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4A-5A STATE MEET--Edmond North capped their 5A boys team victory with a win in the 1600 meter relay, their only gold medal in the meet. Here Jason Briscoe hands off to Terrence Wakefield. Photo by Roger Taylor

1995 O.S.S.A.A. State Track & Field Championships

By John Hoke
Editor

CHOCTAW--The weather finally cooperated for the 1995 O.S.S.A.A. Class 4A and 5A State Track & Field Championships held here at Choctaw High School May 12-13 in contrast with the rainy weather the previous week for the small-school state meets which were postponed until Monday.

There were no big surprises in the four team races with the favorites taking home the trophies in each class. Here are the highlights:

4A Boys

Northeast's Cornelius Mason topped off a perfect senior season by winning the 800/1600/3200 triple and setting a state meet record in the 800 in the process. David Bennett led Altus to the team title with individual wins in the 110 hurdles and high jump and anchored the winning 1600 relay. Broken Bow's Larry Rutherford was the only other double winner, taking the shot/discus double.

Coach Jeep Johnson's Altus Bulldogs were in third place with three events remaining with 52 points, trailing John Marshall at 55 and Broken Bow at 53 but sophomore Julius McMillan took the 200 over defending champion Dedric Marsh of Douglas and Brian Whitlock scored a second in the 1600 to send them into the 1600 relay with a 70-62-61 edge.

The Bulldogs locked up the title with a 3:16.65 first-place finish to make the final tally Altus 90, John Marshall 71 and Broken Bow 61. Three members of the relay team won individual events: McMillan in the 200; Bennett in the 110 hurdles and long jump and Chauncey Raiden in the 400; the other member of the team was Patrick Brady Lee.

Repeat winners were Marsh of Douglas in the 100, Justin Mathews of John Marshall in the 300 hurdles and Mason in the 1600/3200. Mason, who has signed with the University of Tulsa, had the best times in the state in both the 1600 and 3200.

4A Girls

The individual titles were spread around this year with no individual double winners. The powerful Ardmore Tigers, coached by LeeAnn Musgrove, repeated as team champions after unseating perennial champion John Marshall last year and will return 15 of 17 state meet qualifiers next year.

The Tigers took the team trophy with across the board depth--winning only one relay and two individual events--in spite of getting only a single point from defending state champions in the shot and long jump.

After setting a state meet record with the second longest discus toss in Oklahoma history (141-11), Ardmore junior Shana Dowdy scratched on all three of her shot put preliminary throws. She set a meet record in winning the event last year with a throw of

**Complete State Meet Results Inside
Oklahoma vs. Arkansas Dual
Great Southwest Classic**

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On TRACK

By John Hoke, Editor

This issue is going to be a little late getting out and may not get to you until around the first of June. I wanted to get the results from the Oklahoma vs. Arkansas All-Star Track & Field Dual in this issue and when a small technical delay pushed the press date back some more I decided it would be worth the wait to get the results of the Great Southwest Classic in as well.

I think the opportunity for post-season competition is something that should be pursued diligently by the Oklahoma Track Coaches Association, as it has been for the past few years. This gives our athletes a chance to step up to the next level of competition and also gives them some much-needed exposure on a regional and national level.

I know that it has been a difficult and often thankless task to put together these teams but I hope that coaches can continue to be found who are willing to keep Oklahoma athletes involved in these competitions.

I attended the Oklahoma vs. Arkansas meet and it was a great meet in all respects. The weather was super, the facility at Greenwood High School was great and the meet was well organized and staffed. Congratulations to all those involved in making it a very successful meet.

Now that the state meets are over the All-State questions are starting to pop up again so I have reprinted (elsewhere in this issue) the statement adopted by the Oklahoma Track Coaches Association at their February meeting in Norman. I know that it isn't an ideal situation but a lot of effort went into putting the statement together, in particular, the consequences of having the Oklahoma Coaches Association (official owners of the All State designation) do it their way. I hope that all coaches will support their association's position, even if they disagree, and work towards a better solution in the future.

I've helped take runners to summer camp the past couple of years and it is another great experience that more coaches and athletes should take advantage of. Two of these outstanding camps advertise with us, Baylor and the U.S. Air Force Academy, and all the pertinent information can be found in their ads. Stillwater coach, Dan Zeroski, also wants to help organize some groups that are interested in camps and he can be contacted at 405-372-5578.

Summer U.S.A. Track & Field and A.A.U. meets are coming up--a few have already been held--and results will be in the special summer issue which will be out in late July or early August. Again, as we did last year, anyone that renews their subscription by July will get this special issue.

NOTE TO COACHES: you will be getting the Oklahoma TRACK & FIELD NEWS as part of your membership when you join the Oklahoma Track Coaches Association for next year. Other benefits of being a member of your professional organization include: eligible to coach All-Star teams; eligible for Hall of Fame and other coaches awards; athletes eligible to participate on All-Star teams; summer and winter clinics; senior All-Star awards; and much more. Don't wait, join the OTCA now, contact coach Pat Lenington, Norman High School, for further information.

McGuinness coach Dave Morton has taken on the task of up-dating the official state track & field records and will be working on them from his office at school during the month of June. Anyone interested in helping or just having input should give him a call at 842 6638.

Renewal notices will be going out soon so be sure to get your's back in so you won't miss a single issue.

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Edmond North Boys Win 5A Title, Jenks Wins Girls

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41-10.

McLain's Andrea Bell lowered her own state meet record in the 300 hurdles from 44.35 to 43.87.

Other repeat winners were: Anissa Austin, Edison, in the 100; Ashley Boothe of McGuinness in the 1600; and Alesha Peel of Tulsa Central in the 100 hurdles.

5A Boys

Newcomers to 5A, Edmond North, coached by Steve Patterson, had been the favorites all season and didn't let their fans down as they swept to the title with 36-point margin over runnerup Eisenhower, even though they won only one event in the meet--the 1600 relay.

