

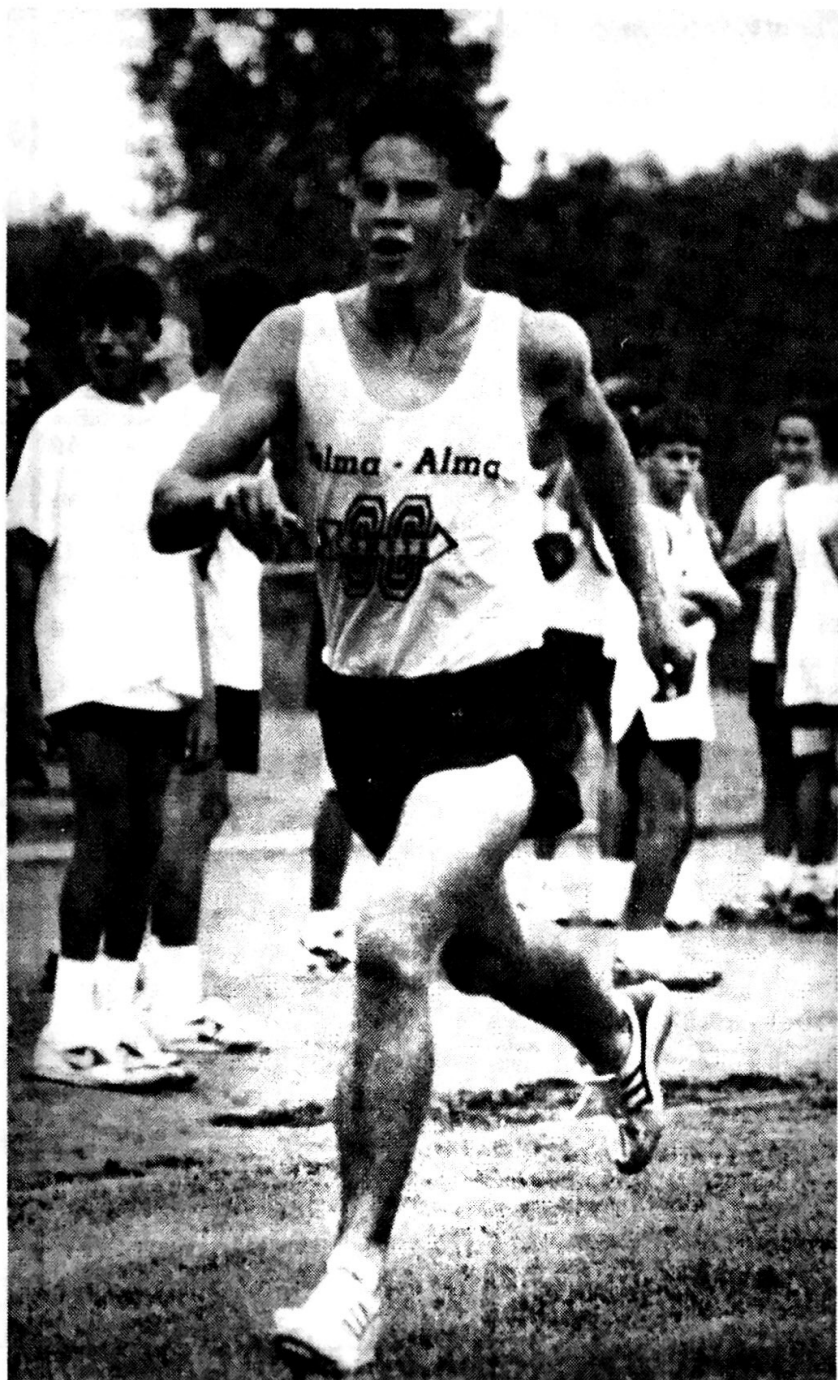
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Vol. 3, No. 1

\$4.00

September 15, 1994



UNDEFEATED in four meets so far this season is Velma-Alma's Zach Johnson, cruising to the win in the Little Axe Invitational September 3rd. Johnson holds down the number one ranking in the 2A boys division while Lindsay is the top ranked 2A boys team. Full results and rankings inside. Photo by John Hoke

Six Champions Back For 1994 CC Season

By John Hoke, Editor

With six of eight individual 1993 cross country state champions returning and a host of high placers and outstanding newcomers, the 1994 cross country season is off and running. Going into the fifth week of competition there have been some surprising and not-so-surprising results--so what else is new?

This review is based on over a dozen meets reported so far and a healthy number of TEAM REPORTS returned by coaches. Team and individual rankings are based on this information and readers are encouraged to call or write with their input for future rankings.

5A Girls

Defending champ, Carissa Nix, Jenks, is back but missed almost all of the '93 track season due to a femoral stress fracture. Her teammates, freshmen Kelli O'Rourke and Renee Ahlgren, are ranked 1-2 at this point which gives the Trojans a strong hold on the number one team spot.

The defending team champions, Bartlesville, suffers from graduation and move-out losses as well as a stress fracture injury to Emily Corbett--a top five runner all last year but knocked out before regionals. Stephanie Webb, 5th last year, will anchor the squad. The Bruins former head coach, Mike Adair, moved to Sapulpa to take on the girls' job and the Chieftans hold down the number two team spot led by Debbie Dearman, 12th in '93. Trish Pruitt is the new Bartlesville coach.

Coach Pat Lenington's (now in his 30th year as a coach) Norman team looks strong, though they failed to put a runner in last year's top 15. Sherry Horton and Andrea DeLozier have both been impressive in meets so far. Tahlequah's Misty Moore, 3rd in '93, is back and will be a contender for a top five finish as will Stillwater's Andrea Haley.

5A Boys

This is a wide-open class with six of the top ten individuals graduating. Jenks and Norman should duke it out for the title again with the six-time defending champion Trojans holding the early edge. The Trojans, under new head coach Greg Rice, are led by junior Jeff Reid and sophomore Mike Pense, ranked 1-2 at this point.

Tiger senior, Joey Donnelly, is the highest returning place winner and has two meet wins to his credit so far and Norman's stock will increase when Jeff Baer, 8th in '93, starts competing. Edmond Memorial's Mark Thompson and Union's Jammie Starks round out the top five individuals with Eisenhower and Midwest City other top teams to watch.

4A Girls

Coach Dave Morton's McGuinness team will be going for their third straight title (the boys, too) led by two-time defending champion, junior Jessica Hoke and '93

Continued on page 11

Next Issue:
September 29

On TRACK

By John Hoke, Editor

WELCOME BACK--The 1994 Cross Country season is underway and we are already headed into the fifth week of competition. We will be coming your way with another issue of the Oklahoma TRACK & FIELD NEWS every two weeks from now until after the state meet in Tulsa, October 29th.

There is going to be a lot of great racing again this season and I have to admit that I am particularly partial to the cross country season. There is just something special about this time of year, with the changing of the seasons, the variety of the weather, the open spaces, the challenging courses and the spirit of friendly competitiveness that prevails at the races. Being a runner myself, I look forward to the opportunity to run on grass and dirt over hills and valleys instead of on concrete or around a track.

Cross country is a sport that allows individual athletes to be a part of a team, regardless of ability. There is always a place on the team, whether it is in the varsity race or in the junior varsity race and a runner need never 'sit on the bench.' One of the recognized keys to a successful cross country program is the development of a 'family.' This is a trait that I see throughout the state in the most successful programs and is something that any program can develop through the years.

One of the best ways to develop the family is to involve the parents in as many activities as possible from driving cars and vans to meets, keeping score, running meets, selling concessions, raising money, travelling with the team, and anything else you can think of to bring them in contact with your team and the other parents. It is also important to have older runners develop as role models for new runners and to pay attention to their integration into the team.

The same athletes can be found at any school--it only takes a program that attracts them by offering a positive and enjoyable experience that makes them want to be part of the team.

This is the first issue of Volume 3 and though I haven't been covering the cross country/track scene for a full three years it seems like I've been around it forever. I have really enjoyed getting to know the coaches, parents and athletes and if you see me at a meet--camera in hand and usually in a Grateful Dead t-shirt--please take the time to introduce yourself, I'm anxious to meet as many of my readers as possible since you are, in a sense, my 'family.'

Many of you will be getting this issue as part of a free trial subscription and I hope that you like what you see well enough to become a regular subscriber when your free trial expires. I am grateful for the regular subscribers because, in the long run, that is what it takes to keep a publication like this in business. So--if you aren't already one it is time to take the plunge and become: **A REGULAR SUBSCRIBER!!!**

See you at a cross country race.

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 Schnelder

OFFICES: 5500 N. Lincoln Boulevard, Oklahoma City, OK 73105; **MAILING ADDRESS:** P.O. Box 54679, Oklahoma City, OK 73154-1679. **PHONE:** office 405-524-7880; **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.

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RETURNING STATE CHAMPIONS



SIX OF EIGHT 1993 Cross Country champions will return this year to defend their titles. Left to right: 5A--Carrissa Nix, Jenks senior; 4A--Jessica Hoke, McGuinness junior; 2A--Ashlee Barby, Laverne sophomore; 4A--Cornelius Mason, Northeast senior; 3A--Craig Blanchard, Little Axe junior; not pictured is 2A champ, Mark Levings, Buffalo senior. Photos by John Hoke

Gordon Cooper Vo-Tech Invitational Shawnee 8/27/94

SHAWNEE--The two-time defending state 4A champion McGuinness girls opened their 1994 season with a solid victory in the 4A-5A division of the Gordon Cooper Vo-Tech Invitational August 27th while the Norman boys opened their season with a win in the 4A-5A boys division.

The Grove girls ran away with the 2A-3A event while the Little Axe boys did the same.

2A-3A GIRLS

TEAM SCORE: 1. Grove 23; 2. Lexington 117; 3. Konawa 129; 4. Purcell 132; 5. Little Axe.

INDIVIDUALS: 1. Carly McCulley, Grove, 6:24; 2. Cathleen Baumeister, Jones, 6:36; 3. Amber Sreaves, Grove, 6:48; 4. Abby Robertson, Grove, 7:11; 5. unknown, 6:56; 6. Jancy Gharkhanla, Purcell, 7:06; 7. Keri Brixey, Grove, 7:11; 8. Cheryl Van Lear, Grove, 7:13; 9. Jennifer Jones, 7:13; 10. Lindsay Niles, Konawa, 7:15; 11. Ali Sreaves, Grove, 7:19; 12. Leah Savage, Konawa, 7:20; 13. Kassy Hamman, Lexington, 7:25; 14. Laura Millican, 7:29; 15. Laura Heisey, Lexington, 7:29; 16. unknown, 7:30; 17. unknown, 7:30; 18. Hillary Cochran, Little Axe, 7:31; 19. unknown, 7:31; 20. unknown, 7:32; 21. Nanci Lawson, Talihina, 7:33; 22. Tenia Embry, Lexington, 7:36; 23. Crystal Ross, Tishomingo, 7:37; 24. Nancy Jones, Grove, 7:37; 25. Jennifer Johnson, Purcell, 7:41.

4A-5A GIRLS

TEAM SCORE: 1. McGuinness 36; 2. Norman 48; 3. Moore 101; 4. Westmoore 107; 5. Shawnee 124; 6. Durant 132; 7. Santa Fe 174; 8. McAllister 249.

INDIVIDUALS: 1. Ashley Boothe, McGuinness, 6:14; 2. Sherry Horton, Norman, 6:33; 3. Andrea DeLozier, Norman, 6:34; 4. Jessica Hoke, McGuinness, 6:38; 5. Courtney Moody, Durant, 6:42; 6. Kim Keaton, McGuinness, 6:43; 7. Jill Alington, McGuinness, 6:43; 8. Jessica Gibson, Shawnee, 6:44; 9. Randi McKinney, Santa Fe, 6:46; 10. Stephanie Adams, Norman, 6:47; 11. Kim Settle, Moore, 6:48; 12. Kiley Force, Westmoore, 6:52; 13. Hillary Reser, Norman, 6:52; 14. unknown, 6:52; 15. Naomi Ramos, Moore, 6:53; 16. Jennifer Elder, Durant, 6:53; 17. Melissa Flood, Moore, 6:54; 18. Laura Imel, McGuinness, 6:55; 19. Cindy Ryan, Westmoore, 6:56; 20. Ramona Denies, Norman, 6:57; 21. Mindy Penelley, Westmoore, 7:01; 22. Karyn Maier, Shawnee, 7:02; 23. Alicia Watson, Shawnee, 7:03; 24. Adi Font, Moore, 7:04; 25. Natalie Krieger, Durant, 7:07.

2A-3A BOYS

TEAM SCORE: 1. Little Axe 34; 2. Dickson 87; 3. Prague 103; 4. Tishomingo 152.

