15. Wynnewood 8; 16. Little Axe 6; 17. (tie) Millwood 4; Konawa 4; Carnegie 4; 20. Hinton 2; 21. (tie) Anadarko 1; Byng 1; Holdenville 1; Velma-Alma 1.

**55 Hurdles:** 1. Shannon Ward, Prague, 7.54; 2. Ike McGee, Watonga, 7.61; 3. Ryan Beck, Watonga, 8.00; 4. Calvin Russell, Jones, 8.01; 5. Thiel, Hinton, 8.02; 6. Austin, Idabel.

**3200 Relay:** 1. Idabel 8:58; 2. Marlow 9:00.27; 3. Plainview 9:00.5; 4. Prague 9:02.26; 5. Jones 9:04.59; 6. Elk City 9:12.

**55:** 1. Adrian Cole, Idabel, 6.41; 2. Ike McGee, Watonga, 6.45; 3. Brock Robison, Fairview, 6.51; 4. Wilson, Millwood, 6.56; 5. Daniels, Ada, 6.68; 6. Wilholte, Anadarko, 6.69.

**400:** 1. Cameron Gossen, Weatherford, 52.26; 2. Mathew Cole, Weatherford, 53.31; 3. Tyson Johnson, Idabel, 53.54; 4. Johnson, Stroud, 53.84; 5. Burgess, Konawa, 53.98; 6. Inman, Tishomingo, 54.47.

**3200:** 1. Zac Minson, Marlow, 9:53.58; 2. Junion Minson, Marlow, 9:54.03; 3. Craig Johnson, Little Axe, 9:55.63; 4. Vince McCloud, Tishomingo, 10:02.24; 5. Joe Rule, Elk City, 10:08.33; 6. Riddle, Byng, 10:15.

**Long Jump:** 1. Shane Gonzalez, Fairview, 22-0; 2. Cameron Gossen, Weatherford, 21-3; 3. Shannon Ward, Prague, 21-0.25; 4. Dan Degiusti, Harrah, 20-11.25; 5. Ron Napier, Jones, 20-7; 6. Derbert Peute, Idabel, 20-6.

**800:** 1. Kemp Woods, Tishomingo, 2:08.53; 2. Laron Faulkes, Idabel, 2:08.79; 3. Mike Miller, Jones, 2:11.56; 4. Inman, Tishomingo, 2:11.73; 5. McCosker, Fairview, 2:12.75; 6. Landtroop, Marlow, 2:15.23.

**Pole Vault:** 1. Scotty Wilkerson, Stroud, 14-4; 2. Jarrod Heard, Elk City, 12-6; 3. Phay Syrbouth, Elk City, 11-6; 4. Charlie Fowler, Carnegie, 11-0; 5. Jason Hinley, Prague, 10-6; 6. Bruce Michael, Prague, 10-0.

**High Jump:** 1. Aaron Gray, Wewoka, 6-1; 2. Merron, Idabel, 5-10; 3. McCosker, Fairview, 5-8; 4. sheets, Harrah, 5-4.

**Shot Put:** 1. Nicholas Jordan, Idabel, 53-11.5; 2. Huckabee, Wynnewood, 50-2; 3. Chad Ryles, Elk City, 47-9.25; 4. Oldham, Harrah, 47-2.25; 5. Kay, Ada, 46-8.5; 5. Cook, Ada, 45-9.

**200:** 1. Calvin Russel, Jones, 23.60; 2. Mark Welsh, Fairview, 23.65; 3. Adrian Cole, Idabel, 23.72; 4. McGee, Watonga, 23.82; 5. Robison, Fairview, 23.86; 6. Smith, Holdenville, 23.8.

**1600:** 1. Jared Lovett, Marlow, 4:46.85; 2. Kevin Cantrell, Ada, 4:52.20; 3. Daniel York, Plainview, 4:55.27; 4. Cory Clark, Plainview, 5:02.19; 5. Vince McClain, Tishomingo, 5:05.82; 6. Zac Johnson, Velma-Alma, 5:06.94.

**1600 Relay:** 1. Fairview 3:34.48; 2. Idabel 3:37.45; 3. Jones 3:40.31; 4. Prague 3:41.08; 5. Weatherford 3:42.16; 6. Konawa 3:44.43.