Enid's Jason Wolfe was the only double winner, taking the 1600 and 3200. B.T. Washington's Maurio Ratliff was the only repeat winner, taking the long jump with a leap of 23-3.5. Ex-teammate, sprinter Demetrius Birch, at Rogers this year after winning the 100 for the Hornets last year, won the 200 but was edged by Del City's Bennie Butler by .01 in the 100.

Midwest City's unheralded Brian McFarlin won the 800 with a time of 1:53.84 which topped Mason's 1:54.16 and prevented the Northeast star from claiming the top time in three events this season.

5A Girls

Pre-meet favorite Jenks won a close battle with neighborhood rival Union, 103-96, to give rookie coach Allan Trimble the honor of capturing the first-ever track title for the Trojans. Jenks won only two events, the 3200 relay and the long jump with Janet Johnston.

B.T. Washington's Kim Schumpert went home with four gold medals, capturing the 100, repeating in the 200 and anchoring the Hornets defending champion 400 and 800 relays. Union's Megan Riddle was the only other double winner, taking the 1600 and 3200.

Norman's Candice Palmer prevented Union's Leslie Schlegel from taking another double in the shot/discus with a state meet record throw of 43-10 in the shot but Schlegel successfully defended her discus title. Other repeat winners were Bartlesville's Jennifer Fontenot in the 400 and B.T. Washington's Heather Burns in the 110 hurdles.

STATE CHAMPIONSHIPS

5A Boys

TEAM SCORING: 1. Edmond North 93; 2. Eisenhower 57; 3. Moore 47; 4. Del City 42; 5. Edmond Memorial 40; 6. Midwest City 38; 7. (tie) Jenks, Union 31; 9. Norman 28; 10. Enid 24; 11. (tie) Muskogee, Roger 18; 13. (tie) Putnam City North, B.T. Washington 16; 15. Sand Springs 14; 16. Putnam City West 12; 17. (tie) Bartlesville, Lawton 10; 19. Ponca City 9; 20. (tie) Owasso, Putnam City, Sapulpa, Westmoore 6; 24. (tie) Northwest Classen, Stillwater 4; 26. (tie) Broken Arrow, Mustang 1.

100: 1. Bennie Butler, DC, 10.79; 2. Demetrius Birch, Rog, 10.80; 3. Aaron Lockett, BTW, 11.05; 4. Chad Dainty, Un, 11.10; 5. Josh Hallman, PutC, 11.13; 6. Frank Johnson, EN, 11.16.

200: 1. Demetrius Birch, Rog, 21.50; 2. Frank Johnson, EN, 22.12; 3. Cody Sensintaffer, SS, 22.29; 4. Jason Briscoe, EN, 22.38; 5. Keldrich Horne, Ike, 22.49; 6. Dorian Gray, Mo, 22.60;

400: 1. Vince Brown, DC, 48.51; 2. Cody Sensintaffer, SS, 48.77; 3. Marlin Linton, MWC, 48.91; 4.



100 METER FINALS--Douglas' Dedrick Marsh (second from right) won the 4A boys 100 meter dash with J.J. Maddox of MacArthur (second from left) second, Altus' Julius McMillan (right) third and Troy Herron of McLain (left) fourth. Photo by John Hoke

Jon Leon, Mo, 49.08; 5. Rodney Wilson, Musk, 49.21; 6. Vincent Cherry, Mo, 50.04.

800: 1. Brian McFarlin, MWC, 1:53.84; 2. Kyle Bennett, Nor, 1:54.46; 3. Paul Givens, Musk, 1:57.92; 4. Jimmy Martinez, Mo, 1:58.12; 5. Gary Porter, Ike, 1:58.31; 6. Jack Halsey, Je, 1:58.83.

1600: 1. Jason Wolfe, En, 4:25.56; 2. Mark Thompson, EM, 4:28.50; 3. Buddy Owens, Ow, 4:30.80; 4. Jimmy Martinez, Mo, 4:32.87; 5. Jammarr Starks, Un, 4:34.40; 6. Jeff Baslow, DC, 4:36.60.

3200: 1. Jason Wolfe, En, 9:59.39; 2. Jeff Reid, Je, 10:10.05; 3. Jammarr Starks, Un, 10:14.98; 4. Mark Thompson, EM, 10:15.21; 5. Joe Podoll, EM, 10:19.57; 6. Jesse Hyder, Ike, 10:21.28.

110H: 1. Cedric Pitts, MWC, 14.39; 2. Charles, Baugh, Ike, 14.46; 3. David George, Mo, 15.18; 4. Tommy Nash, EM, 15.19; 5. Corey Dean, MWC, 15.38; 6. Donnie Caldwell, Law, 15.43.

300H: 1. Rhoshod Browning, PW, 38.14; 2. Charles, Baugh, Ike, 39.05; 3. Anala Carson, Je, 39.47; 4. Matt Kane, Stw, 40.14; 5. Marcus Vann, Sap, 40.15; 6. David George, Mo, 41.15.

400 Relay: 1. Del City (Vince Brown, Michael Brooks, Bennie Butler, Deon Lyton) 41.90; 3. Union 42.29; 4. Eisenhower 42.37; 5. Norman 43.01; 6. Westmoore 43.15.

1600 Relay: 1. Edmond North (Frank Johnson, Terrence Wakefield, Jason Briscoe, Jon Ashley) 3:17.75; 2. Moore 3:19.14; 3. Eisenhower 3:20.42; 4. Midwest City 3:21.04; 5. Westmoore 3:21.60; 6. Del City 3:23.62.

3200 Relay: 1. Edmond Memorial (Rob Seat, Joe Rodoll, Blain Phipps, Jeremy Buhl) 8:01.03; 2. Norman 8:05.51; 3. Edmond North 8:07.57; 4. Eisenhower 8:09.79; 5. Enid 8:10.41; 6. Midwest City 8:12.84.