INDIVIDUALS: 1. David Lampkin, Dickson, 11:49; 2. Brandon Lewis, Little Axe, 11:58; 3. Daniel McKinney, Davenport, 11:58; 4. March Lampkin, Dickson, 12:01; 5. Shawn Hicks, Prague, 12:13; 6. Spud Blanchard, Little Axe, 12:15; 7. Ralph Dumas, Little Axe, 12:16; 8. unknown; 9. Jeremy Johnson, Little Axe, 12:19; 10. Shawn Myers, Little Axe, 12:20; 11. unknown; 12. unknown; 13. unknown; 14. unknown; 15. Renaldo Wiles, Prague, 12:42; 16. Scott Hutchings, Tishomingo, 12:51; 17. David Eropkin, Konawa, 12:57; 18. Blake Jackson, Dickson, 13:14; 19. David Harcrow, Tishomingo, 13:16; 20. Javier Cordan, Prague, 13:29; 21. Chance Toles, Ripley, 13:33; 22. unknown; 23. Sean Spiva, Ripley, 13:39.

4A-5A BOYS

TEAM SCORE: 1. Norman 65; 2. Midwest City 85; 3. McGuinness 91; 4. Shawnee 114; 5. Moore 119; 6. Durant 142; 7. Santa Fe 146; 8. Westmoore 215; 9. Stillwater 232; 10. McAllister 313.

INDIVIDUALS: 1. Joey Donnelly, Norman, 11:21; 2. Derek Bryant, Moore, 11:31; 3. Jason Jones, Santa Fe, 11:39; 4. Anthony Wilson, Shawnee, 11:46; 5. Mike Connolly, McGuinness, 11:48; 6. Vasquez, Midwest City, 11:51; 7. Donald Wilson, Durant, 11:55; 8. Lechman, Midwest City, 11:56; 9. Matt Whitney, Shawnee, 12:04; 10. Nathan Springer, Norman, 12:06; 11. Taylor Tyron, McGuinness, 12:08; 12. Andrew Cross, Stillwater, 12:09; 13. Ryan Covert, Westmoore, 12:10; 14. McFarland, Midwest City, 12:10; 15. Zack Rice, Moore, 12:12; 16. Josh Corey, Durant, 12:14; 17. Kyle Bennett, Norman, 12:15; 18. Ryan Lippoldt, Norman, 12:17; 19. Matthew Gary, Norman, 12:20; 20. Paul Pierce, McGuinness, 12:26; 21. Paul Lamert, Norman, 12:29; 22. Corey Enclso, Moore, 12:32; 23. Matt Sexauer, McGuinness, 12:33; 24. Chris Woring, Santa Fe, 12:38; 25. Jeff Ramming, Stillwater, 12:41.



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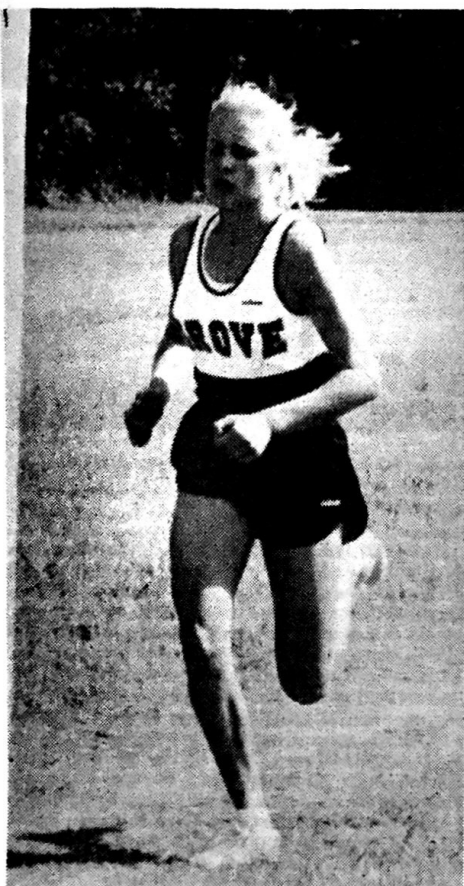
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GROVE FRESHMAN, Carley McCulley, won the 2A-3A Girls Division in the Gordon Cooper Vot-Tech Invitational in Shawnee, August 27th. Photo by John Hoke

Track Coaches Hall of Fame

Charles Wyatt, head coach at Tishomingo, has undertaken the responsibility of bringing the Oklahoma Track Coaches Hall of Fame up to date and needs help. The following list is of the known members of the Hall and if anyone can identify someone left off they are asked to give coach Wyatt a call at school, 405-371-2323.

The Track Coaches Hall of Fame is displayed in the lobby of the fieldhouse at the University of Central Oklahoma in Edmond.

Hall of Fame Coaches: Harry Cheadle, Glen Chowins, Jim Darnell, Clyde Ellis, Rex Erwin, Bob Haley, Pat Lenington, Richard Lousch, John Martin, Buddy Murrell, Bob McLain, Paul Parent, Jim Phillips, Hugh Pierce, Dorsey Reardon, Kenny Ruof, Joe Ross, Skippy Smith, Glen Stone, Joe Straw, Ralph Tate, Ray Vaughn.

Please give coach Wyatt a call if you know of someone that is not listed and should be.

Marlow Invitational

Marlow High School
8/27/94

MARLOW--The Jenks boys and girls served notice that they will be a force to be reckoned with in 5A competition this year as they grabbed both titles in the Marlow Invitational held here August 27th. The host Outlaw boys took the 2A-3A title while the Plainview girls put another notch on their belt for the season, taking home the 2A-3A girls' trophy.

Jenks' freshman, Kellie O'Rourke, turned in the fastest time of the day for the girls while teammate Jeff Reid tied with Velma-Alma's Zac Johnson for the top boys' time.

2A-3A GIRLS

TEAM SCORING: 1. Plainview, 27; 2. Marlow, 42; 3. Velma Alma, 80; 4. Elgin, 123; 5. Weatherford, 125; Burns Flat, Lindsay, Rush Springs, NS.

INDIVIDUALS: 1. Sarah Harvey, Plainview, 5:43; 2. Chrissy Guild, Marlow, 5:45; 3. Kelleigh Sanders, Elgin, 5:56; 4. Melanie Lemons, Marlow, 5:57; 5. Emily McCulloh, Plainview, 5:59; 6. Lacey Sanford, Plainview, 6:01; 7. Kristie Chaney, Plainview, 6:08; 8. Mandy Orr, Plainview, 6:10; 9. Amy Norton, Plainview, 6:13; 10. Crystal Fuller, Velma Alma, 6:14; 11. Rebecca Doda, Marlow, 6:16; 12. Dena Dial, Marlow, 6:18; 13. Leah McCauley, Marlow, 6:19; 14. Halee Lackey, Plainview, 6:19; 15. Mandy Sims, Velma Alma, 6:23; 16. Chris Linke, Velma Alma, 6:25; 17. Rikki Hazen, Marlow, 6:30; 18. Jennifer Dodson, Lindsay, 6:32; 19. Missy Thacker, Velma Alma, 6:32; 20. Dana Sutton, Velma Alma, 6:32; 21. Leslie Boone, Weatherford, 6:42; 22. Stephanie Beda, Weatherford, 6:44; 23. Nici Saville, Velma Alma, 6:44; 24. Amanda Cook, Marlow, 6:53; 25. Darle Parton, Weatherford, 6:58; 26. Heather Denman, Elgin, 7:03; 27. Anna Baker, Rush Springs, 7:05; 28. Taman Hayes, Weatherford, 7:06; 29. Shanon Vassar, Weatherford, 7:10; 30. Tiffany Hurst, Elgin, 7:14.

4A-5A GIRLS

TEAM SCORING: 1. Jenks, 25; 2. Guthrie, 56; 3. Edmond North, 74; 4. Eisenhower, 111; 5. Edmond Memorial, 114; 6. Altus, 190.

INDIVIDUALS: 1. Kellie O'Rourke, Jenks, 5:37; 2. Brandi Woodard, Guthrie, 5:44; 3. Renee Alghreen, Jenks, 5:49; 4. Nicole Monroe, Guthrie, 5:57; 5. Lindsay Nickens, Jenks, 5:58; 6. Kelli Cowan, Guthrie, 5:59; 7. Pam Moudry, Jenks, 6:01; 8. Summer Lamons, Edmond North, 6:06; 9. Rachel Smiley, Jenks, 6:07; 10. Carissa Nix, Jenks, 6:14; 11. Rosie Solano, Eisenhower, 6:15; 12. Brandi Beall, Edmond North, 6:16; 13. Meghan Mitchell, Edmond Memorial, 6:17; 14. Jessica Burns, Edmond North, 6:20; 15. Monica Crawford, Eisenhower, 6:22; 16. Holly Mays, Guthrie, 6:22; 17. Unknown, 6:23; 18. Adrienne Alvarez, Eisenhower, 6:24; 19. Erin Jones, Edmond North, 6:26; 20. Karl Jensen, Jenks, 6:27; 21. Jessica Morton, Edmond North, 6:33; 22. Megan Toole, Edmond North, 6:34; 23. Laura Beam, Edmond Memorial, 6:35; 24. Hillary Stiglets, Edmond North, 6:37; 25. Megan Hibbs, Edmond Memorial, 6:39; 26. Amy Schemm, Edmond Memorial, 6:41; 27. Unknown, 6:41; 28. Leslie Roof, Guthrie, 6:42; 29. Faye Wyles, Edmond Memorial, 6:52; 30. Unknown, 6:59.

2A-3A BOYS

TEAM SCORING: 1. Marlow, 28; 2. Lindsay, 82; 3. Plainview, 95; 4. Hydro, 136; 5. Weatherford, 145; 6. Velma-Alma, 146; 7. Elgin, 150; 8. Madill, 162; Burns Flat NS.

INDIVIDUALS: 1. Zac Johnson, Velma-Alma, 10:17; 2. Zach Minson, Marlow, 10:26; 3. Jody Woods, Marlow, 10:27; 4. Jared Black, Hydro, 10:30; 5. Cory Clark, Plainview, 10:35; 6. Jared Lovett, Marlow, 10:40; 7. Larry Landtroop, Marlow, 10:40; 8. Steve Elkins, Madill, 10:43; 9. Wes Womack, Plainview, 10:44; 10. Jon Connolly, Marlow, 10:45; 11. Charles Cameron, Lindsay, 10:45; 12. Rodney Pipkin, Marlow, 10:57; 13. Chris Hoyle, Lindsay, 11:00; 14. Clint Loyd, Marlow, 11:05; 15. Matt Holcomb, Lindsay, 11:08; 16. Jeremiah Smith, Elgin, 11:16; 17. Danny Romo, Plainview, 11:18; 18. John Taylor, Lindsay, 11:23; 19. Colby Auld, Burns Flat, 11:24; 20. Walter Ginn, Hydro, 11:26; 21. Dustin Lord, Elgin, 11:27; 22. Mike Lettkeman, Weatherford, 11:30; 23. Shawn Killman, Hydro, 11:50; 24. Unknown, 11:51; 25. Steven Branch, Lindsay, 11:54; 26. Jeremiah Zeiger, Madill, 11:56; 27. Matt Johnston, Weatherford, 12:01; 28. Greg Merlyn, Plainview, 12:07; 29. Blake Farris, Weatherford, 12:07; 30. Josh Agnew, Velma Alma, 12:10.

4A-5A BOYS

TEAM SCORING: 1. Jenks, 30; 2. Edmond Memorial, 69; 3. Eisenhower, 75; 4. Guthrie, 83; 5. Altus, 124; 6. Edmond North, 133.

INDIVIDUALS: 1. Jeff Reid, Jenks, 10:17; 2. Michael Pense, Jenks, 10:22; 3. Mark Thompson, Edmond Memorial, 10:28; 4. Gary Porter, Eisenhower, 10:29; 5. Jeremy Buhl, Edmond Memorial, 10:29; 6. Welton Jefferson, Eisenhower, 10:33; 7. Andrew Schick, Jenks, 10:34; 8. John Ashley, Edmond North, 10:36; 9. Larry Gibson, Jenks, 10:37; 10. Jeremy Cleek, Guthrie, 10:43; 11. Matt Stiger, Jenks, 10:44; 12. Barry Mize, Guthrie, 10:47; 13. Rob Seat, Edmond Memorial, 10:49; 14. Brian Whitlock, Altus, 10:53; 15. Matt Jordan, Jenks, 10:53; 16. Jacob Frias, Eisenhower, 10:54; 17. Keith Morris, Altus, 10:55; 18. Brian Comstock, Guthrie, 10:56; 19. Mike Damron, Guthrie, 10:59; 20. Jordan James, Jenks, 11:00; 21. Blake Collins, Edmond North, 11:01; 22. Jack Springli, Eisenhower, 11:05; 23. Joe Snellings, Edmond Memorial, 11:11; 24. Gary Mize, Guthrie, 11:14; 25. Ty Marden, Edmond Memorial, 11:15; 26. Blaine Phipps, Edmond Memorial, 11:18; 27. Nic Vasilouskas, Eisenhower, 11:23; 28. Danny Simonson, Altus, 11:35; 29. Kaleb Williams, Edmond North, 11:39; 30. Brian Johnson, Edmond Memorial, 11:43.