**Triple Jump:** 1. Gonzalez, Fairview, 42-16; 2. Shannon Ward, Prague, 40-10.75; 3. Himle, Prague, 36-8; 4. Mangum, Millwood, 30-4.75; 5. Martens, Fairview, 31-3.



## 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



# 1994 Preseason Rankings

## 3A BOYS

1. Okmulgee
2. Idabel
3. Weatherford
4. Plainview
5. Catoosa
6. Hugo
7. Elk City
8. Fairview

## 3A GIRLS

1. Plainview
2. Vinita
3. Marlow
4. Idabel
5. Millwood
6. Elk City
7. Okmulgee
8. Purcell

## 4A BOYS

1. Edmond North
2. John Marshall
3. Ardmore
4. Duncan
5. Northeast
6. McGuinness
7. Claremore
8. Guthrie

## 4A GIRLS

1. John Marshall
2. McGuinness
3. Ardmore
4. Guthrie
5. Edmond North
6. Durant
7. Duncan
8. Northeast

## 5A BOYS

1. B.T. Washington
2. Norman
3. Enid
4. Jenks
5. Putnam City
6. Eisenhower
7. Putnam North
8. Edmond Memorial

## 5A GIRLS

1. Norman
2. Jenks
3. B. T. Washington
4. Stillwater
5. Bartlesville
6. Union
7. Del City
8. Yukon



**3A DOUBLE WINNER** Sarah Harvey of Plainview returns to defend her titles in the 1600 and 3200 meter runs as well as helping her teammates defend their team title as well. Photo by John Hoke



**Left: MOVING UP FROM 2A TO 3A** is double winner Julie Hodge (left) of Purcell. She won the 100 and 200 meter dashes with the fastest time in the state in the 200. Photo by John Hoke



**Right: TWO OF THE FASTEST** 800 meter dash runners in the nation both return this year with Norman's champion, Jeremy Thayer (far) right back to defend his title against runnerup Mark Cravens (near right) of Union. Photo by John Hoke

# National High School Indoor Invitational University of Arkansas 1/29/94

FAYETTEVILLE, Ark.--Ten Oklahoma schools had athletes participating in the annual National High School Indoor Track & Field Invitational held here at the University of Arkansas January 29th. The meet was held in Arkansas' indoor facility which has an unbanked 200 meter track. No team scoring was kept but Oklahoma athletes accounted for four first place performances.

**OKLAHOMA TEAMS PARTICIPATING:** Union, Stillwater, Jenks, Broken Arrow, Pryor, Owasso, Sapulpa, Bartlesville, Alma and Poteau.

## GIRLS

**55 Hurdles:** 1. Carter, Thunderbolt, 8.40; 2. Hill, Union, 9.98; 3. Curtiss, Stillwater, 9.31; 4. Cardenness, Jenks, 9.65; 5. Heyworth, Broken Arrow, 9.79; 6. Addison, Pryor, 9.84.

**55:** 1. White, Texas Track, 7.06; 2. Carter, Topeka, 7.20; 3. Givens, Union, 7.28; 4. Holmes, Texas Track, 7.44; 5. Blutt, Texas Track, 7.65; 6. Jones, Memphis, 7.70.

**300:** 1. Holmes, Texas Track, 43.14; 2. Brown, Texas Track, 44.09; 3. Blutt, Texas Track, 45.06; 4. Epps, Topeka, 45.62; 5. Jones, Memphis, 47.21.

**400:** 1. Johnson, Ath. Int., 64.06; 2. Wright, Thunderbolt, 65.20; 3. Deuman, Sapulpa, 65.31; 4. Blanch, Jessleville, 65.40; 5. Myers, Vilonia, 66.54; 6. Thomas, Broken Arrow, 67.34.

**600:** 1. Spratt, Topeka, 1:31.89; 2. Baldwin, Topeka, 1:32.01; 3. Johnson, Dallas, 1:36.09; 4. Wize, Lee Summit, 1:36.09; 5. Deaman, Sapulpa, 1:39.20; 6. Myer, Vilonia, 1:39.63.

**1000:** 1. Haley, Stillwater, 2:55.93; 2. Tidwell, Topeka, 2:57.45; 3. Nickens, Jenks, 2:59.17; 4. Pitts, Caddo Hills, 3:07; 5. Hodge, Poteau, 3:07.56; 6. Hoss, Topeka, 3:07.84.