Shot: 1. Matt Anderson, Mo, 58-8; 2. Tabor Leblanc, EN, 57-5; 3. John Fitzgerald, PN, 56-5.5; 4. Jeff Cornett, PutC, 53-0; 5. Bryce Taylor, PW, 52-11; 6. Zack Bennett, Un, 51-10.

Discus: 1. John Fitzgerald, PN, 169-9; 2. Tabor Leblanc, EN, 160-8; 3. Ryan Dicus, Je, 160-7; 4. Trevell Smittick, Sap, 155-7; 5. Edward Robinson, Ike, 155-5; 6. Bubba Bircham, Must, 150-11.

Long Jump: 1. Maurio Ratliff, BTW, 23-3.5; 2. Tommie Jones, Law, 23-2.25; 3. Dewayne Winfrey, Un, 22-11.75; 4. Danell Coleman, Ike, 22-10.75; 5. Johnny Jones, Ik, 22-10.5; 6. Paul Parter, Law, 22-8.

High Jump: 1. Eddie Gauden, Musk, 6-8; 2. Larry Washington, Je, 6-8; 3. Bert Schadegg, EN, 6-4; 4. Marcus Moodey, NWC, 6-4; 5. (tie) Damien Williams, EM and Shawn Murphy, BA, 6-2.

Pole Vault: 1. Jeremy Ropp, Bart, 14-6; 2. Chris Westfield, PonC, 13-6; 3. Kyle Conaway, EN, 13-0; 4. Trey Benear, EN, 13-0; 5. Joe Burdick, Je, 13-0;

6. Davie Jump, PonC, 13-0.

5A Girls

TEAM SCORING: 1. Jenks 103; 2. Union 96; 3. B.T. Washington 82; 4. Midwest City 52; 5. Norman 43; 6. Bartlesville 38; 7. Del City; 8. (tie) Edmond North, Yukon 22; 10. Eisenhower 20; 11. (tie) Enid, Northwest Classen 18; 13. (tie) Mustang, Putnam City North 12; 15. (tie) Moore, Putnam City 8; 17. (tie) Putnam City West, Stillwater 7; 19. Westmoore 6; 20. (tie) Choctaw, Shawnee 4; 22. Edmond Memorial 3; 23. (tie) Broken Arrow, Muskogee, Owasso, Tahlequah, Rogers 1.

100: 1. Kim Schumpert, BTW, 12.31; 2. Carrie Tucker, MWC, 12.38; 3. Sherie Northington, DC, 12.51; 4. Lakiesha Givens, Un, 12.64; 6. Jateese Edwards, Musk, 12.66.

200: 1. Kim Schumpert, BTW, 25.32; 2. Sherie Northington, DC, 25.82; 3. Lakiesha Givens, Un, 25.99; 4. Carrie Tucker, MWC, 26.09; 5. Stephanie Speller, MWC, 26.28; 6. Nicole Ledbetter, Rog, 26.30.

400: 1. Jennifer Fontenot, Bart, 58.09; 2. Angela Prescott, PN, 58.49; 3. Jessica Singleton, Yuk, 59.15; 4. Kenyata Jones, Ik3, 59.60; 5. Keela Thompson, BTW, 59.99; 6. Amy Trogdon, BA, 60.85.

800: 1. Keely Dean, Yuk, 2:15.01; 2. Kelli O'Rourke, Je, 2:16.45; 3. Hilary Reser, Nor, 2:28.96; 4. Andrea Haley, Stw, 2:19.38; 5. Andrea Delozier, Nor, 2:19.85; 6. Lindsey Nickens, Je, 2:19.88.

1600: 1. Megan Riddle, Un, 5:15.25; 2. Emily Corbett, Bart, 5:20.95; 3. Keely Dean, Yuk, 5:28.35; 4. Renee Ahlgren, Je, 5:28.69; 5. Kelli O'Rourke, Je, 5:28.70; 6. Jont Wanamaker, Tah, 5:29.64.

3200: 1. Megan Riddle, Un, 11:42.24; 2. Carissa Nix, Je, 11:46.86; 3. Renee Ahlgren, Je, 11:57.37; 4. Jessica Blgson, Shaw, 12:14.15; 5. Lindsey Shelters, Mo, 12:15.36; 6. Stephanie Towers, Ow, 12:16.58.

100H: 1. Heather Burns, BTW, 14.48; 2. Gwen Gainer, PutC, 15.35; 3. Danielle Hill, Un, 45.73; 4. Levonna Blakes, MWC, 16.04; 5. Natalie Graves, Un, 16.13; 6. Rena Murphy, PW, 16.14.

300H: 1. Danielle Hill, Un, 45.73; 2. Lindsey Nickens, Je, 46.69; 3. Rena Murphy, PW, 46.87; 4. Raven Bruner, NWC, 47.07; 5. Shaktra Gamble, Enid, 48.60; 6. Karl Curtis, Stw, 48.85.

400 Relay: 1. B.T. Washington (Melody Hanseon, Heather Burns, Tamara Bell, Kim Schumpert) 47.42; 2. Del City 48.83; 3. Midwest City 49.12; 4. Jenks 50.09; 5. Enid 50.40; 6. Northwest Classen 50.50.

800 Relay: 1. B.T. Washington (Melody Hanseon, Tamara Bell, Heather Burns, Kim Schumpert) 1:42.38; 2. Union 1:43.14; 3. Midwest City 1:44.15; 4. Jenks 1:45.35; 5. Enid 1:46.29; 6. Edmond Me-

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4A STATE MEET--Ardmore won the girls 400 meter relay followed by Altus and McGuinness. Photo by John Hoke

State Results

Continued from page 3

mortal 1:47.23.