"SEE YOU IN SEPTEMBER..."

By Tom Coniglione, M.D.

Summer is behind us. Many runner athletes are enthusiastically looking forward to the fall season of competition. This article is being offered to the fall athlete and the athlete's parents as a reminder of some of the concepts to consider when returning to competition. Similar information is also available from the coaches who are familiar with most of these principles. The goal of this "refresher article" is to assist the athlete to derive maximum satisfaction from the fall competitive season.

Competition requires athleticism and mental preparation. Mental preparation is derived from prior experience with competition, in addition to guidance from coaches and other individuals influential to the athlete. Athleticism requires training and is dependent upon preparing the body to withstand the rigors imposed by training and competition. The body components most stressed by running include the heart, lungs, joints, muscles, and hormone producing glands.

In the healthy adolescent athlete with normal heart, lung, hormone system and joints, the system most influenced by training is the muscle. Training has an effect on the muscle strength, endurance and flexibility. Muscle strength refers to the muscles' ability to provide the power required for the duration of training and competition. Conditioning refers to the muscles' ability to function at a high rate of efficiency while flexibility is important to assure optimal muscle functioning and prevention of injuries.

Many athletes participate in strength training programs. Most of the strength training is performed in the off season. For fall distance runners, the season in which to perform strength training is the summer. In the fall, the strength training program is reduced to a maintenance level in an effort to maintain the strength gained over the summer.

Conditioning the muscles for distance running requires a base of distance mileage. Entering the fall competitive season, most of us would recommend athletes to have a base of 20-25 miles per week of distance running. We are hesitant to provide specific distances such as these because of the marked variation between athletes. Some athletes can enter the fall season with as few as 15 miles per week, whereas some may need as much as 40 miles per week. Most athletes will do quite well on a base of 20-25 miles per week.

Thus far we have established that to enter fall training and competition requires a considerable effort to be made over the summer. Assuming the summer preparation was successful, during the fall season the athlete would emphasize speed and the maintenance of muscle strength and flexi-

bility. To develop speed, most coaches utilize a variety of high intensity workout programs. Most athletes do intervals. Although, most high school and college coaches use intervals, other techniques such as hill training, tempo runs, and fartlek runs will improve race times.

Differences of opinions exist regarding the frequency with which intervals or hard workouts can be run, and differences of opinion exist regarding the components of a hard workout. Most of the colleges use three interval workouts per week during the competitive season. The top collegiate athletes do quite well with a high intensity training program because they are the "cream of the crop" and are capable of training at a high intensity.

At the high school level, where there is much a broader range of ability, there will be some athletes who can train at a high intensity, with other students who cannot participate at this level. Therefore, high school coaches will attempt to learn of each student's ability in order to plan programs designed to enhance the individuals' ability. Likewise, with long runs or tempo runs, coaches will frequently attempt to divide the athletes in proportion to their skill level. Those with greater strength, flexibility, and endurance will be expected to run longer distances at faster paces, whereas students with lower levels of ability will be given shorter courses with different time requirements.

The principle purpose of fall training at the high school level is designed to increase the student's muscle efficiency so that his/her race times will fall. The goal should be to have the runners continue to improve to the point where they perform maximally toward the end of the season, near regional or state competition. Oftentimes, we see students who train too hard, too soon. Consequently, they "peak" too early in the season, thus have a reduced ability to compete in the quarter, semis, or final state meets. Most distance runners can "peak" only once or twice a year.

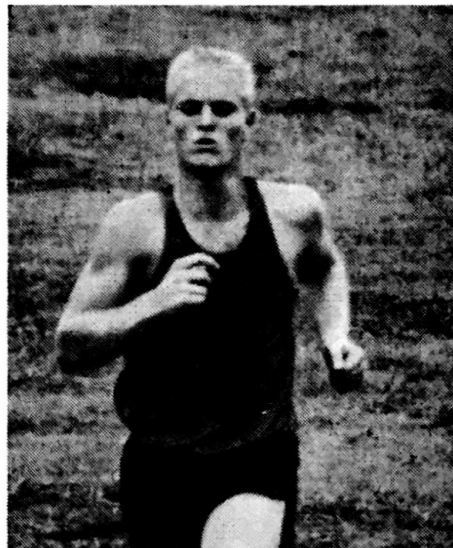
With the student's enthusiasm and the coach's desire for trophies, there is sometimes a tendency for the athlete to overtrain. The concept of overtraining refers to some variety of excesses; excessive mileage, excessive number of interval workouts, or inadequate rest. Overtraining or staleness is sometimes difficult to diagnose. It should be suspected when an athlete loses his enthusiasm for the sport, injuries occur, weight loss is noted, morning fatigue is noticed, the morning pulse rate is elevated, or the athlete suffers from swollen glands, sore throat, lassitude, or tiredness. It is important to emphasize that when overtrained, not only will an athlete not perform up to his ability, but he will be prone to injuries.

The injuries that can occur during training and competition in the fall season are

broad in range. After examining hundreds of high school athletes, we can safely state that the more common injuries involve the knee, the muscle between the knee and the ankle on the inside of the leg behind the shin bone, stress fractures, and overtraining. Injuries that are quite unusual in the high school athlete are those of the achilles tendon, the hips, and the plantar fascia.

A special point must be emphasized for adolescent girls. At times, adolescent girls who maintain high mileage training programs will not develop normal menstrual cycles, or may stop having menstrual periods. Any female athlete who has not had a menstrual cycle by age 16 should seek medical supervision. Likewise, the female athlete whose menstrual cycles stop should seek medical attention. Both conditions are abnormal and can lead to abnormalities in the manner in which calcium is deposited in bone resulting in stress fractures or osteoporosis.

The fall season is one for the student athlete to have renewed enthusiasm for the development of self-esteem and attainment of personal goals. Adequate pre-season preparation, a training program proportional to the student's abilities, experience in competition and strong support by coach and parents will assure a satisfying season. Good luck to all the fall student athletes!



NORMAN'S JOEY DONNELLY wins the 4A-5A Boys division and leads his team to victory in the Gordon Cooper Vo-Tech Invitational in Shawnee, August 27th. Photo by John Hoke

BACK ISSUES
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While they last!



LITTLE AXE INVITATIONAL—Jones' Cathleen Baumeister leads Plainview's Emily McCulloh en route to fourth and fifth places respectively here September 3rd while the Plainview girls ran away with the team title. Photo by John Hoke

Purcell Trails Invitational

PURCELL HIGH SCHOOL

9/6/94

GIRLS:

TEAM SCORING: 1. Ardmore 34; 2. Lexington, 53; 3. Purcell 64; 4. Wynnewood 107; 5. Marietta 107; 6. Byng NS; 7. Maysville NS; 8. Ninnekah 189.

INDIVIDUALS: 1. Becky Puckett, Ardmore, 6:47; 2. Jancy Gharthania, Purcell, 6:55; 3. Beth Maglorina, Ardmore, 7:01; 4. Ashley Carlock, Ardmore, 7:16; 5. Kassy Hammon, Lexington, 7:18; 6. Brook Bigby, Ardmore, 7:20; 7. Jennifer Johnson, Purcell, 7:21; 8. Holly Christian, Byng, 7:23; 9. Lana Hessey, Lexington, 7:24; 10. Tonja Embry, Lexington, 7:25; 11. Kristi Kinard, Wynnewood, 7:26; 12. Chance Wheeler, Lexington, 7:27; 13. Amie Shankles, Marietta, 7:30; 14. Brandi Beach, Marietta, 7:37; 15. Lisa Clark, Purcell, 7:38; 16. Holly Irwin, Purcell, 7:40; 17. Beth Lewis, Lexington, 7:44; 18. Monika Lackey, Wynnewood, 7:46; 19. Traci Crossland, Marietta, 7:50; 20. April Pirtle, Ardmore, 7:52; 21. Kelsha Craddock, Ninnekah, 7:55; 22. Jennifer Doss, 7:59; 23. Lucy Lemons, Marietta, 8:09; 24. Mandy McCoy, Purcell, 8:11; 25. Laura McCaleb, Maysville, 8:15; 26. Tara Luttrell, Purcell, 8:16; 27. Tara Parsons, Wynnewood, 8:18; 28. Jennifer Pearce, Byng, 8:18; 29. Leslie Wegner, Wynnewood, 8:19; 30. Angela Faris, Purcell, 8:20; 31. Melissa Johnston, Purcell, 8:21; 32. Leslie Eby, Prague, 8:24; 33. Amanda Card, Prague, 8:25; 34. Mandy Williams, Ninnekah, 8:34; 35. Brandy Moore, Purcell, 8:37.

BOYS

TEAM SCORING: 1. Ardmore 2. Prague 3. Byng 4. Purcell, Maysville, OSD NS.

INDIVIDUALS: 1. Jeremy Riddle, Byng, 9:37; 2. Shawn Hicks, Prague, 9:43; 3. Matt Franks, Ardmore, 10:21; 4. Scott Quinbey, Ardmore, 10:30; 5. Jack Franks, Ardmore, 10:31; 6. Javier Gordon, Prague, 10:48; 7. Tom Hutton, Ardmore, 10:55; 8. Chris Schrieber, Oklahoma School for the Deaf, 11:14; 9. Cody Graham, Prague, 11:19; 10. Jimmy Crawford, Byng, 11:20; 11. Kerry James, Byng, 11:27; 12. Channon West, Oklahoma School for the Deaf, 11:28; 13. Charles Thompson, Prague, 11:31; 14. Jared Webster, Prague, 11:33; 15. David Johnston, Purcell, 11:34; 16. Jacob Voth, Purcell, 11:36; 17. Andy Mullins, Ardmore, 11:50; 18. Clayton Payne, Ardmore, 12:16; 19. Joe Widdles, Ardmore, 12:27; 20. Wesley Jenkins, Byng, 12:37.

Sapulpa Invitational

Sapulpa High School

9/3/94

SAPULPA—The Jenks boys and girls wrapped up their second double win of the season in the Sapulpa Invitational held here September 3rd. Trojan freshman Kellie O'Rourke was the top girl while Union's Jamar Starks was the top boy.

GIRLS VARSITY

TEAM SCORING: 1. Jenks, 25; 2. Sapulpa, 41; 3. Union, 81; 4. Edmond Santa Fe, 102; 5. Ponca City, 134; 6. Broken Arrow, 173; 7. Mannford, 206.

INDIVIDUALS: 1. Kellie O'Rourke, Jenks, 5:50; 2. Renee Alhgreen, Jenks, 5:53; 3. Debbie Dearman, Sapulpa, 5:56; 4. Melissa Housley, Sapulpa, 6:02; 5. Jaime McClain, Union, 6:09; 6. Rachel Smiley, Jenks, 6:09; 7. Carissa Nix, Jenks, 6:10; 8. Randi McKinney, Edmond Santa Fe, 6:13; 9. Pam Moudry, Jenks, 6:16; 10. Cheyenne Lerly, Sapulpa, 6:18; 11. Stacy Ayers, Sapulpa, 6:23; 12. Megan Riddle, Union, 6:27; 13. Andrea Long, Sapulpa, 6:32; 14. Amy Cheatwood, Sapulpa, 6:35; 15. Julie Freitas, 6:40; 16. Karl Jensen, Jenks, 6:40; 17. Amy Daniels, Edmond Santa Fe, 6:44; 18. Corrie Shaw, Union, 6:46; 19. S. Nemcek, Jenks, 6:47; 20. Georgia Donaldson, Bristow, 6:48; 21. Lauren Jones, Edmond Santa Fe, 6:52; 22. Jennifer Redden, Sapulpa, 6:53; 23. Jane Koster, Ponca City, 6:53; 24. Sarah Koster, Ponca City, 6:53; 25. Bethony Parker, Union, 6:57; 26. Annette Elrod, Union, 6:57; 27. Jennifer Wurtzbscher, Edmond Santa Fe, 7:01; 28. Karla Ann Dennis, 7:03; 29. Darle Dodge, 7:07; 30. Lyndsey Warrior, Ponca City, 7:08; 31. Elizabeth Couch, Broken Arrow, 7:09; 32. Amber Clark, Ponca City, 7:09; 33. Susan Lambert, Union, 7:10; 34. Danyle Miron, Broken Arrow, 7:11; 35. Jennifer Dickson, Union, 7:12; 36. Holly Simpson, Mannford, 7:24; 37. Heather Johnson, Broken Arrow, 7:27; 38. Shannon Ohlson, Edmond Santa Fe, 7:28; 39. Desarre Smart, Edmond Santa Fe, 7:29; 40. Gwen Oliver, Mannford, 7:30.