**1 Mile:** 1. Kaywood, Thunderbolts, 5:30.13; 2. Corbett, Bartlesville, 5:37.63; 3. Haley, Stillwater, 5:39.12; 4. Christy, Bartlesville, 5:46.32; 5. Reed, Jessleville, 5:51.36; 6. McClain, Union, 5:55.27.

**Two Mile:** 1. Nicks, Jenks, 11:58.20; 2. Wize, Lee Summit, 12:09.55; 3. Christy, Bartlesville, 12:15; 4. Clifford, Ft. Smith Southside, 12:33; 5. Pitts, Caddo Hills, 12:34; 6. Echele, Stillwater, 12:35.

**1 Mile Relay:** 1. Thunderbolt, 4:17.94; 2. Ath. Int., 4:21.22; 3. Topeka B, 4:42; 4. Jenks B, 4:26.27; 5. Union, 4:26.79; 6. Broken Arrow, 4:33.93.

**Long Jump:** 1. White, Texas Track, 19-3.75; 2. Carter, Thunderbolt, 18-4.25; 3. Johnson, Jenks, 15-9; 4. Edwards, Memphis, 15-8; 5. Jones, Memphis, 15-4; 6. Latvale, Union, 15-2.5.

**Triple Jump:** 1. White, Texas Track, 31-7; 2. Ly, Stillwater, 31-7; 3. Porter, Ath. Int., 31-5.5; 4. Roll, Stillwater, 21-9; 5. Brown, Ath. Int., 27-0; 6. Henderson, Stillwater, 26-11.

**High Jump:** 1. Edwards, Memphis, 5-5; 2. Rose, Southside, 5-0; 3. Brosseau, Thunderbolt, 4-10; 4. Lawrence, Russellville, 4-10; 5. Jones, Memphis, 4-10; 6. Collins, Fayetteville, 4-8.

## BOYS

**55 Hurdles:** 1. Decker, Jenks, 7.75; 2. Burkett, Pine Bluff, 7.77; 3. Reed, Pine Bluff, 7.88; 4. Kirkland, Des Arc, 8.08; 5. Lemaster, Topeka, 8.16; 6. Dale, Jessleville, 8.18.

**55:** 1. Lowe, Pine Bluff, 6:27; 2. Creason, Owasso, 6:29; 3. Splunge, Memphis, 6:32; 4. Benard, Union, 6:54; 5. Parks, Pine Bluff, 6:61; 6. Steen Pine Bluff, 8.34.

**300:** 1. Carvin, Memphis, 36.49; 2. Danty, Union, 36.78; 3. McMillan, Texas Track, 37.05; 4. Benard, Union, 37.14; 5. Ferguson, Broken Arrow, 37.61; 6. Roberts, Broken Arrow, 37.63.

**400:** 1. Splunge, Memphis, 50.30; 2. Creason, Owasso, 52.70; 3. Mays, Ft. Smith Northside, 53.33; 4. Moss, Jenks, 53.50; 5. Ali, Ath. Int., 53.58; 6. Dale, Jessleville, 53.87.

**600:** 1. Peterson, Memphis, 1:13.42; 2. Rain, Dallas, 1:15.58; 3. Bassett, Topeka, 1:16.41; 4.

McMillan, Texas Track, 1:16.74; 5. Williams, Memphis, 1:17.20; 6. Burgess, Topeka, 1:18.31.

**1000:** 1. Hildebrandt, Jenks, 2:25.50; 2. Garcia, Memphis, 2:28.20; 3. Rain, Ath. Int., 2:29.66; 4. Eiley, Ath. Int., 2:30.09; 5. Neil, Stillwater, 2:31.55; 6. Becker, Jenks, 2:31.79.

**1 Mile:** 1. Hoss, Thunderbolt, 4:47.87; 2. Soles, Thunderbolt, 4:49; 3. Crook, Sapulpa, 4:54.54; 4. Harris, Harrison, 4:54.69; 5. Starks, Union, 4:55.34; 6. Hendrick, Union, 4:58.35.

**Two Mile:** 1. Garcia, Memphis, 10:09.44; 2. Cottrell, Union, 10:21.34; 3. Webber, Rogers, 10:21.34; 4. Reid, Jenks, 10:23.74; 5. Van Tile, Prairie View, 10:31.23; 6. Dickerson, Sapulpa, 10:35.43.