1600 Relay: 1. Bartlesville (Chanda Wooten, Angela Wheat, Stephanie Webb, Jennifer Fontenot) 4:00.65; 2. Eisenhower 4:03.67; 3. Northwest Classen 4:04.03; 4. Jenks 4:04.10; 5. Edmond North 4:06.65; 6. Midwest City 4:12.0.

3200 Relay: 1. Jenks (Lindsay Nickens, Renee Ahlgren, Jessica Laughry, Kelli O'Rourke) 9:32.71; 2. Norman 9:44.49; 3. Mustang 10:00.19; 4. Union 10:00.47; 5. Moore 10:01.47; 6. B.T. Washington 10:03.91.

Shot: 1. Candice Palmer, Nor. 43-10* (meet record, old mark 43-2 by Phonda Mitchell, Edmond Memorial, 1985); 2. Leslie Schlegel, Un. 42-3.75; 3. Coco Smith, MWC, 38-6.75; 4. Casel Cook, PN, 38-4.5; 5. Elizabeth Taylor, Stw. 37-8; 6. Lashawna Johnson, Nor. 36-8.25.

Discus: 1. Leslie Schlegel, Un. 132-3; 2. Katie Webster EN, 128-3; 3. Candice Palmer, Nor. 126-2; 4. Candice Stems, Je. 111-6; 5. Jennifer Holt, Nor. 111-1; 6. Lori Pierce, Mo. 109-10.

Long Jump: 1. Janet Johnston, Je. 17-11.25; 2. Demetra Miller, Enid, 17-10.25; 3. Tamara Bell, BTW, 17-8.5; 4. Cara Craig, Wm. 17-2.25; 5. Autumn Robinson, MWC, 16-8; 6. Shayula Austin, EM, 16-4.5.

High Jump: 1. Megan Toole, EN, 5-6; 2. Karen Rademeyer, Je. 5-4; 3. Amber Duke, Un. 5-2; 4. Stephanie Garr, Choc, 5-0; 5. Cara Craig, Wm. 5-0; 6. Nicole Rhoads, Mo. 4-10.

State Championships

4A Boys

TEAM SCORING: 1. Altus 90; 2. John Marshall 71; 3. Broken Bow 61; 4. Duncan 47; 5. Douglas 44; 6. Claremore 37; 7. Ada 34; 8. Northeast 34; 9. McGuinness 28; 10. Ardmore 24; 11. Carl Albert 23; 12. MacArthur 22; 13. McLain 20; 14. Pryor 16; 15. Durant 13; 16. Guthrie 11; 17. (tie) McAlester, U.S. Grant 6; 19. (tie) El Reno, Woodward 1.

100: 1. Dedrick Marsh, Dou. 10.80; 2. J.J. Maddox, Mac. 10.88; 3. Julius McMillan, Al. 10.92; 4. Troy Herron, McL. 11.06; 5. Tony Newsome, JM. 11.29; 6. Chris Long, Dou. 11.34.

200: 1. Julius McMillan, Al. 21.71; 2. J.J. Maddox, Mac. 22.21; 3. Joe Thomas, BB. 22.60; 4. Dedrick Marsh, Dou. 22.81; 5. Tyrone Thomas, BB. 22.97; 6. Randy Brown, Al. 23.02.

400: 1. Chauncey Raiden, Al. 48.51; 2. Barry Odom, Ada, 48.64; 3. Jamar Giddings, Mac. 49.22; 4. Mike Calhoun, JM. 49.97; 5. Rob Stutter, Dun. 50.36; 6. Richard Johnson, Dou. 51.26.

800: 1. Cornelius Mason, NE. 1:54.16* (meet record, old mark 1:55.14 by Tommy Carter, Western Hts 1986); 2. Kevin Calhoun, JM. 1:55.92; 3. Jason Cordoza, Dun. 1:56.97; 4. Kevin Cantrell, Ada, 1:57.75; 5. Santon Jones, Gut. 1:57.90; 6. Donald Wilson, Dur. 1:58.04.

1600: 1. Cornelius Mason, NE. 4:24.60; 2. Brian Whitlock, Al. 4:29.95; 3. Larance Shortbull, Cla. 4:31.24; 4. Mike Connolly, McG. 4:37.37; 5. Taylor Styron, McG. 4:39.71; 6. Mike Damron, Gut. 4:40.57.

3200: 1. Cornelius Mason, NE. 9:36.3; 2. Taylor Styron, McG. 10:04.69; 3. Brian Whitlock, Al. 10:15.65; 4. Paul Lowery, CA. 10:22.82; 4. Matt Sexauer, McG. 10:30.71; 6. Toby Filener, Dun. 10:39.05.

110H: 1. David Bennett, Al. 14.14; 2. Justin Maathews, JM. 14.51; 3. Jeff Curtis, Dun. 14.62; 4. Mike Braddy, NE. 14.76; 5. Fred Stimpkins, USG. 15.31; 6. Patrick Lee, Al. 15.49.

300H: 1. Justin Mathews, JM. 14.51; 2. Jeff Curtis, Dun. 39.25; 3. Carl Banks, Ard. 39.30; 4. Chris Maytubby, Ard. 39.94; 5. Tony Thompson, JM. 40.00; 6. Michael Boyles, BB. 41.67.

400 Relay: 1. Broken Bow (Jeremy Bon, Tyrone Thomas, Keith Butler, Joe Thomas) 42.41; 2. Douglas 42.44; 3. Ardmore 42.53; 4. McLain 42.67; 5. Ada 43.25; 6. John Marshall 43.27.

1600 Relay: 1. Altus (Chauncey Raiden, Patrick Brady Lee, Julius McMillan, David Bennett) 3:16.65; 2. John Marshall 3:19.81; 3. Douglas 3:20.55; 4. Carl Albert 3:21.39; 5. Duncan 3:23.34; 6. Ardmore 3:23.98.