BOYS VARSITY

TEAM SCORING: 1. Jenks, 27; 2. Edmond Memorial, 49; 3. Union, 91; 4. Sapulpa, 105; 5. Broken Arrow, 113; 6. Ponca City, 143; 7. Mannford, 208.

INDIVIDUALS: 1. Jamar Starks, Union, 10:25; 2. Jeff Reid, Jenks, 10:29; 3. Larry Gibson, Jenks, 10:36; 4. Mark Thompson, Edmond Memorial, 10:40; 5. Jeremy Buhl, Edmond Memorial, 10:43; 6. Andrew Schick, Jenks, 10:45; 7. Michael Pense, Jenks, 10:47; 8. Rob Seat, Edmond Memorial, 10:47; 9. P. Becker, Jenks, 10:54; 10. Jacob Lasley, Broken Arrow, 10:57; 11. Jason McDonald, Broken Arrow, 10:58; 12. Matt Jordan, Jenks, 11:01; 13. Jeremy Case, Union, 11:02; 14. Joe Snellings, Edmond Memorial, 11:03; 15. Mike Crook, Sapulpa, 11:08; 16. Matt Stiger, Jenks, 11:09; 17. Gustavo Barbosa, Ponca City, 11:18; 18. Ty Marden, Edmond Memorial, 11:21; 19. Chad Nieman, Ponca City, 11:28; 20. Tim Helton, Union, 11:33; 21. Mike Knight, Sapulpa, 11:34; 22. Marcus Vann, Sapulpa, 11:37; 23. Chris Willie, Sapulpa, 11:39; 24. Jason Robertson, Sapulpa, 11:42; 25. Josh Shelton, Union, 11:43; 26. Jeff Waner, Edmond Memorial, 11:47; 27. Brian Johnson, Edmond Memorial, 11:49; 28. Luke Oldham, Sapulpa, 11:58; 29. Dimauro, Broken Arrow, 11:59; 30. Sam Farris, Broken Arrow, 12:00; 31. David Metzger, Ponca City, 12:05; 32. Keith Chernicky, Union, 12:07; 33. Marsh Petty, Broken Arrow, 12:15; 34. George Normandin, Broken Arrow, 12:15; 35. James Patton, 12:19; 36. Tymon Sharp, Mannford, 12:21; 37. Derrick Watkins, Okmulgee, 12:21; 38. Brian Beesley, 12:30; 39. David Thompson, Broken Arrow, 12:30; 40. Jason Ross, Ponca City, 12:37.

Ford Mastin and Charles Butler Named First Hugh Pierce Memorial Coaches Of The Year

OKLAHOMA CITY—Ford Mastin, Prague (boys), and Charles Butler, Wynnewood (girls), were named the first winners of the Hugh Pierce Memorial Coach of the Year Award by the Oklahoma Track Coaches Association in their annual meeting here at the Clarion Hotel July 25th.

Both Mastin and Bulter are long-time coaches who have been very active in the coaches association as well as having outstanding teams through the years.

Bulter, in his 22nd year of coaching, has been at Wynnewood for 12 years with two state championship teams to his credit and one runnerup. He was the girls coach of the first Oklahoma All-Star team that went to the Great Southwest Classic in 1993 and is a past president of the Oklahoma Girls Track Coaches Association. He was also named the Coach of the Year by the OTCA last year.

Mastin, in his 16th year of coach, has been at Prague for 12 years with 13 individual state champions to his credit and one runnerup team. He was the driving force behind the track and cross country dual with Arkansas and helped the OTCA develop the clinic speakers co-op program.

Bulter and his wife, Fran, have two children, Amie Lampkin, a coach at Plainview and Bethany, a sophomore at OU.



Ford Mastin



Charles Butler

GIRLS INDIVIDUAL RANKINGS

2A

1. Ashlee Barby
Laverne
2. Crystal Fuller
Velma-Alma
3. Jennifer Dodson
Lindsay
4. Kassy Hammon
Lexington
5. Dana Sutton
Velma-Alma
6. Chris Linke
Velma-Alma
7. Nikki Lanie
Wakita
8. Haley Long
Alva
9. Kiley Deal
Laverne
10. Beth Ansel
Chisholm

3A

1. Sarah Harvey
Plainview
2. Kelleigh Sanders
Elgin
3. Lacey Sanford
Plainview
4. Leah McCulley
Marlow
5. Chrissy Guild
Marlow
6. Carly McCulley
Grove
7. Cathleen Baumeister
Jones
8. Becky Harvey
Plainview
9. Melanie Lemons
Marlow
10. Emily McCulloh
Plainview

4A

1. Ashley Boothe
McGuinness
2. Brandi Woodard
Guthrie
3. Jessica Hoke
McGuinness
4. Courtney Moody
Durant
5. Nicole Monroe
Guthrie
6. Kim Keaton
McGuinness
7. Jill Airington
McGuinness
8. Randi McKinney
Santa Fe
9. Valerie Smith
Elk City
10. Jameka Roberts
John Marshall

5A

1. Kellie O'Rourke
Jenks
2. Renee Alhgren
Jenks
3. Andrea DeLozier
Norman
4. Sherry Horton
Norman
5. Andrea Haley
Stillwater
6. Misty Moore
Tahlequah
7. Carissa Nix
Jenks
8. Debbie Dearman
Sapulpa
9. Jaimie McLain
Union
10. Summer Lamons
Edmond North

Others: Lindsay Niles, Konawa; Anita Ramirez, Oaks; Becki Johnson, Big Pasture; Nici Saville, Velma-Alma; Mandy Sims, Velma-Alma. Others: Dena Dial, Marlow; Amber Sreaves, Grove; Mandy Orr, Plainview; Amy Norton, Plainview; Abby Robertson, Grove. Others: Jenney Nemec, Kelley; Kelli Cowan, Guthrie; Becky Puckett, Ardmore; Laura Imel, McGuinness; Joni Adkerson, Elk City. Others: Melissa Housley, Sapulpa; Melissa Flood, Moore; Stephanie Adams, Norman; Jessica Gibson, Shawnee; Megan Riddle, Union.

BOYS INDIVIDUAL RANKINGS

2A

1. Zach Johnson
Velma-Alma
2. Daniel McKinney
Davenport
3. Jared Black
Hydro
4. Mark Levings
Buffalo
5. Charles Cameron
Lindsay
6. Cody Daukei
Watonga
7. Ray Coomer
Glencoe
8. Jeff Gillet
Geary
9. Cody Auld
Burns Flat-Dill City
10. Matt Holcomb
Lindsay

3A

1. Jared Lovett
Marlow
2. Steve Elkins
Madill
3. David Lampkin
Dickson
4. Jeremy Riddle
Byrg
5. Clint Loyd
Marlow
6. Brandon Lewis
Little Axe
7. Craig Blanchard
Little Axe
8. Cory Clark
Plainview
9. Zach Minson
Marlow
10. Ralph Dumas
Little Axe

4A

1. Cornelius Mason
Northeast
2. Jason Jones
Santa Fe
3. Barry Mize
Guthrie
4. Mike Connolly
McGuinness
5. Brian Whitlock
Altus
6. Donald Wilson
Durant
7. Chris Ford
Claremore
8. Taylor Styron
McGuinness
9. Brian Ward
Santa Fe
10. Toby Filener
Duncan

5A

1. Jeff Reid
Jenks
2. Mike Pense
Jenks
3. Joey Donnelly
Norman
4. Mark Thompson
Edmond Memorial
5. Jammie Starks
Union
6. Gary Porter
Eisenhower
7. Welton Jefferson
Eisenhower
8. Derek Bryant
Moore
9. Jeremy Buhl
Edmond Memorial
10. M. Vasquez
Midwest City

Others: Scott Hutchings, Tishomingo; Chris Hoyle, Lindsay; Michael Longhat, Carnegie; Shawn Hicks, Prague; Zac Cazelle, Ripley. Others: Larry Landtroop, Marlow; Jeremy Johnson, Little Axe; Jody Woods, Morris, Altus; Chris Waring, Santa Fe; Marlow; Scott Hutchings, Wes Womack, Plainview. Others: Jeremy Cleek, Guthrie; Keith Brian Comstock, Guthrie; Gary Mize, Guthrie. Others: Larry Gibson, Jenks; Anthony Wilson, Shawnee; Andrew Schick, Jenks; Paul Lammert, Norman; David Phillips, Putnam City.

Hall of Fame Track, Cross Country Coach Hugh Pierce Dies at Age 64

OKLAHOMA CITY—Hugh Pierce, who coached track and cross country at Edison High School in Tulsa for 32 years and later at the University of Tulsa, died late in June in Oklahoma City.

The 64-year-old Oklahoma High School Hall of Fame member died of a massive heart attack, according to his stepson Keith Wright.

A Tulsa native, Pierce was a graduate of Webster High School in 1949 where he ran track and cross country for three years (quarter mile and sprints) before attending Oklahoma A&M and Oklahoma Baptist University, where he also participated in track, before attending TU.

After graduation he helped coach the freshman at Webster and worked as a radio announcer at KOME and later KVOO.

He was named the Eagles' head track coach in 1961, only the fourth in the school's history. The school renamed the Edison Track Invitational after Pierce in 1992.

Pierce retired in 1986 from the high school coaching ranks where he posted an outstanding record.

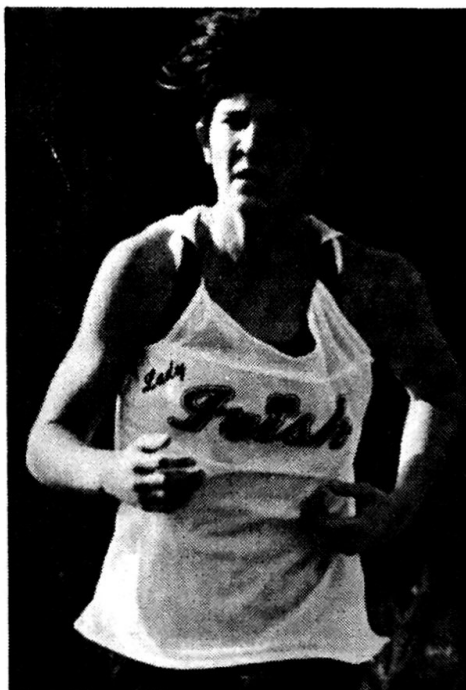
He coached the Eagles to two state track titles—one as head coach, one in association

with Walt Barham. Pierce also had four state cross country championship teams as well as the state indoor track champions in 1963.

His track teams accumulated seven regional championships and 13 conference titles during his tenure, including a string of seven straight from 1970 to 1976. He had three regional champs in cross country and 16 conference titles.

Pierce served seven terms as president of the Oklahoma State Track Coaches Association and was enshrined into the Oklahoma High School Coaches Hall of Fame in 1981 and the Oklahoma State University Track Hall of Fame (as a coach). He received the District Five (Oklahoma, Texas, Missouri, Louisiana and Kansas) National Coach of the Year honor at the National High School Athletic Coaches Convention in 1981 at Biloxi, Miss.

Pierce guided the University of Tulsa track program from July 1989 to March 1991. At their July meeting the Oklahoma Track Coaches Association voted to name their annual coach of the year award in honor of Pierce.



MCGUINNESS SOPHOMORE Ashley Boothe cruises to the win in the 4A-5A division of the Gordon Cooper Vo-Tech Invitational held in Shawnee, August 27th. Boothe hold the number ranking in 4A. Photo by John Hoke

Oklahoma Cross Country Runners in College

Girls

(name, school, state meet place, college)—Natalie Gray, Cascia Hall, 1st 3A, Baylor. Natalie Mann, Shawnee, 2nd 5A, Baylor. Lori Greenlee, McGuinness, 6th 4A, Oklahoma. Annie Forsberg, Claremore, 3rd 4A, Oklahoma State. Tara Schiffelbein, Edmond Memorial, 8th 5A, Oklahoma State.

Boys

Brian Young, Jenks, 1st 5A, Arkansas. Chance Rush, Enid, 2nd 5A, Oklahoma Baptist. Clay Axton, McGuinness, 9th 4A, Pittsbrugh State. Casey Langdon, Elmore City-Pernell, 9th 2A, Oklahoma Christian.