**1 Mile Relay:** 1. Memphis, 3:24.62; 2. Jenks, 3:36.80; 3. Texas Track, 3:37.21; 4. Union, 3:38.28; 5. Northside, 3:38.35; 6. Topeka, 3:40.04.

**Long Jump:** 1. Bernard, Union, 21-3.5; 2. Zemanek, Jenks, 20-9.5; 3. Banks, Northside, 20-6.5; 4. Creason, Owasso, 20-1.5; 5. Watson, Fayetteville, 20-0; 6. Moss, Jenks, 19-8.5.

**Triple Jump:** 1. Briggs, Alexandria, 49-8; 2. Goodman, Russellville, 38-8; 3. Stagle, Jenks, 38-8; 4. Dale, Jessleville, 38-1; 5. Johnson, Alma, 37-8; 6. Fox, Jessleville, 35-11.

**Pole Vault:** 1. Fox, Jessleville, 12-6; 2. Sasser, Alma, 12-0; 3. Lemly, Russellville, 11-6; 4. Farmer, Springdale, 11-6; 5. Hardin, Pulaski Academy, 11-6.

**High Jump:** 1. Dugas, Ramsey, 6-4; 2. Sabatula, Broken Arrow, 6-2; 3. Banks, Northside, 6-0; 4. Murphy, Broken Arrow, 5-10; 5. Turner, Stillwater, 5-10; 6. Burkett, Pine Bluff, 5-10.

**Shot:** 1. Williams, Memphis, 51-3; 2. Cooper, Poteau, 49-3; 3. Glenn, Thunderbolt, 47; 4. Melson, Poteau, 46-10; 5. Bushman, Bentonville, 45-5; 6. Potts, Jenks, 44-2.



JENK'S CARISSA NIX will return to defend her SA 3200 meter run title. Photo by John Hoke



## Want to compete at college?

You may get the chance, but only if you're good enough AND the college recruiters know about you.

If you're a cross-country runner, how many of the 857 colleges with men's teams and 732 colleges with women's teams can you name? Of those, how many places will be open on the team? How could you even find out?

The situation is similar in track and field, where there are 486 indoor and 594 outdoor track teams for men, and 479 indoor and 587 outdoor track teams for women.

*How many college recruiters have contacted you?*

If you are an outstanding athlete who would like maximum exposure to college recruiters, contact Pat Sullivan for a free evaluation.



College Prospects  
of America,® Inc.  
Oklahoma City, OK  
(405) 840-0272



# Prague-Little Axe Indoor Invitational

## Shawnee 1/29/94

**SHAWNEE**--Over 40 teams competed in the Prague-Little Axe Indoor Invitational held here in the Shawnee Exposition Building January 29th. The meet was held on a 160 meter banked board track with a total of four sections removed so it would fit in the building leaving a lap in the neighborhood of 154 meters.

No team scores were kept but John Marshall and Edmond North individuals led the way in the A Boys Division while the Bear girls dominated the A Girls Division. In the B Divisions the boys were pretty well spread out but the Plainview girls were clearly the dominant team.

Many new meet records were set since this was the first year the meet has been held on a board track and some of the distances were not exact.

Individual double winners: A Boys--Marvin Jones, John Marshall, Long Jump and 55 dash; Larry Digby, Putnam North, 3000 run and 1600 run. A Girls--Talea Wisby, John Marshall, Long Jump and 55 Hurdles; Natalie Mann, Shawnee, 3000 run and 1600 run. B Boys--none. B Girls--Mandy Sims, Velma-Alma, 55 Hurdles and 55 dash; Sarah Harvey, Plainview, 3000 run and 1600 run.

## A BOYS

**Shot Put:** 1. Tracy, Choctaw, 53-7; 2. Borchers, Del City, 53-5; 3. Keiser, Choctaw, 46-3; 4. LeBlanc, Edmond North, 43-11.5; 5. Crisp, Carl Albert, 43-5; 6. Kraft, Putnam City, 41-9.75.

**High Jump:** 1. Shadegg, Edmond North, 5-10"; 2. Robers, Del City, 5-8; 3. Walker, Del City, 5-8; 4. Edwards, Carl Albert, 5-4; 5. J. Johnson, Carl Albert, 5-4; 6. E. Johnson, Carl Albert, 5-4.