3200 Relay: 1. Duncan (Jim Dickey, Jason Car-doza, Toby Lewis, Lou Jefferson) 8:00.46; 2. John Marshall 8:08.71; 3. Claremore 8:09.71; 4. Guthrie 8:20.8; 5. McGuinness 8:22.35; 6. Ada 8:31.28.

Shot: 1. Larry Rutherford, BB. 53-10; 2. Cedric Jones, Al. 52-2; 3. Kevin Brown, McA. 51-9.25; 4. Marvell Galloway, BB. 51-6; 5. C.W. Cook, Ada, 51-0.5; 6. Richard McClesky, Cla. 49-5.75.

Discus: 1. Larry Rutherford, BB. 168-5; 2. Bryan Thomas, Ada, 158-6; 3. Marvell Galloway, BB. 157-1; 4. Terry Toliver, USG. 149-2; 5. Brian Hughes, Ada, 145-7; 6. John Pipins, Ww. 144-6.

Long Jump: 1. Mike Thornton, CA. 22-6; 2. De-mond Sanders, McL. 21-11.75; 3. Jimi Holt, McG.

21-11.25; 4. Tyron Thomas, BB. 21-11; 5. Willie Grissom, JM. 21-8.5; 6. Lamar Weary, JM. 20-8.5.

High Jump: 1. David Bennett, Al. 6-6; 2. Jay Lyons, Pry. 6-4; 3. Chad Bullard, Dur. 6-4; 4. Brian Hughes, Ada. 6-4; 5. Nicky Bywaters, Cla. 6-2; 6. Charles Jackson, CA. 6-0.

Pole Vault: 1. Josh Bethea, Cla. 13-9; 2. Brett Corlett, Pry. 12-6; 3. Eric Grider, Dur. 12-6; 4. Mike Noviski, Cla. 12-6; 5. Scott Chesney, Cla. 12-6; 6. Nathan James, ER. 12-0.

4A Girls

TEAM SCORING: 1. Ardmore 105; 2. McGuinness 73; 3. Altus 58; 4. Northeast 45; 5. Guthrie 39; 6. John Marshall 38; 7. Kelley 37; 8. Broken Bow 32; 9. Duncan 26; 10. Tulsa Central 22; 11. Hale 20; 12. (tie) Carl Albert, Edison 18; 14. (tie) Claremore, Woodward 16; 16. McLain 12; 17. Star Spencer 8; 18. (tie) Ada, MacArthur 6; 20. (tie) Chickasha, McAlester 5; 22. Durant 4; 23. East Central 3.

100: 1. Anissa Austin, Ed. 12.28; 2. Earlene Morrow, NE. 12.36; 3. Angela Lee, Ard. 12.52; 4. Kenya Colbert, TC. 12.88; 5. Melody Fields, NE. 12.96; 6. Tonesha Wiggins, Dun. 13.04.

200: 1. Earlene Morrow, NE. 25.25; 2. Angelia Lee, Ard. 25.63; 3. Anissa Austin, Ed. 25.70; 4. Tonesha Wiggins, Dun. 26.25; 5. Renee Young, BB. 26.30; 6. Elizabeth Bashaw, Kel. 25.56.

400: 1. Chakel West, Al. 58.90; 2. Michelle Brown, SS. 59.67; 3. Amonica Wiggins, Dun. 60.92; 4. Anne Hogan, Kel. 61.23; 5. Amy Carroll, BB. 62.00; 6. Nicole Monroe, Gut. 68.96.

800: 1. Becky Puckett, Ard. 2:20.41; 2. Jessica Hoke, McG. 2:21.45; 3. Brandy Bratton, Hale, 2:22.91; 4. Amonica Wiggins, Dun. 2:23.53; 5. Anne Hogan, Kel. 2:24.43; 6. Jameka Roberts, JM. 2:27.77.

1600: 1. Ashley Boothe, McG. 5:18.95; 2. Brandi Woodard, Gut. 5:27.15; 3. Jenny Nemecc, Kel. 5:34.09; 4. Copurtney Moody, Dur. 5:38.60; 5. Kelli Cowan, Gut. 5:41.46; 6. Kelly Long, McG. 5:44.16.

3200: 1. Jenny Nemecc, Kel. 11:52.18; 2. Brandi Woodard, Gut. 11:52.19; 3. Amya Bratton, Hale, 12:06.55; 4. Amanda Narvaes, Kel. 12:20.71; 5. Kelly Long, McG. 12:23.81; 6. Ashley Boothe, McG. 12:34.46.

100H: 1. Alesha Peel, Cen. 14.63; 2. Andrea Bell, McL. 14.89; 3. Kallisha Holmes, CA. 15.16; 4. Talea Wisby, JM. 15.27; 5. Maricia Sanders, JM. 16.01; 6. Anni Evans, McG. 16.61.

300H: 1. Andrea Bell, McL. 43.87* (meet record, old mark 44.94 by Patrice Drake, JM. 1987); 2. Kallisha Holmes, CA. 44.92; 3. Talea Wisby, JM. 47.19; 4. Stephanie Brown, McA. 47.20; 5. Allison Fish, Dun. 48.26; 6. Crystal Swanegan, JM. 48.44.

400 Relay: 1. Ardmore (Lakendria Williamson, Lamonica Lee, Angela Asberry, Angela Lee) 48.38; 2. Altus 49.31; 3. McGuinness 50.21; 4. John Marshall 50.26; 5. McLain 51.07; 6. Edison 51.46.

800 Relay: 1. Northeast (Melody Fields, Nicole Jackson, Tenisha Weatherall, Earlene Morrow) 1:41.6; 2. Ardmore 1:42.1; 3. Altus 1:44.4; 4. McGuinness 1:46.7; 5. Ada 1:47.3; 6. Duncan 1:49.15.