Junior High State Meet

The First Annual Junior High State Cross Country Championships will be held at Woodson Park, 3299 S. May, in Oklahoma City, Saturday, October 8th. All sixth, seventh and eighth grade students are eligible to compete—no ninth graders can compete.

Girls will race 2400 meters with the boys going 3200. Schools can have an unlimited number of runners but only the top five from each team will count for scoring. The top three teams and top 25 runners will receive awards.

Pre-registration is required by Oct. 5th. No race day entries will be accepted. For further information or entry blanks contact Jimmy Brackeen, 405-658-2618 (school) or 405-658-9336 (home).

Byng Badlands Invitational

Ada
9/10/94

ADA—The Steadily improving Jones girls won their first meet of the season in the Byng Badlands Invitational here September 10th while the Little Axe boys ran away with the boys team title.

Girls (1.6 miles)

TEAM SCORE: 1. Jones 61; 2. Lexington 70; 3. Konawa 82; 4. Purcell 116; 5. Little Axe 142; 6. Poteau 169; 7. Wynnewood 161.

INDIVIDUALS: 1. Baumesiter, Jones, 10:43; 2. Savage, Konawa, 11:22; 3. Gharkania, Purcell, 11:23; 4. Niles, Konawa, 11:28; 5. Hammond, Lexington, 11:37; 6. Johnston, Jones, 11:46; 7. Kinney, Wynnewood, 11:54; 8. Millican, Konawa, 12:00; 9. Christian, Byng, 12:01; 10. Wheeler, Lexington, 12:14; 11. Chattam, Turpin, 12:15; 12. Heisey, Lexington, 12:19; 13. Siddiqui, Jones, 12:25; 14. Roberts, Jones, 12:29; 15. Johnson, Purcell, 12:31.

Boys (2.6 miles)

TEAM SCORE: 1. Little Axe 35; 2. Tishomingo 85; 3. Sulphur 104; 4. Holdenville 121; Konawa, Jones, Marietta, Lexington, Poteau, Madill, Allen, Pauls Valley, Byng.

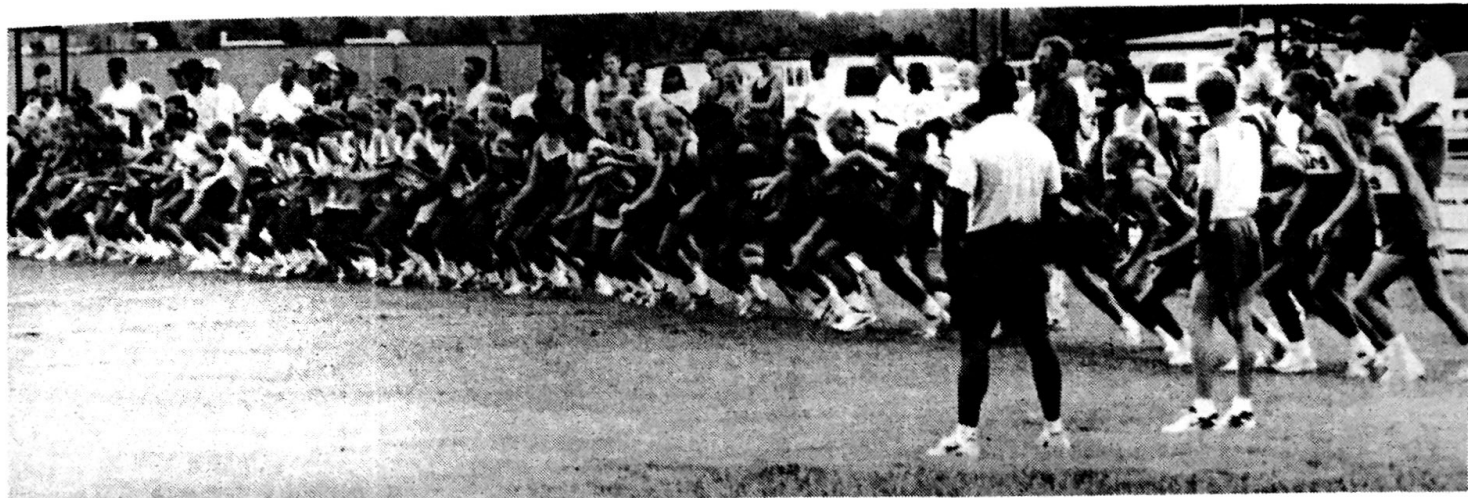
INDIVIDUALS: 1. DeRosa, Poteau, 15:13; 2. Elkins, Madill, 15:43; 3. Riddle, Byng, 15:48; 4. Lewis, Little Axe, 15:49; 5. Blanchard, Little Axe, 15:52; 6. Dumas, Little Axe, 15:53; 7. Turner, Holdenville, 15:59; 8. Hutchings, Tishomingo, 16:04; 9. Johnson, Little Axe, 16:07; 10. Zieger, Madill, 16:10; 11. Donaldson, Little Axe, 16:36; 12. Remy, Sulphur, 17:11; 13. Harcrow, Tishomingo, 17:12; 14. Ryan, Tishomingo, 17:16; 15. Ropkin, Konawa, 17:22; 16. Oxley, Sulphur, 17:44; 17. Leman, Pauls Valley, 17:47; 18. McClure, Little Axe, 17:50; 19. Lancaster, Sulphur, 17:57; 20. Crawford, Byng, 17:59.

4A BOYS

1. Guthrie
2. McGuinness
3. Altus
4. Duncan
5. Santa Fe
6. Elk City
7. Claremore
8. Durant
9. Western Heights
10. John Marshall

4A GIRLS

1. McGuinness
2. Guthrie
3. Durant
4. Ardmore
5. Elk City
6. Kelley
7. John Marshall
8. Duncan
9. Carl Albert
10. Noble



FIRST RACE OF THE SEASON--The 2A-3A Girls Division gets underway in the Tishomingo Kickoff Classic, August 20th. The Plainview Indians notched their first victory of the season while Elgin's Kelleigh Sanders took the individual victory.

Paul Parent Jamboree Overholser Park Oklahoma City 9/12/94

OKLAHOMA CITY--No team scores were kept in the Paul Parent Jamboree put on by Putnam City West at Lake Overholser Park here September 12th. Runners were grouped by class divisions with 4A defending boys champion Cornelius Mason taking the senior boys two mile race and John Marshall's Jameka Roberts winning the senior girls race.

Freshman/Sophomore Girls (1 mile)

1. Corrie Husser, Mustang, 6:14; 2. Paula Petro, Anadarko, 6:34; 3. Mary Shaw, Western Heights, 6:38; 4. Rea Miller, Mustang, 6:41; 5. Ester Shaw, Western Heights, 6:45; 6. Erica Gracucio, Carl Albert, 6:51; 7. Rachelle Bedlam, Anadarko, 6:52; 8. Andrea Long, Mustang, 6:56; 9. Shalanda Smith, Carl Albert, 6:57; 10. Melana Brady, Yukon, 5:59.

Junior Girls (1.5 miles)

1. Keely Dean, Yukon, 9:59; 2. Jessica Hutchins, Mustang, 10:13; 3. Beth Rosbach, Putnam City, 10:14; 4. Stephanie Anderson, Mustang, 11:39; 5. Julie Bateman, Putnam City, 11:02; 6. Coleat Soodle, Anadarko, 11:08; 7. Jennifer Icenhower, Yukon, 11:12; 8. Robin Olista, Putnam North, 11:14; 9. Philishia Turner, Mustang, 11:34; 10. Jessica Singleton, Yukon, 11:47.

Senior Girls (2 miles)

1. Jameka Roberts, John Marshall, 13:56; 2. Christy Voegeli, Lawton, 14:21; 3. Tina Plagman, Carl Albert, 14:26; 4. Sharon Reheman, Yukon, 14:38; 5. Andrea Dormlan, Choctaw, 14:13; 6. Stephanie Burgess, Carl Albert, 15:33; 7. Rena Swails, Choctaw, 15:33; 8. Christa Ray, Yukon, 15:34; 9. Laverta Burden, Northwest Classen, 15:38; 10. Tammy Cagle, Choctaw, 15:40.

Freshman/Sophomore Boys (1.5 miles)

1. Matt Davison, Mustang, 8:19; 2. Larry Woud, Mustang, 8:33; 3. Nick Butler, El Reno, 8:42; 4. Theodore Roundface, Anadarko, 8:43; 5. Chris Litchburg, Northeast, 8:45; 6. Alex Kaled, Western Heights, 8:50; 7. Steven Caskey, Grant, 8:51; 8. Brad Ship, Choctaw, 8:58; 9. Elliot Strin, Mustang, 8:59; 10. Justin Roach, Lawton, 9:03.

Junior Boys (2.5 miles)

1. Jeremy Ryans, Mustang, 14:48; 2. Tony Lopez, Yukon, 14:56; 3. Andy Dalrymple, Western Heights, 14:59; 4. Jeff Monroe, Choctaw, 15:08; 5. Jason Black, Mustang, 15:16; 6. Christian Roland, Putnam City, 15:23; 7. Tony Lambardi, Putnam City, 15:25; 8. Richey Johnson, Choctaw, 15:26; 9. Mike Edpark, Mustang, 15:32; 10. David Salvatierra, Putnam City, 15:40.

Senior Boys (3.1 miles)

1. Cornelius Mason, Northeast, 16:21; 2. Daniel Phillips, Putnam City, 16:54; 3. Mike Davis, Choctaw, 17:37; 4. Bill Miller, Putnam City, 17:46; 5. Paul Lowery, Carl Albert, 18:04; 6. Johnny Miller, Putnam City, 18:20; 7. Clayton Robinson, Grant, 18:40; 8. Kevin Calhoun, John Marshall, 18:46; 9. Matt West, Choctaw, 18:51; 10. Jeremiah Harrell, Lawton, 18:57.

Oklahoma Track Coaches Association Summer Clinic and Meetings

OKLAHOMA CITY--The Oklahoma Track Coaches Association and the Oklahoma Girls Track Coaches Association held their annual meetings and clinics here at the Clarion Hotel and Conference Center July 25-26 in conjunction with the Oklahoma Coaches Association's annual meetings.

Attendance was excellent with the speakers and clinicians receiving high marks for their presentations. The clinicians were: Ralph Lindeman, Air Force Academy, hurdles; Dan Reid, Payson, Ariz., jumps; Mike Holman, Indianapolis, Ind., distance; Bob Kuhn, Hays, Kan., throws; and Don Gatewood, Denver, Colo., sprints.

Several items pertaining to the future of high school track in Oklahoma were discussed and voted on with preliminaries in the 400 meter dash and 300 meter hurdles drawing a heavy vote to be eliminated though this group can only voice its recommendations to the rule-making body of the Oklahoma Secondary School Athletic Association. The addition of the triple jump, an event in most other state meets, was voted down and moving the boys 800 meter run closer to the girls was approved.

The group voted to name the coach of the year award after former Tulsa Edison coach Hugh Pierce who died in June (story elsewhere in this issue).

The Girls Association voted to merge with the OTCA following the 1994-95 season. Officers of the Girls Association for the coming year are: Brett Rider, Beaver, president; Amy Lampkin, Plainview, vice-president; Charles Anderson, Laverne, secretary/treasurer. Replacing Ford Mastin as OTCA president will be Jim Coleman, Watonga.

2A BOYS

1. Lindsay
2. Tahlequah-Sequoyah
3. Prague
4. Hydro
5. Chisholm
6. Laverne
7. Tishomingo
8. Velma-Alma
9. Glencoe
10. Heritage Hall

2A GIRLS

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



LITTLE AXE INVITATIONAL--Watch out for that first hill! The Plainview girls, led by Sarah Harvey (far right), speed down the first hill here September 3rd enroute to their second win of the season. Photo by John Hoke

5A BOYS

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

Enid Invitational Enid High School 9/8/94

ENID--Ray Coomer, Glencoe, and Andrea Haley, Stillwater, took top individual honors in the Enid Invitational held here September 8th, leading both their teams to first place.

Girls

TEAM SCORE: 1. Stillwater 45; 2. Enid 53; 3. Ponca City 78; 4. Alva 91; Putnam City North, Glencoe, Wakita, NS.

INDIVIDUALS (no times available): 1. Haley, Stillwater; 2. Echelle, Stillwater; 3. Rehmke, Putnam North; 4. Wakita; 5. Long, Alva; 6. Armstrong, Enid; 7. Merrifield, Enid; 8. Meisenburg, Stillwater; 9. Ponca City; 10. Ponca City.

Boys

TEAM SCORE: 1. Enid 30; 2. Ponca City 56; 3. Stillwater 92; 4. Putnam City North 96; 5. Alva 120; Glencoe NS.