**Long Jump:** 1. Jones, John Marshall, 20-11"; 2. Lentz, Shawnee, 20-2.75; 3. Payne, Putnam City, 20-2; 4. Bilbury, John Marshall, 20-1.5; 5. Edwards, Carl Albert, 20-1.25; 6. Schadegg, Edmond North, 19-7.5.

**Triple Jump:** 1. K. Calhoun, John Marshall, 40-0; 2. M. Calhoun, John Marshall, 39-7.75; 3. Payne, Putnam City, 38-7.5; 4. Brown, Del City, 38-6.25; 5. Bilbury, John Marshall, 38-2.75; 6. McCary, Carl Albert, 37-8.

**Pole Vault:** 1. Benear, Edmond North, 10-6; 2. Lewis, Choctaw, 10-6; 3. French, Edmond North, 10-0; 4. Lee, El Reno, 8-1; 5. Lampley, Carl Albert, 6-4.

**55 Hurdles:** 1. Ross, Moore, 7:90; 2. Smith, John Marshall, 8:39; 3. Newson, Putnam City, 8:68; 4. Braun, Carl Albert, 9:16; 5. Hamen, Choctaw, 10:09.

**3200 Relay:** 1. Putnam City 8:02.9"; 2. Guthrie 8:20.1; 3. Edmond North 8:33.27; 4. Noble 8:34.11; 5. Carl Albert 8:50.52; 6. Moore 8:53.73.

**55:** 1. Jones, John Marshall, 6:23"; 2. Swan, Edmond North, 6:46; 3. Briscoe, Edmond North, 6:48; 4. Jenkins, Carl Albert, 6:50; 5. Carr, Putnam City, 6:51; 6. Roberts, Putnam City, 6:52.

**400:** 1. M. Calhoun, John Marshall, 53.17; 2. K. Calhoun, John Marshall, 53.5; 3. Leon, Moore, 53.85; 4. Phillips, Putnam City, 54.63; 5. Ross, Moore, 55.45; 6. Johnson, Putnam City, 56.09.

**3000:** 1. Digby, Putnam North, 9:15"; 2. Bumgardner, Guthrie, 9:25; 3. Miller, Putnam City, 9:52; 4. Lowery, Carl Albert, 10:35; 5. Johnson, Noble, 10:57; 6. Boyles, Guthrie, 11:16.

**800:** 1. Pittman, Putnam City, 2:04.69; 2. Burkenfield, Pryor, 2:07.69; 3. Houchin, Putnam North, 2:07.78; 4. Calhoun, John Marshall, 2:07.98; 5. Weaver, Noble, 2:08.24; 6. Miller, Putnam City, 2:08.58.

**1600:** 1. Digby, Putnam North, 4:33.22"; 2. Nelson, Guthrie, 4:44.94; 3. Miller, Putnam City, 4:46.92; 4. Burkenfield, Pryor, 4:56.26; 5. Bryant, Moore, 4:59.06; 6. Weaver, Noble, 5:08.97.

**8 Lap Relay:** 1. Edmond North 2:38.35"; 2. Putnam City 2:24.36; 3. John Marshall 2:41.26; 4. Moore 2:41.43; 5. Carl Albert 2:41.86; 6. Guthrie 2:47.74.

**4 Lap Relay:** 1. Moore 1:12.28"; 2. Carl Albert 1:13.19; 3. Edmond North 1:13.22; 4. Putnam City 1:13.71; 5. Del City 1:14.01; 6. John Marshall 1:15.13.

## B BOYS

**Shot Put:** 1. Bookout, Stroud, 54-9.5"; 2. Ryles, Elk City, 45-0.5; 3. Simpkins, Wewoka, 44-9.5; 4. Wilson, Jones, 44-3.25; 5. Enloe, Velma-Alma, 44-1; 6. Barnes, Jones, 43-0.5.

**High Jump:** 1. Gray, Wewoka, 6-0"; 2. Gossen, Weatherford, 6-0; 3. Gibson, Chandler, 5-6; 4. Har-ruff, Chandler, 5-4; 5. Terrell, Prague, 5-2; 6. Fairbanks, Prague, 5-0.

**Long Jump:** 1. Gonzalez, Fairview, 21-5"; 2. Gossen, Weatherford, 20-5.75; 3. Ward, Prague, 20-0; 4. Napier, Jones, 19-4; 5. Gray, Wewoka, 19-2.75; 6. Sler, Fairview, 19-1.5.