1600 Relay: 1. Altus (Tamika Goodson, Tammy Prince, Marsha Young, Chakel West) 4:04.49; 2. Ardmore 4:05.62; 3. John Marshall 4:07.55; 4. McGuinness 4:09.01; 5. Ada 4:09.95; 6. Broken Bow 4:12.30.

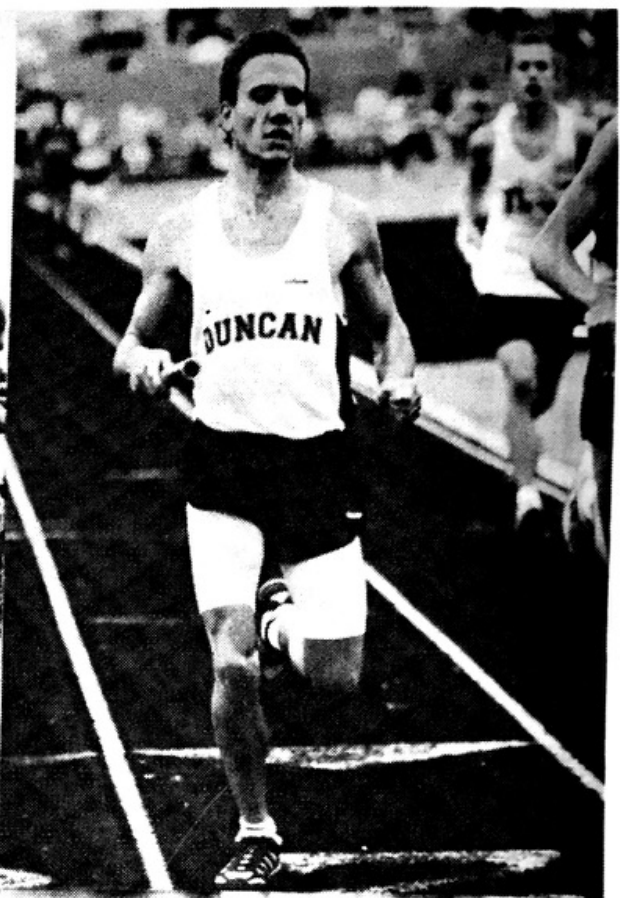
3200 Relay: 1. Guthrie (Kelli Cowan, Brandi Woodard, Hollie Mays, Nicole Monroe) 9:45.31; 2. McGuinness 10:05.56; 3. Broken Bow 10:15.33; 4. Hale 10:15.84; 5. Ardmore 10:16.84; 6. Duncan 10:22.91.

Shot: 1. Julie Smith, Cla. 40-3; 2. Emma Stinson, Ww. 35-11.75; 3. Tequilla Gordon, BB. 35-8.25; 4. Paulette Middleton, JM. 35-3.75; 5. Tamara Smith, NE. 35-0.5; 6. Angela Gilbert, NE. 34-8.75.

Discus: 1. Shana Dowdy, Ard. 141-11* (meet record, al mark 130-1 by Sherry Courchene, Tahlequah in 1992); 2. Emma Stinson, Ww. 121-0; 3. Julie Smith, Cla. 120-7; 4. Alesha Lee, Ard. 112-1; 5. Tamara Smith, NE. 107-1; 6. Betty Ashley, EC. 100-11.

Long Jump: 1. Elizabeth Bashaw, Kel. 17-9.5; 2. Renee Young, BB. 17-3.75; 3. Kendall Arant, Mac. 17-0; 4. Kallisha Holmes, CA. 16-8.5; 5. Kelly Workman, Chi. 16-5.5; 6. Shelly Jackson, Ard. 15-10.75.

High Jump: 1. Maggie Slavonic, McG. 5-0; 2. (tie) Sherah Briscoe, Dun. and Monica Pickens, Ard. 5-0; 4. (tie) Shelly Jackson, Ard. and Kelly Workman, Chi. 5-0; 6. Stephanie Brown, McA. 5-0.



4A-5A STATE MEET—(clockwise from top left): Edmond Memorial won the 5A 3200 relay with Blain Phipps handing off to anchor Jeremy Buhl. Duncan's Loui Jefferson crosses the line to win the 4A 3200 Relay. Altus' Chakei West brings the baton across to win the 4A 1600 relay with Ardmore a close second. Jenks' Jessica Laughry hands off to Kelli O'Rourke for the final leg of their winning 5A 3200 relay. B.T. Washington makes the hand off after the first leg of their winning 400 meter relay. Photos by John Hoke and Roger Taylor



5A STATE MEET--The boys 400 meter field rounds the final turn with Del City's Vince Brown (second from left) ending up the winner. Photo by John Hoke

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All-State Plan for Track and Field

(Editor's Note: The following statement was approved by the Oklahoma Track Coaches Association at their mid-winter meeting in Norman, January 27th, to be adopted by the Oklahoma Coaches Association which administers the All-State program.)

All-State status is achieved by winning an event at the State Meet. Seniors that are State Champions are entitled to obtain a Blue and Gold All-State jacket.* Underclassmen are only allowed to obtain a Red and Gold All-Star jacket. When the underclassmen State Champion enters his/her senior year, they may obtain a Blue and Gold All-State jacket.

All-State Plan for Cross-Country

The top ten finishers in each class will achieve All-State status in cross-country. Seniors may obtain a Blue and Gold jacket, while underclassmen may obtain an All-Star Red and Gold jacket. A top ten finisher may obtain a Blue and Gold jacket as they enter their senior year.

*Coaches will be responsible for retaining the integrity of the Blue and Gold All-State jacket. Only senior athletes may wear a Blue and Gold jacket. Those coaches not abiding by this All-State policy are subject to removal from the Oklahoma Track Coaches Association and denied the benefits of the association for the following year.

Notification of discipline will be in the form of a letter to the coach and their school administration.