INDIVIDUALS: 1. Coomer, Glencoe; 2. Harris, Enid; 3. Rogers, Enid; 4. Simms, Enid; 5. Gustavo, Ponca City; 6. Corbin, Enid; 7. Cross, Stillwater; 8. Rammy, Stillwater; 9. Ponca City; 10. Ponca City.

5A GIRLS

1. Jenks
2. Sapulpa
3. Norman
4. Moore
5. Edmond North
6. Union
7. Westmoore
8. Shawnee
9. Ponca City
10. Bartlesville

Coaching Changes

After 19 years of coaching, former Jenks head coach John McGinnis is now trying his hand at being a middle school principal at Nimitz Middle School in Tulsa. Replacing McGinnis at Jenks as head cross country coach is Greg Rice with assistants Kristie Mason and Ron Parks.

Mike Adair moves from Bartlesville to take the head girls job at Sapulpa. New head coach at Bartlesville will be former assistant Trish Pruitt.

Roger Brown, State Meet Director, is returning to the coaching ranks at Will Rogers in Tulsa and plans to field a team for the 1995 season. Mike Driskill moves from Big Pasture to take the cross country team at John Marsahl in Oklahoma City.

Tony Cazzelle is starting a new program at Ripley after coaching at Glencoe. Alan Hibler is new at Hydro with David Hudson taking on the head position at Tulsa Union. Tom Ballenger is the new head coach at Bishop Kelley in Tulsa.

Charles Sheid Classic

Western Heights
9/10/94

2A-3A GIRLS

TEAM SCORING: 1. Plainview 33; 2. Marlow 33; 3. Velma-Alma 93; 4. Casady 129; 5. Elgin 129.

INDIVIDUALS: 1. Sarah Harvey, Plainview, 11:34; 2. Kelleigh Sanders, Elgin, 11:54; 3. Lacy Sanford, Plainview, 11:58; 4. Leah McCauley, Marlow, 12:01; 5. Chrissy Guld, Marlow, 12:04; 6. Melanie Lemons, Marlow, 12:14; 7. Emily McCullah, Plainview, 12:22; 8. Rabecka Doda, Marlow, 12:28; 9. Mandy Orr, Plainview, 12:29; 10. Dena Dial, Marlow, 12:36.

*New Course Record

4A GIRLS

TEAM SCORING: 1. Guthrie 54; 2. Ardmore 59; 3. Elk City 60; 4. Edmond Santa Fe 74; 5. Noble 87; 6. Western Heights 140; 7. Altus 182.

INDIVIDUALS: 1. Brandi Woodard, Guthrie, 11:50; 2. Randi McKinney, Edmond Santa Fe, 12:15; 3. Valerie Smith, Elk City, 12:26; 4. Kelli Cowan, Guthrie, 12:30; 5. Beth Mighorino, Ardmore, 12:52; 6. Lori Weaver, Noble, 12:56; 7. Cori Dirickson, Elk City, 13:11; 8. Shanna Hainline, Noble, 13:21; 9. Becky Puckett, Ardmore, 13:21; 10. Joni Adkerson, Elk City, 13:27.

5A GIRLS

TEAM SCORING: 1. Jenks 41; 2. Moore 56; 3. Edmond North 84; 4. Tulsa Union 121; 5. Westmoore 136; 6. Lawton Eisenhower 151.

INDIVIDUALS: 1. Kellie O'Rourke, Jenks, 11:36; 2. Renee Alhgreen, Jenks, 11:40; 3. Andrea Delozter, Norman, 11:58; 4. Sherry Horton, Norman, 12:08; 5. Carrisa Nix, Jenks, 12:12; 6. Jaime McClain, Tulsa Union, 12:13; 7. Summer Lamons, Edmond North, 12:16; 8. Melissa Flood, Moore, 12:17; 9. Megan Riddle, Tulsa Union, 12:19; 10. Lindsay Shelters, Moore, 12:19.

2A-3A BOYS

TEAM SCORING: 1. Marlow 30; 2. Lindsay 76; 3. Plainview 80; 4. Casady 140; 5. Elgin 148; 6. Heritage Hall 152; 7. Southwest Covenant Christian 231.

INDIVIDUALS: 1. Zac Johnson, Velma-Alma, 16:18; 2. Daniel McKinney, Davenport, 16:44; 3. Jared Lovett, Marlow, 16:51; 4. Clinton Loyd, Marlow, 17:00; 5. Cory Clark, Plainview, 17:04; 6. Zack Minson, Marlow, 17:12; 7. Larry Landtroop, Marlow, 17:15; 8. Charles Cameron, Lindsay, 17:19; 9. Matt Holcomb, Lindsay, 17:21; 10. Rodney Pipkin, Marlow, 17:23.

4A BOYS

TEAM SCORING: 1. Guthrie 31; 2. Altus 71; 3. Edmond Santa Fe 88; 4. Elk City 90; 5. Western Heights 112; 6. Ardmore 149; 7. Star Spencer 238.

INDIVIDUALS: 1. Barry Mize, Guthrie, 17:10; 2. Brian Whitlock, Altus, 17:17; 3. Brian Ward, Santa Fe, 17:35; 4. Chris Waring, Santa Fe, 17:38; 5. Brian Comstock, Guthrie, 17:41; 6. Gary Mize, Guthrie, 17:43; 7. Keith Morris, Altus, 17:43; 8. Johan Svedbrant, Elk City, 17:44; 9. Phillip Boyles, Guthrie, 17:48; 10. Reed Maxson, Guthrie, 17:50.

5A BOYS

TEAM SCORING: 1. Jenks 42; 2. Lawton Eisenhower 85; 3. Norman 89; 4. Edmond Memorial 94; 5. Midwest City 98; 6. Tulsa Union 148; 7. Moore 152; 8. Edmond North 211; 9. Westmoore 222.

INDIVIDUALS: 1. Jeff Reed, Jenks, 16:07; 2. Mike Pense, Jenks, 16:10; 3. Joey Donnelly, Norman, 16:11; 4. Mark Thompson, Edmond Memorial, 16:15; 5. Jamar Starks, Tulsa Union, 16:20; 6. Gary Porter, Lawton Eisenhower, 16:24; 7. Welton Jefferson, Lawton Eisenhower, 16:25; 8. Derek Bryant, Moore, 16:34; 9. Jeremy Buhl, Edmond Memorial, 16:39; 10. Verquez, Midwest City, 16:49.

Cross Country Preview

Continued from page 1

runnerup, sophomore Ashley Boothe. Hoke missed most of the '94 track season with stress fractures but Boothe didn't miss a beat filling her shoes, claiming the 1600/3200 double. Boothe holds down the number one slot with Hoke in third. The Irish join Plainview and Jenks as the best overall girls teams in the state but probably won't meet this season since there will be no Meet of Champions.

Clay Tartar's Guthrie team will test the Irish with several top individuals including number two ranked Brandi Woodard, 7th in '93 and Nicole Monroe, 4th last year. John Marshall track star, Jameka Roberts, 5th in '93, is back looking for another top five finish.

Durant is the best of the rest with '92 runnerup and 10th in '93 Courtney Moody leading the way. Ardmore has been an early surprise so far and holds down the number four spot.

4A Boys

McGuinness edged Guthrie by one point for the '93 title and would like nothing better than to join the girls for a "triple double" (three times in a row boys/girls champions) but they have formidable opposition in the Bluejays who are currently holding down the number one ranking thanks to a couple of newcomers to coach Tartar's lineup, Barry and Gary Mize. Altus is down from 5A led by Brian Whitlock but they will have a hard time working their way into the top two.

Northeast's defending champion Cornelius Mason is back but six of the top ten individuals graduated. Senior Mike Connolly, McGuinness, 4th in '93 and Santa Fe's Jason Jones, 8th in 3A in '93, are other top individuals to watch with Duncan and Kelley a couple of teams to keep your eyes on.

3A Girls

Now that Cascia Hall's four-time winner Natalie Gray has moved on to Baylor, Plainview junior Sarah Harvey should collect her first state championship while leading the Indians to their third state title. Plainview lost only '90 champ Michelle Goode but Marlow is nipping at their heels led by senior Chrissy Guild, 3rd in '93 and freshman, Leah McCauley. The Indians and Outlaws tied in the Charles Sheid Classic with Plainview gaining the win on their sixth runner.

Elgin's Kelleigh Sanders, 8th in '93, will be an individual to watch and the rest of the Plainview team, led by Lacey Sanford, 4th in '93, will all be contenders for a top ten finish.

Grove has been looking good early led by freshman Carly McCulley, 3rd in the 3000 meter age group nationals last summer.

3A Boys

Defending champion Craig Blanchard and runnerup Jeremy Johnson hope to lead the Little Axe boys' team to the winner's podium this year but defending team champions, Marlow, will be tough to beat. Coach Jimmy Brackeen's Outlaws lost third placer Junior Minson but have five seniors anchoring the squad led by All Staters Jared Lovett--also number one ranked--Clint Loyd, and Zach Minson. The Indians return four of their top five from last year's second place team which put a scare into Marlow.

Plainview leads the rest of the top ten teams with Dickson hoping to crack the top three led by number three ranked David Lampkin.

2A Girls

Defending champion sophomore Ashlee Barby is back to lead a strong Laverne squad but runnerup Kim Whitehead is not so the Tigers rest second ranked while defending champion Beaver gets the top nod for the moment, though we won't see much of them until regionals.

Velma-Alma, led by Crystal Fuller, number two ranked, will be a strong contender for the top spot. This is a class that can be strongly effected by the new freshmen runners and we won't know much until there have been a few more races. Tahlequah-Sequoyah returns four runners from last year's third place team and with a good crop of newcomers could be a title threat.

2A Boys

Velma-Alma's Zach Johnson has won all four of his races so far this season and holds the number one ranking over defending champion Mark Levings of Buffalo. Runnerup Charles Cameron of Lindsay is back and the Leopards are looking pretty tough right now and are ranked number one.



TISHOMINGO KICKOFF CLASSIC--part of the 2A-3A boys division in the season's first cross country meet.

Defending team champion, Tahlequah-Sequoyah, returns four from last year's team and if a couple of newcomers work out they will definitely be looking to repeat.

Davenport's Daniel McKinney and Hydro's Jared Black are a couple of individuals to watch. This is always a tough class to call this early but should get easier as the season progresses and more results come in.

OTFN Rankings

Time for my annual reminder that these team and individual rankings represent our best guesses from the information we've received up to press time from results and TEAM REPORTS and I hope that no one gets their feelings hurt if they feel left out or misplaced--just let us know so we can make it better next time.

HIGH SCHOOL TRACK 1994



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Blevins and Morton Win OCA Honors

OKLAHOMA CITY--Fairview's Jim Blevins was named the Track Coach of the Year and McGuinness' Dave Morton the Cross Country Coach of the Year by the Oklahoma Coaches Association for their accomplishments in the 1993-94 season.

Blevins is in his 13th year at Fairview and Yellow Jackets captured the 2A Boys Track title last spring after being runnerup the year before. He taught in Kansas before coming to Oklahoma and has not been at any other Oklahoma school except Fairview. He has had several individual state champions and his 1992 team was the academic state champion. He and his wife, Beverly, have two children, Kristen and Cameron.

Morton is in his 14th year at Bishop McGuinness in Oklahoma City and his cross country teams captured both the boys and girls titles the past two years in a row, bring their overall total to eight championships in the past ten years. He has had 12 boys and 21 girls make All-State. He and his wife, Nancy, have two children, Zack and Melissa.



Jim Blevins



Dave Morton

Cross Country Schedule

September

15: Oklahoma Baptist University, 16: Edison, 17: Midwest City Relays; Dickson; John Brown University; University of Kansas; Watonga, 22: University of Central Oklahoma at Lake Arcadia; Little Axe (conference), 24: Duncan; Southern Methodist University; Holland Hall; Laverne, 27: Putnam City North, 29: Stillwater; Purcell, 30: East Central.

October

1: Edmond North; University of Arkansas, 7: Jenks, 8: Junior High State, OKC Woodson Park; Watonga, 11: Sulphur (conference); Midstate Conference, 13: Lawton (conference), 14: Metro Lakes Conference, 15: Midwest City; Durant; Tahlequah; Oklahoma State Jamboree; Alva, 18: Suburban Conference, Shawnee, 22: Regionals--Midwest City and Tulsa, 29: State Championships, Oral Roberts University, Tulsa.

Tishomingo Cross Country Kickoff Classic

Tishomingo High School

8/20/94

TISHOMINGO--Guthrie took home a pair of 4A-5A trophies from the season's first meet, the Tishomingo CC Kickoff Classic, held here August 20th, while the Plainview girls and Lindsay boys nabbed the 2A-3A hardware.