**Triple Jump:** 1. Ward, Prague, 40-5; 2. Jones, Byng, 37-1; 3. Castoe, Prague, 35-2; 4. Johnson, Prague, 34-7.

**Pole Vault:** 1. Wilkinson, Stroud, 14-7"; 2. Walters, Sequoyah, 12-0; 3. Heard, Elk City, 11-0; 4. Syrbouth, Elk City, 11-0; 5. Hinkle, Prague, 10-6; 6. Bruce, Prague, 10-0.

**55 Hurdles:** 1. Beck, Watonga, 7:48"; 2. Ward, Prague, 7:61; 3. McGee, Watonga, 7:63; 4. Russell, Jones, 7:92; 5. Thiel, Hinton, 8:03; 6. Inman, Tishomingo, 8:44.

**3200 Relay:** 1. Tishomingo 8:25.95"; 2. Plainview 8:30.97; 3. Prague 8:40.92; 4. Jones 8:44.88; 5. Weatherford 8:45.36; 6. Little Axe 8:47.45.

**55:** 1. McGee, Watonga, 6:38"; 2. Robison, Fairview, 6:49; 3. Napier, Jones, 6:58; 4. Smith, Holdenville, 6:67; 5. Gonzalez, Fairview, 6:70; 6. Beck, Watonga, 6:71.

**400:** 1. Inman, Tishomingo, 53.17"; 2. Welsh, Fairview, 53.48; 3. Cole, Weatherford, 54.99; 4. Cathey, Byng, 55.06; 5. Sosbee, Wewoka, 56.25; 6. Burgess, Konawa, 56.43.

**3000:** 1. Jones, Santa Fe, 9:59"; 2. Walmack, Plainview, 10:02; 3. McLain, Tishomingo, 10:03; 4. Myers, Little Axe, 10:04; 5. Johnson, Little Axe, 10:07; 6. Riddle, Byng, 10:14.

**800:** 1. Woods, Tishomingo, 2:11.59"; 2. Down, Mannford, 2:13.57; 3. Miller, Jones, 2:14.69; 4. Johnson, Weatherford, 2:17.31; 5. Aftentranger, Prague, 2:20.86; 6. Colbert, Dickson, 2:20.58.

**1600:** 1. Clark, Plainview, 5:00.99; 2. York, Plainview, 5:02; 3. Myers, Little Axe, 5:02.98; 4. Hicks, Prague, 5:03.98; 5. Johnson, Little Axe, 5:04.06; 6. Johnson, Velma-Alma, 5:08.32.

**8 Lap Relay:** 1. Fairview 2:38.65"; 2. Weatherford 2:41.51; 3. Prague A 2:43.56; 4. Konawa 2:46.27; 5. Tishomingo 2:47.40; 6. Jones 2:46.90.

**4 Lap Relay:** 1. Fairview 1:12"; 2. Konawa 1:14.87; 3. Stroud 1:14.93; 4. Prague 1:15.02; 5. Watonga 1:15.45; 6. Weatherford 1:15.49.

## A GIRLS

**Shot Put:** 1. Parker, Del City, 31-6; 2. Huffman, John Marshall, 31-4.5; 3. Shaw, Ponca City, 25-7; 4. Orcutt, Edmond North, 23-3.5; 5. Wageck, Del City, 18-4; 6. Henline, Edmond North, 17-7.

**High Jump:** 1. Gary, Duncan, 5-0"; 2. Jones, John Marshall, 4-10; 3. Briscoe, Duncan, 4-10; 4. Combs, Shawnee, 4-10; 5. Thornton, John Marshall, 4-4.

**Long Jump:** 1. Talea Wisby, John Marshall, 15-11; 2. Tasha Wisby, John Marshall, 15-8; 3. Thornton, John Marshall, 14-4.75; 4. Green, John Marshall B, 14-3; 5. Brown, John Marshall B, 14-2; 6. Roberts, Edmond Memorial, 13-9.25.

**Triple Jump:** 1. Brown, John Marshall, 31-2.25; 2. Green, John Marshall, 30-1.75; 3. Houston, John Marshall, 28-6; 4. Thornton, John Marshall, 26-8; 5. Tomkowiak, Edmond North, 20-6.