This policy will be made public through the Oklahoma Track & Field News, the OSSAA handbook for Track and Cross-Country, programs distributed at the State Track and Cross-Country meets, and through a flyer handed out at all rules interpretation meetings.



4A-5A STATE MEET--(clockwise from top left): Rogers' Demetrius Birch wins the 5A 200 meter dash. Edmond North's Megan Toole wins her third state high jump title. Union's Megan Riddle was a double winner, taking the 5A 1600 and 3200 meter runs. Midwest City's Brian McFarlin beats Normans Kyle Bennett to the line to win the 5A 800 meter run. Enid's Jason Wolfe was a double winner, taking the 1600 and 3200 meter runs. Photos by John Hoke and Roger Taylor.

THE ATHLETE'S KITCHEN

By Nancy Clark, MS, RD

The Athlete's Guide To Fast Foods



5A STATE MEET--Jenks' Janet Johnston won the long jump with a leap of 17-11.25. Photo by Roger Taylor

Fast but fatty foods are what quick service restaurants historically offered--an array of dietary disasters that filled the stomach with fat, clogged arteries, but left the muscles unfueled with carbs. Today's quick service restaurants offer higher-carbohydrate and lower fat options. You can actually choose a decent sports diet at most places. But only the most dedicated of athletes seems to partake of the healthier menu items. Fatty foods taste the best, as confirmed by the strong sales of Big Macs (26 grams of fat) but weak sales of the McLean Deluxe burger (12 grams of fat). Many active people who are on-the-road or in-a-rush appreciate the convenience, affordable prices and consistent foods of quick service restaurants; that's why these places are so popular. While the occasional burger & fries type meal is of little health concern, fast foods that are a common part of your daily diet should be counter-balanced with nutritious carbohydrates. Be sure to pack your gym bag with supplemental muscle fuel, such as apples, pretzels, fig cookies, bagels, pita, crackers, raisins, dried fruits, juice boxes, sports bars or granola bars.

Your best bets for fast-foods-that-fuel include the following options at quick service restaurants:

Breakfast *For a high carbohydrate breakfast, choose pancakes with syrup, hot or cold cereal, juice, plain bagels, english muffins, or other muffins (preferably lowfat). Jam and honey adds extra carbs. Skip the egg, bacon, sausage, croissant or biscuit combinations. Treat yourself to hot cocoa for a higher carb choice than coffee.

*If you are staying at a hotel, save yourself time, money and temptations by bringing your own cereal and raisins (and spoon). Either pack powdered milk or buy fresh milk at the corner store. Use a water glass or the milk carton for the cereal bowl. Or, find a deli with nice fresh bagels, fruit, juice, and yogurt.

Lunch and Dinner *Any way you look at them, burgers & french fries have a high fat content. You'll be better off finding an eatery that offers more than just burger-type meals. (Note: Active people can appropriately eat some fat for calories and eating pleasure; 60 to 120 grams fat would be considered a low fat diet for most hungry athletes who eat 2,400 to 4,800 calories. But too much fat interferes with optimal health and muscle fueling). If you do order a burger, request an extra roll or extra bread. Squish the grease into the first roll, then replace it with the fat-free one. Boost carbs with fluids such as fruit juice, soft drinks and lowfat shakes and enjoy your gym-bag snacks (pretzels, fig bars) for dessert.

Better yet, satisfy your meat hankering with a lean roast beef sandwich. A Roy Rogers Roast Beef Sandwich has only 4 grams fat-preferable to a Burger King Hamburger that has 10 grams fat. Both are 260 calories.

*Beware of grilled chicken sandwiches if they come with a special sauce. The 29 grams of fat in the BK Broiler makes it as bad as a fried chicken sandwich. Wipe that mayo off!

*Meals with chicken that is roasted or grilled are generally preferable to fried chicken meals --if you remove the skin. By removing the skin and wing from a KFC Rotisserie Gold Quarter Breast, you remove 13 grams of fat and 115 calories. If you do order fried chicken, get the larger pieces, peel off the skin, and eat just the meat. Order extra rolls, biscuits with honey or jam, corn on the cob, potatoes, baked beans, and other vegetables for more carbohydrates. Although many of the accompaniments are buttery, they are still better to eat than no veggies.

*At a salad bar, be generous with the colorful vegetables, chick peas, kidney beans, pasta salads and hearty breads, and carefully choose lite dressings. Beware of Caesar Salads; Boston Chicken's Chicken Caesar Salad with 4 tablespoons of dressing totals 670 calories, of which two-thirds are from fat (47 grams). The better bet is a chicken breast (w/o skin and wing), corn bread, steamed vegetables, and corn: 80 fewer calories, only 15 grams fat.

*Baked potatoes smothered with cheese sauce and fatty toppings are a poor addition to a sports diet. Wendy's cheese-stuffed potato, for example, gets 35% of its calories from fat (23 grams, the equivalent of 6 teaspoons of butter). The chili & cheese topping isn't much better--36% fat (24 grams fat). Your best bet is to order an extra plain potato and split the Broccoli & Cheese topping (14 grams fat) between the two. That way, you end up with a hearty 770 calorie, higher carbohydrate meal that fuels your muscles. For protein, drink a glass of lowfat milk.

*Order pizza that's thick with extra crust rather than extra cheese. The more dough, the more carbohydrates. For example, a slice of Pizza Hut's pan pizza (250 calories) has 10 more grams of carbohydrates than does a slice of their thin 'n crispy pizza (200 calories). Pile on veggies (broccoli, peppers, mushrooms, onions) for a vitamin boost.

*Seek out a deli that offers a sandwich with more bread than filling. For example, a large submarine roll provides far more carbohydrates than a small pita. "Hold the mayo" and add moistness with lite salad dressing (if available), mustard, ketchup, tomatoes, and lettuce. Best bet fillings: turkey, ham, roast beef.