2A-3A GIRLS

TEAM SCORING: 1. Plainview, 25; 2. Velma Alma, 80; 3. Elgin, 81; 4. Konawa, 120.

INDIVIDUALS: 1. Sanders, Elgin, 8:24; 2. McCulloch, Plainview, 8:37; 3. Harvey, Plainview, 8:40; 4. Fuller, Velma Alma, 8:44; 5. Norton, Plainview, 8:50; 6. Orr, Plainview, 8:51; 7. Dodson, Lindsay, 8:52; 8. Lackey, Plainview, 8:53; 9. Chaney, Plainview, 8:57; 10. Savage, Konawa, 8:58; 11. Hurst, Elgin, 8:58; 12. Linke, Velma Alma, 8:59; 13. Denson, Plainview, 9:00; 14. Thacker, Velma Alma, 9:13; 15. Sims, Velma Alma, 9:15; 16. Sutton, Velma Alma, 9:23; 17. Cruay, Velma Alma, 9:29.

4A-5A GIRLS

TEAM SCORING: 1. Guthrie, 31; 2. Shawnee, 47; 3. Durant, 69; 4. Noble, 74.

INDIVIDUALS: 1. Woodard, Guthrie, 8:10.6; 2. Monroe, Guthrie, 8:33; 3. Cowan, Guthrie, 8:34; 4. Gibson, Shawnee, 8:40; 5. Moody, Durant, 8:42; 6. Kriger, Durant, 8:58; 7. Maier, Shawnee, 9:01; 8. Hainline, Noble, 9:02; 9. Weaver, Noble, 9:04; 10. Mays, Guthrie, 9:13; 11. Watson, Shawnee, 9:15; 12. Williamson, Shawnee, 9:32; 13. Williamson, Shawnee, 9:34; 14. Leone, Shawnee, 9:36; 15. Roof, Guthrie, 9:43; 16. Mullins, Durant, 9:47; 17. Johnson, Noble, 9:53; 18. Cobb, Noble, 9:54; 19. Tyler, Durant, 9:55; 20. Williamson, Shawnee, 9:57.

2A-3A BOYS

TEAM SCORING: 1. Lindsay, 61; 2. Plainview, 77; 3. Dickson, 102; 4. Prague, 104; 5. Tishomingo, 133; 6. Elgin, 142.

INDIVIDUALS: 1. Johnson, Velma Alma, 11:49.1; 2. Womack, Plainview, 12:03; 3. Riddle, Byng, 12:17; 4. Turner, Holdenville, 12:20; 5. Lampkin, Dickson, 12:22; 6. Holcomb, Lindsay, 12:26; 7. Hoyle, Lindsay, 12:31; 8. Romo, Plainview, 12:32; 9. Hicks, Prague, 12:33; 10. Cameron, Lindsay, 12:35; 11. Lampkin, Dickson, 12:36; 12. Clark, Plainview, 12:46; 13. Smith, Elgin, 12:56; 14. Brack, Lindsay, 12:58; 15. Hutchings, Tishomingo, 13:01; 16. Jackson, Dickson, 13:06; 17. Wyles, Prague, 13:15; 18. Harcrow, Tishomingo, 13:17; 19. Merlyn, Plainview, 13:25; 20. Eropkin, Konawa, 13:26.

4A-5A BOYS

TEAM SCORING: 1. Guthrie, 35; 2. Durant, 60; 3. Midwest City, 65; 4. Shawnee, 66.

INDIVIDUALS: 1. Wilson, Durant, 12:01.6; 2. Cleek, Guthrie, 12:14; 3. Whitney, Shawnee, 12:15; 4. Wilson, Shawnee, 12:19; 5. Miller, Midwest City, 12:27; 6. Mise, Guthrie, 12:29; 7. Mise, Guthrie, 12:31; 8. Corley, Durant, 12:33; 9. Comstock, Guthrie, 12:38; 10. Lechman, Midwest City, 12:44; 11. Stephens, Guthrie, 12:58; 12. Spinner, Guthrie, 12:58; 13. Rowland, Durant, 13:07; 14. Smith, Midwest City, 13:10; 15. Starkus, Durant, 13:15; 16. Broberg, Shawnee, 13:17; 17. Armstrong, Midwest City, 13:24; 18. Meadows, Midwest City, 13:26; 19. Boyles, Guthrie, 13:28; 20. Harmon, Shawnee, 13:31.

Nathan Hale Invitational

Tulsa O'Brien Park

9/9/94

TULSA--33 high school teams and 563 runners competed in the Nathan Hale Invitational held here at O'Brien Park September 9th with 3A girls power Grove pulling off the victory behind individual winner, freshman Carly McCulley. The always-powerful Holland Hall boys nailed top team honor with Parker Fleming the top individual.

Girls

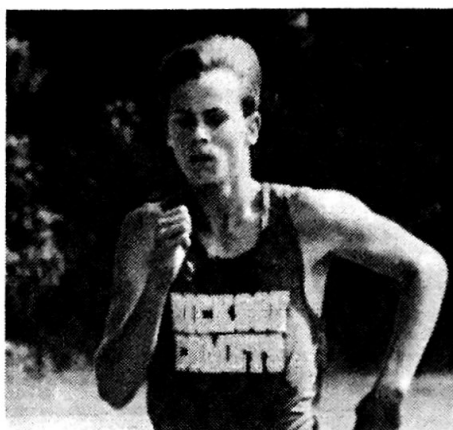
TEAM SCORE: 1. Grove 61; 2. Sapulpa 67; 3. Tahlequah 84; 4. Holland Hall 134; 5. Kelley 137; 6. Bartlesville 169; 7. Tahlequah-Sequoyah 215; 8. Owasso 264; 9. Oaks 306; 10. McAllister 316; 11. Broken Arrow 330; 12. B.T. Washington 330; 13. Catoosa 358; 14. Victory Christian 425; 15. Hale 434; 16. Mannford 482; 17. Edison 482; 18. Tulsa memorial 497; 19. Okmulgee 577.

INDIVIDUALS: 1. McCulley, Grove, 12:30; 2. Rusley, Holland Hall, 12:43; 3. Lance, Victory Christian, 12:45; 4. Nemec, Kelley, 12:46; 5. Moore, Tahlequah, 12:48; 6. Dearman, Sapulpa, 12:54; 7. Sreaves, Grove, 13:03; 8. Housley, Sapulpa, 13:03; 9. Ayers, Sapulpa, 13:14; 10. Chambers, BT Washington, 13:18; 11. Lester, Muskogee, 13:21; 12. Mange, Holland Hall, 13:32; 13. Robertson, Grove, 13:29; 14. Stinnett, Tahlequah, 13:36; 15. White, Tahlequah, 13:36; 16. Powers, Owasso, 13:37; 17. Lerly, Sapulpa, 13:38; 18. Freitas, Glenpool, 13:39; 19. Wannamaker, Tahlequah, 13:41; 20. Sanders, Grove, 13:43; 21. Whitaker, McAllister, 13:45; 22. Ramirez, Oaks, 13:45; 23. Jones, Verdigris, 13:46; 24. Sreaves, Grove, 13:47; 25. Brixey, Grove, 13:49; 26. Holland, Owasso, 13:51; 27. Webb, Bartlesville, 13:52; 28. Jurek, Cascia Hall, 13:53; 29. Wilson, Tahlequah-Sequoyah, 13:54; 30. Cheatwood, Sapulpa, 13:54.

Boys

TEAM SCORE: 1. Holland Hall 72; 2. Tahlequah-Sequoyah 100; 3. Bartlesville 112; 4. Sapulpa 144; 5. Owasso 145; 6. Claremore 152; 7. Tahlequah 217; 8. Broken Arrow 221; 9. Tulsa Memorial 233; 10. Webster 292; 11. Kelley 346; 12. Sand Springs 350; 13. Muskogee 365; 14. Edison 410; 15. Catoosa 414; 16. McAllister 427; 17. Mannford 450; 18. Grove 494; 19. B.T. Washington 504.

INDIVIDUALS: 1. Fleming, Holland Hall, 16:55; 2. Owens, Owasso, 17:29; 3. Batkie, Holland Hall, 17:37; 4. Ford, Claremore, 17:50; 5. Hayes, Bartlesville, 17:55; 6. Crook, Sapulpa, 17:56; 7. Mooney, Tahlequah-Sequoyah, 17:57; 8. Fahler, Victory Christian, 18:06; 9. Pifer, Inola, 18:12; 10. Yassar, Tulsa Memorial, 18:13; 11. McDonald, Broken Arrow, 18:18; 12. Pennington, Edison, 18:21; 13. Groom, Holland Hall, 18:22; 14. Kissack, Bartlesville, 18:24; 15. Shortbull, Claremore, 18:26; 16. Bunner, Tahlequah-Sequoyah, 18:26; 17. Birkenfeld, Pryor, 18:29; 18. Martinez, Owasso, 18:31; 19. Pittman, Tahlequah, 18:38; 20. Kraft, Kelley, 18:41; 21. Crockett, Holland Hall, 18:45; 22. Miller, Grace Christian, 18:45; 23. L. Wacoche, Tahlequah-Sequoyah, 18:46; 24. Bethea, Claremore, 18:49; 25. Wilcox, Bartlesville, 18:51; 26. Smith, Owasso, 18:59; 27. Oden, Kelley, 18:59; 28. W. Wacoche, Tahlequah-Sequoyah, 19:02; 29. Wille, Sapulpa, 19:02; 30. Pascarella, Tulsa Memorial, 19:04.



DICKSON'S David Lampkin heads for the finish line in the 2A-3A boys division of the Gordon Cooper Vo-Tech Invitational in Shawnee, August 27th. Lampkin won in individual title while Little Axe took the team title. Photo by John Hoke

Oklahoma vs. Arkansas Dual

The Oklahoma vs. Arkansas All-Star cross country dual is set for November 12 in Fayetteville, Ark., on the University of Arkansas Razorback Golf Course. Only junior and senior runners will compete and the teams will be made up of the top five eligible runners from the state championships in each class with an additional five chosen at large for a total team of 25 runners. McGuinness coach David Morton is coordinating the event which is sponsored by the Oklahoma Track Coaches Association.

3A GIRLS

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

3A BOYS

1. Marlow
2. Little Axe
3. Plainview
4. Dickson
5. Grove
6. Weatherford
7. Glenpool
8. Elgin
9. Oologah
10. Madill

Sand Plum Invitational

WEATHERFORD HIGH SCHOOL

9/3/94

GIRLS

TEAM SCORING: 1. Elk City 51; 2. Laverne 62; 3. Elgin 74; 4. Alva 78; 5. Weatherford 84; 6. Hinton 122; 7. Watonga, Burns Flat NS.

INDIVIDUALS: 1. Kelleigh Sanders, Elgin, 7:20; 2. Valerie Smith, Elk City, 7:21; 3. Ashlea Barby, Laverne, 7:26; 4. Joni Adkerson, Elk City, 7:30; 5. Kiley Deal, Laverne, 7:36; 6. Tiffany Hurst, Elgin, 7:43; 7. Courtney Roe, Alva, 7:49; 8. Cori Dirickson, Elk City, 7:50; 9. Halah Long, Alva, 7:51; 10. Carrie Hennigh, Laverne, 7:58; 11. Darle Parton, Weatherford, 8:02; 12. Stephanie Beda, Weatherford, 8:03; 13. Heather Denman, Elgin, 8:05; 14. Carrie Graves, Hinton, 8:06; 15. Heather Cloud, Elk City, 8:08; 16. Candy Austin, Hinton, 8:09; 17. Leslie Boone, Weatherford, 8:09; 18. Brandi Shirley, Alva, 8:14; 19. Shanna Vassar, Weatherford, 8:15; 20. LeAnn Hendrick, Laverne, 8:22; 21. Marissa Chaffee, Alva, 8:25; 22. Jacie McDaniel, Elk City, 8:28; 23. Wendy Keltner, Alva, 8:31; 24. Kelli Null, Laverne, 8:32; 25. Tristin Musgrove, Weatherford, 8:43; 26. Brandi Middleton, Elgin, 8:47; 27. Tami Hayes, Weatherford, 8:51; 28. Namey Majors, Hinton, 8:55; 29. Jill Sanders, Watonga, 8:57; 30. Brandi Gregg, Burns Flat, 9:00.

BOYS

TEAM SCORING: 1. Weatherford 59; 2. Elk City 61; 3. Hydro 79; 4. Elgin 95; 5. Laverne 98; 6. Watonga 123; 7. Alva 175; 8. Geary, Burns Flat, Hinton NS.