**55 Hurdles:** 1. Talea Wisby, John Marshall, 8:16"; 2. Green, John Marshall, 9:48; 3. Harper,

Duncan, 9:49; 4. Brown, John Marshall, 9:65; 5. James, Duncan, 9:95; 6. Fish, Duncan, 10:10.

**3200 Relay:** 1. Guthrie 10:16.39"; 2. Shawnee 10:22.48; 3. John Marshall 10:38.56; 4. Edmond North 11:15.12; 5. Duncan 11:35.26; 6. Ponca City 12:01.73.

**55:** 1. Northington, Del City, 7:22; 2. Wisby, John Marshall, 7:36; 3. Parker, Del City, 7:48; 4. Frinnell, Shawnee, 7:59; 5. Neal, John Marshall, 7:60; 6. Butler, Edmond North, 7:66.

**400:** 1. Benefee, John Marshall, 62.61; 2. Smith, Edmond Memorial, 66.45; 3. Willford, Ponca City, 67.17; 4. Thornton, John Marshall, 67.93; 5. Hibbs, Edmond Memorial, 68.39; 6. Johnson, John Marshall, 68.57.

**3000:** 1. Mann, Shawnee, 12:10.58"; 2. Stiglet, Edmond North, 12:35.8; 3. Beall, Edmond North, 12:40; 4. Gibson, Shawnee, 13:05; 5. Watson, Shawnee, 13:10; 6. Suter, Ponca City, 13:46.

**800:** 1. Roberts, John Marshall, 2:34.70"; 2. Anderson, Shawnee, 2:40; 3. Hainline, Noble, 2:42; 4. Murphy, John Marshall, 2:54; 5. Hishaw, John Marshall, 2:55.05; 6. Hill, Edmond Memorial, 2:55.13.

**1600:** 1. Mann, Shawnee, 5:56.79"; 2. Cowan, Guthrie, 6:15.99; 3. Maier, Shawnee, 6:19.02; 4. Jones, Edmond North, 6:19.95; 5. Rogers, John Marshall, 6:27.38; 6. Barrus, Edmond North, 6:27.46.

**8 Lap Relay:** 1. John Marshall 3:06.11"; 2. Shawnee 3:21.44; 3. Guthrie 3:20.22; 4. Edmond North 3:34.09; 5. Duncan 3:35.48; 6. Ponca City 3:38.17.

**4 Lap Relay:** 1. John Marshall 1:22.61"; 2. Shawnee 1:29.19; 3. Guthrie 1:29.31; 4. Del City 1:29.84; 5. Ponca City 1:33.35; 6. Duncan 1:33.90.

## B GIRLS

**Shot Put:** 1. Shear, Little Axe, 36-3; 2. Stine-man, Elk City, 32-5.25; 3. Briscoe, Tishomingo, 30-1; 4. James, Tishomingo, 28-0.5; 6. Grissom, Santa Fe, 25-11.75.

**High Jump:** 1. Sullivan, Holdenville, 5-0; 2. Hayes, Santa Fe, 4-10; 3. Butler, Byng, 4-10; 4. Blackwell, Plainview, 4-8; 5. Brimer, Plainview, 4-8; 6. Van Curen, Prague, 4-8.

**Long Jump:** 1. Morris Byng, 13-8.25; 2. McNuck, Santa Fe, 13-6.5; 3. Bogk, Elk City, 13-5; 4. Brewer, Grace Christian, 13-0; 5. King, Watonga, 12-1.25; 6. Meridith, Dickson, 12-1.

**Triple Jump:** 1. Ryan, Prague, 29-10.25; 2. Green, Prague, 26-11; 3. Vox, Prague, 24-0; 4. Kerr, Prague, 23-2.

**55 Hurdles:** 1. Sims, Velma-Alma, 8:64"; 2. Wall, Plainview, 9:60; 3. Slaughter, Plainview, 9:85; 4. Lee, Plainview, 10:0; 5. Van Curen, Prague, 10:06.

**3200 Relay:** 1. Plainview 10:11.98"; 2. Santa Fe 11:56.22; 3. Konawa 12:08.64; 4. Chandler 12:55.72.

**55:** 1. Sims, Velma-Alma, 7:35"; 2. Morris, Byng, 7:50; 3. Patton, Plainview, 7:60; 4. Galloway, Grace Christian, 7:75; 5. Adkerson, Elk City, 7:78; 6. Webb, Velma-Alma, 7:79.