INDIVIDUALS: 1. Jared Black, Hydro, 12:00; 2. Cody Daukei, Watonga, 12:08; 3. Jeff Gillett, Geary, 12:36; 4. Jeremtah Smith, Elgin, 12:41; 5. Johan Svedbrant, Elk City, 12:41; 6. Colby Auld, Burns Flat, 12:42; 7. Mike Lettkeman, Weatherford, 12:46; 8. Dustin Lord, Elgin, 13:08; 9. Walt Ginn, Hydro, 13:09; 10. Dustin Bently, Laverne, 13:11; 11. John Shirley, Elk City, 13:12; 12. Matt Johnston, Weatherford, 13:17; 13. Josh Williams, Weatherford, 13:18; 14. Kaleb Hennigh, Laverne, 13:18; 15. Shawn Killman, Hydro, 13:30; 16. Blake Farris, Weatherford, 13:33; 17. Marc Crow, Elk City, 13:38; 18. Tim Walling, Elk City, 13:40; 19. Utah Robinson, Elk City, 13:41; 20. Kirk Sparks, Laverne, 13:43; 21. J.D. Gilbert, Weatherford, 13:44; 22. Steve Robinson, Weatherford, 13:49; 23. Parry RomanNose, Watonga, 13:51; 24. Adam Pierce, Hinton, 13:56; 25. Chris Tookalo, Hydro, 14:01; 26. Dusty Devers, Elgin, 14:03; 27. Matt Donley, Weatherford, 14:13; 28. Kurt Khup, Elk City, 14:15; 29. Jason Schmidt, Alva, 14:16; 30. Gabe Thrasher, Laverne, 14:21.



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Little Axe Invitational

Little Axe High School
9/3/94

2A-3A GIRLS

TEAM SCORING: 1. Plainview 17; 2. Velma-Alma 63; 3. Jones 99; 4. Lexington 108; 5. Little Axe 159.

INDIVIDUALS: 1. Sarah Harvey, Plainview, 10:52; 2. Lacey Sanford, Plainview, 11:00; 3. Becky Harvey, Plainview, 11:07; 4. Cathleen Baumlester, Jones, 11:09; 5. Emily McCulloh, Plainview, 11:38; 6. Mandy Orr, Plainview, 11:47; 7. Crystal Fuller, Velma-Alma, 11:51; 8. Jennifer Dodson, Lindsay, 11:57; 9. Amy Norton, Plainview, 12:06; 10. Dana Sutton, Velma-Alma, 12:09; 11. Chris Linke, Velma-Alma, 12:11; 12. Amie Denson, Plainview, 12:18; 13. Unknown, 12:22; 14. Jennifer Johnson, Jones, 12:29; 15. Kassy Hammon, Lexington, 12:31; 16. Nici Saville, Velma-Alma, 12:36; 17. Anna Baker, Rush Springs, 12:42; 18. Unknown, 12:43; 19. Missy Thacker, Velma-Alma, 12:44; 20. Hillary Cochran, Little Axe, 12:58; 21. Chance Whuler, Lexington, 12:59; 22. Beth Lewis, Lexington, 13:02; 23. Ross, Tishomingo, 13:07; 24. Becky Barber, Lexington, 13:11; 25. Brandi Roberts, Jones, 13:12.

4A-5A GIRLS

TEAM SCORE: 1. Norman 31; 2. Edmond North 71; 3. Westmoore 130; 4. Shawnee 135; 5. Durant 146; 6. Eisenhower 151; 7. Edmond Memorial 168; 8. Ardmore 197; 9. Altus 297; 10. Western Heights.

INDIVIDUALS: 1. Sherry Horton, Norman, 11:07; 2. Andrea DeLozier, Norman, 11:07; 3. Courtney Moody, Durant, 11:21; 4. Stephanie Adams, Norman, 11:24; 5. Jessica Gibson, Shawnee, 11:25; 6. Summer Lamons, Edmond North, 11:26; 7. Megan Toole, Edmond North, 11:34; 8. Unknown, 11:35; 9. Hilary Reser, Norman, 11:37; 10. Kim Settle, Moore, 11:39; 11. Naomi Ramos, Moore, 11:44; 12. Adrienne Alvarez, Eisenhower, 11:45; 13. Mindy Pendley, Westmoore, 11:48; 14. Natalie Krieger, Durant, 11:53; 15. Ramona De Nies, Norman, 11:53; 16. Beth Miglouno, Ardmore, 11:55; 17. Brandi Beall, Edmond North, 11:56; 18. Cindy Ryan, Westmoore, 11:56; 19. Jessica Morton, Edmond North, 11:57; 20. Rosie Solano, Eisenhower, 11:59; 21. Becky Puckett, Ardmore, 12:00; 22. Erin Jones, Edmond North, 12:00; 23. Alicia Watson, Shawnee, 12:04; 24. Kayrn Maler, Shawnee, 12:06; 25. Faye Wyles, Edmond Memorial, 12:10.

2A-3A BOYS

TEAM SCORING: 1. Little Axe 33; 2. Lindsay 66; 3. Plainview 76; 4. Tishomingo 121; 5. Glencoe 145; 6. Ripley 147.

INDIVIDUALS: 1. Little Axe 33; 2. Lindsay 66; 3. Plainview 76; 4. Tishomingo 121; 5. Glencoe 145; 6. Ripley 147.

INDIVIDUALS: 1. Zach Johnson, Velma-Alma, 12:20; 2. Wes Womack, Plainview, 12:33; 3. Jeremy Johnson, Little Axe, 12:39; 4. Brandon Lewis, Little Axe, 12:45; 5. Cory Clark, Plainview, 12:49; 6. Craig Blanchard, Little Axe, 12:51; 7. Ralph Dumas, Little Axe, 12:51; 8. Charles Cameron, Lindsay, 12:56; 9. Steve Elkins, Madill, 12:58; 10. Ray Coomer, Glencoe, 13:01; 11. Matt Holcomb, Lindsay, 13:08; 12. Hutchings, Tishomingo, 13:12; 13. Shawn Myers, Little Axe, 13:16; 14. Chris Hoyle, Lindsay, 13:18; 15. Danny Romo, Plainview, 13:28; 16. John Taylor, Lindsay, 13:47; 17. Steven Branch, Lindsay, 13:49; 18. Jerimian Zieger, Madill, 13:54; 19. Kenneth Gates, Glencoe, 13:56; 20. Harcrow, Tishomingo, 14:03; 21. Beau Mitchell, Ripley, 14:05; 22. Ballard, Tishomingo, 14:09; 23. Unknown, 14:13; 24. Greg Merlyn, Plainview, 14:14; 25. Unknown, 14:24.

4A-5A BOYS

TEAM SCORE: 1. Norman 60; 2. Eisenhower 85; 3. Midwest City 102; 4. Moore 126; 5. Edmond Santa Fe 160; 6. Shawnee 167; 7. Altus 170; 8. Edmond North 171; 9. Durant 186; 10. West Moore 270; 11. Western Heights 301; 12. Ardmore 315; 13. Douglass 418.

INDIVIDUALS: 1. Joey Donnelly, Norman, 12:02; 2. Jason Jones, Edmond Santa Fe, 12:08; 3. Gary Porter, Eisenhower, 12:14; 4. Derek Bryant, Moore, 12:36; 5. Welton Jefferson, Eisenhower, 12:40; 6. Vasquez, Midwest City, 12:45; 7. Anthony Wilson, Shawnee, 12:48; 8. Keith Morris, Altus, 12:48; 9. Paul Lammert, Norman, 12:50; 10. Ryan Lippoldt, Norman, 12:51; 11. Blake Collins, Edmond North, 12:53; 12. Jack Springli, Eisenhower, 12:54; 13. Ryan Covert, Westmoore, 12:54; 14. Donald Wilson, Durant, 12:55; 15. Nate Springer, Norman, 12:56; 16. Lechman, Midwest City, 12:58; 17. Zack Brice, Moore, 13:00; 18. Matt Whitney, Shawnee, 13:01; 19. Jacob Frias, Eisenhower, 13:02; 20. McFarlin, Midwest City, 13:04; 21. Brian Whitlock, Altus, 13:06; 22. Chris Waring, Edmond Santa Fe, 13:07; 23. Josh Corley, Durant, 13:08; 24. Andy Dalrymple, Western Heights, 13:09; Matthew Garey, Norman, 13:10.

Wheat Capitol Invitational Chisholm 9/10/94

CHISHOLM--The Laverne girls showed they are a force to be reckoned with, capturing the team title in the Wheat Capitol Invitational held here September 9th behind the individual win of 2A defending champion, sophomore Ashley Barby.

The Weatherford boys took home the team trophy but Hydro's Jared Black was the top individual over Buffalo's defending 2A champ, Mark Levings.

Girls (1.1 miles)

TEAM SCORE: 1. Laverne 32; 2. Weatherford 47; 3. Chisholm 54; 4. Hennessey 91; 5. Buffalo 121. NS: Wakita, Alva, Burns Flat-Dill City, Watonga.

INDIVIDUALS: 1. Ashley Barby, Laverne, 6:45; 2. Nicki Lant, Wakita, 6:49; 3. Haley Long, Alva, 6:56; 4. Kiley Deal, Laverne, 6:57; 5. Beth Ansel, Chisholm, 6:58; 6. Lindsay Voss, Chisholm, 7:00; 7. Carrie Hennigh, Laverne, 7:14; 8. Darci Parton, Weatherford, 7:17; 9. Stephanie Beda, Weather-

ford, 7:17; 10. Leslie Boone, Weatherford, 7:22; 11. Shanna Vassar, Weatherford, 7:24; 12. Karl Sawyer, Chisholm, 7:25; 13. Brandi Shirley, Alva, 7:27; 14. LeeAnn Hendricks, Laverne, 7:28; 15. Amber Jackson, Hennessey, 7:29; 16. Kelli Null, Laverne, 7:30; 17. Lindsay German, Buffalo, 7:30; 18. Susan Keimroth, Hennessey, 7:31; 19. Lisa Polsen, Hennessey, 7:31; 20. Tami Hayes, Weatherford, 7:32.

Boys (2 miles)

TEAM SCORE: 1. Weatherford 66; 2. Hydro 73; 3. Chisholm 74; 4. Laverne 87; 5. Ripley 104; 6. Hennessey 118; 7. Alva 142; NS: Buffalo, Geary, Burns Flat-Dill City, Watonga, Enid JV.

INDIVIDUALS: 1. Jared Black, Hydro, 11:49; 2. Mark Levings, Buffalo, 12:10; 3. Jeff Gillet, Geary, 12:12; 4. Cold Auld, Burns Flat, 12:12; 5. Zac Cazzelle, Ripley, 12:34; 6. Shawn Sawyer, Chisholm, 12:37; 7. Sam Anaya, Hennessey, 12:38; 8. Dustin Bentley, Laverne, 12:39; 9. Walter Ginn, Hydro, 12:39; 10. Kaleb Hennigh, Laverne, 12:46; 11. Mike Lettkeman, Weatherford, 12:47; 12. Chris Sawyer, Chisholm, 12:48; 13. Shawn Killman, Hydro, 12:57; 14. Ryan Anderson, Alva, 12:59; 15. Matt Johnson, Weatherford, 13:00; 16. Derrick Lieser, Chisholm, 13:01; 17. Josh Williams, Weatherford, 13:05; 18. Blake Ferris, Weatherford, 13:14; 19. Kurt Sparks, Laverne, 13:17; 20. Dusty Edsall, Watonga, 13:18.

Prague Invitational Prague High School 9/13/94

PRAGUE--Purcell's Jancy Gharkania and Davenport's Daniel McKinney notched individual wins in the meet held here September 13th. Both led their teams to victories in their own divisions.

Girls (1 mile, tough hills)

TEAM SCORE: 1. Purcell 27; 2. Wynnewood 39; 3. Prague 56; Oklahoma School for the Deaf NS. **INDIVIDUALS:** 1. Jancy Gharkania, Purcell, 6:30; 2. Kristi Kinard, Wynnewood, 7:11; 3. Jennifer Johnson, Purcell, 7:18; 4. Misty Burrows, Prague, 7:30; 5. Monika Lackey, Wynnewood, 7:33; 6. Tara Luttrell, Purcell, 7:41; 7. Jennifer Doss, Wynnewood, 7:43.

Boys (2 miles, hills)

TEAM SCORE: 1. Prague 23; 2. Purcell 59; Oklahoma School for the Deaf, Davenport, NS. **INDIVIDUALS:** 1. Daniel McKinney, Davenport, 12:01; 2. Shawn Hicks, Prague, 12:36; 3. Realdo Wiles, Prague, 12:58; 4. Javier Cardon, Prague, 13:08; 5. Brandon Skinner, Purcell, 13:30; 6. Cody Grahn, Prague, 13:33; 7. Chamar West, Oklahoma School for the Deaf, 14:01.



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