**400:** 1. Treadwell, Holdenville, 1:05"; 2. Boon, Weatherford, 1:06; 3. Adkerson, Elk City, 1:06.14; 4. Ryan, Prague, 1:07; 5. Webb, Velma-Alma, 1:08; 6. Dayton, PC, 1:09.

**3000:** 1. Harvey, Plainview, 12:02.14"; 2. Zimmerman, Plainview, 12:49.61; 3. Mills, Plainview, 13:04.05; 4. Cloud, Elk City, 13:31.89; 5. Delonals, Little Axe, 13:56.19; 6. Savile, Velma-Alma, 14:00.42.

**800:** 1. Sanford, Plainview, 2:30.83"; 2. Lackey, Plainview, 2:43.68; 3. Boone, Weatherford, 2:46.15; 4. Black, Plainview, 2:52.92; 5. Adkerson, Elk City, 2:52.96; 6. Butler, Byng, 2:56.30.

**1600:** 1. Harvey, Plainview, 5:36.48"; 2. McCulloh, Plainview, 6:02.18; 3. Romans, Elk City, 6:27.85; 4. Denson, Plainview, 6:45.27; 5. Pier, Chandler, 6:54.87; 6. Bradford, Watonga, 7:04.63.

**8 Lap Relay:** 1. Prague 3:26.06; 2. Plainview 3:28.64; 3. Little Axe 3:44.01.

**4 Lap Relay:** 1. Byng 1:28.25; 2. Plainview 1:29.75; 3. Prague 1:30.42; 4. Velma-Alma 1:32.69; 5. Little Axe 1:39.10; 6. Dickson 1:40.68.

\*new record



# 1994 TRACK SCHEDULE

*The schedule below was derived from information listed on TEAM REPORTS recieved by February 28th. About 100 meets are listed but there are several that were held last year that no information has been recieved on yet. Since this information comes from reported schedules and not directly from meet directors there are possibilities of errors so it would be prudent to contact the school if you are interested in attending as a spectator for a meet schedule and to confirm the date.*

## March

5: Ardmore, Jenks. 10: Pryor. 11: Purcell, Edison, Putnam City. 12: Broken Bow, Tyler, Tx. 18: Catoosa, Union. 19: Byng, Fairview, Ringwood. 22: Guymon. 25: Ada, Okmulgee. 26: Chickasha, Enid, Grove, Hooker, Medford, Perryton. 29: Bristow. 31: Medford, Turpin, Garden City, Tulsa All City.

## April

1: Bristow, Poteau, Adair. 2: Bethany, Oologah, Owasso, Texarkana, Sulphur, Duncan, Altus. 4: Buffalo, Cushing, Skeltur Conf., Nashville, Ark. 6: Texas Relays, Austin. 7: Dewey. 8: Choctaw, Thomas, Pryor, Liberl, KS, South Barber, KS. 9: Purcell, Edmond--UCO, Heavener, Vinita, Bethany, Dumas, TX, Paris, TX. 12: Shawnee---OBU, Spiro, Putnam City, Woodland, Forgan. 14: Frontier. 15: Tulsa Memorial, Grove, Norman--John Jacobs at OU, Reverton, KS. 16: Wilburton, Wynnewood, Chandler, Duncan, Waynoka, Casady, Bartlesville, Laverne. 19: Westmoore, Harrah, Cherokee, Chandler, Lake Couty Conf. 21: Commerce. 22: Elk City, Catoosa, Konawa. 23: Beaver, Chelsea, Ringwood, Plainview, Mustang, Ada.

25: Frontier. 26: Woodland, Okla. City All City, Lucky 7 Conf., Weatherford. 27: Beaver. 28: Mid State Conf., Ft. Smith, Ark., Oswego, KS. 29: Metro Lakes Conf. 30: TBA--3A-2A-A-B-Regionals, Western Height--Suburban Conf., Casady--SPC North Zone.

## May

6: Choctaw--3A-2A-A-B-State Championships. 7: Choctaw--3A-2A-A-B-State Championships, TBA--5A-4A Regionals. 13-14: Choctaw--5A-4A State Championships.

JOIN THE  
OKLAHOMA  
TRACK  
COACHES  
ASSOCIATION