*Hearty bean soups accompanied by crackers, plain bread, an english muffin, or corn bread provides a satisfying, carbohydrate-rich low-fat meal. Chili, if not glistening with a layer of grease, can be a good choice. For example, a Wendy's large chili with 8 saltines provides 400 calories, of which only 25% are from fat (11 grams).

*Lowfat frozen yogurt is a 75% carb (read that, sugar-laden) dessert. Preferable to gourmet ice creams (only 35% carb but gobs of calories from fat), frozen yogurt is fun, refreshing, and a fast food that fuels. A "best bet"!

Nancy Clark, MS, RD, nutrition counselor at Boston-area's Sports Medicine Brookline, is author of Nancy Clark's Sports Nutrition Guidebook (\$18) and The New York City Marathon Cookbook (\$23). To read how to eat for greater energy and top performance, send check payable to Sports Nutrition Services to 830 Boylston St., Brookline MA 02167.

OVERALL SEASON LEADERS

OVERALL GIRLS

100: Austin, Edison, 11.7 (Owasso); Randle, Weatherford, 11.85 (Purcell); Morrow, Northeast, 11.9 (Western Heights); Northington, Del City, 11.95 (Carl Albert); Hayes, Millwood, 11.89 (Millwood); Sorrells, Ed Memorial, 12.09 (UCO); Smith, Atoka, 12.10 (UCO); Knowles, Wynnewood, 12.12 (UCO).

200: Knowles, Wynnewood, 24.43 (UCO); Randle, Weatherford, 24.60 (UCO); Morrow, Northeast, 24.97 (Millwood); Newport, St. Mary, 25.06 (UCO); Dufraim, Pawnee, 25.16 (UCO); Benson, Millwood, 25.22 (UCO); Schumpert, B.T. Washington, 25.32 (Choctaw); Northington, Del City, 25.45 (Carl Albert).

400: Thompson, B.T. Wash, 57.36 (Okmulgee); Fontenot, Bartlesville, 58.09 (Choctaw); Prescott, Putnam North 58.49 (Choctaw); Lacy, Holdenville, 58.55 (UCO); Sreaves, Grove, 58.69 (Okmulgee); West, Altus, 58.90 (Choctaw); Shirley, Davis, 58.98 (Konawa); Singleton, Yukon, 59.15 (Choctaw).

800: Dean, Yukon, 2:15.01 (Choctaw); O'Rourke, Jenks, 2:16.45 (Choctaw); Reser, Norman, 2:18.96 (Choctaw); Haley, Stillwater, 2:19.38 (Choctaw); DeLozier, Norman, 2:19.85 (Choctaw); Nickens, Jenks, 2:19.88 (Choctaw); Puckett, Ardmore, 2:20.41 (Choctaw); Hoke, McGuinness, 2:21.45 (Choctaw).

1600: Riddle, Union, 5:15.25 (Choctaw); Boothe, McGuinness, 5:18.95 (Choctaw); Corbett, Bart, 5:20.95 (Choctaw); O'Rourke, Jenks, 5:27.46 (Bart); S. Harvey, Plainview, 5:27.75 (Sulphur); Dean, Yukon, 5:28.35 (Choctaw); Woodard, Guthrie, 5:27.15 (Choctaw); Alhgren, Jenks, 5:28.69.

3200: Nix, Jenks, 11:39.14 (Union); Woodard, Guthrie, 11:41.81 (Western Heights); Riddle, Union, 11:42.24 (Choctaw); McCulley, Grove, 11:46.15 (Sulphur); S. Harvey, Plainview, 11:46.86 (UCO); Long, McGuinness, 11:47 (Putnam City); Guild, Marlow, 11:50.37 (OU); Lemons, Marlow, 11:50.37 (OU).

100H: Burns, B.T. Washington, 14.14 (Webster); Peel, Tulsa Central, 14.54 (Rogers); Schenk, Watonga, 14.61 (Elk City); Bell, McLain, 14.89 (Choctaw); Jones, Elk City, 15.03 (Elk City); Holmes, Carl Albert, 15.16 (Choctaw); Lusk, Millwood, 15.22 (UCO); Wisby, John Marshall, 15.27 (Choctaw).

300H: Bell, McLain, 43.87 (Choctaw); Holmes, Carl Albert, 44.92 (Choctaw); Schenk, Watonga, 45.33 (Medford); Murphy, Putnam City West, 45.56 (Choctaw); Hill, Union, 45.73 (Choctaw); Sims, Velma-Alma, 45.95 (UCO); Nickens, Jenks, 46.69 (Choctaw); Laughry, Jenks, 46.84 (Jenks).

400 Relay: B.T. Washington, 47.42 (Choctaw); Ardmore, 48.38 (Choctaw); Union, 48.50 (Rogers); Del City, 48.83 (Choctaw); Millwood, 49.04 (UCO); Holdenville, 49.10 (Holdenville); Midwest City, 49.12 (Choctaw); Muskogee, 49.25 (Rogers).

800 Relay: Northeast, 1:41.60 (Choctaw); Ardmore, 1:42.10 (Choctaw); B. T. Washington, 1:42.38 (Choctaw); Union, 1:43.14 (Choctaw); Midwest City, 1:44.15 (Choctaw); Holdenville, 1:44.36 (Holdenville); Altus, 1:44.4 (Choctaw); Millwood, 1:44.5 (Millwood);

1600 Relay: Bartlesville, 4:00.65 (Choctaw); Eisenhower, 4:03.67 (Choctaw); Northwest Classen, 4:04.03 (Choctaw); Jenks, 4:04.10 (Choctaw); Grove, 4:04.76 (UCO); Altus, 4:04.49 (Choctaw); Idabel, 4:05.48 (UCO); Ardmore, 4:05.62 (Choctaw).

3200 Relay: Jenks, 9:32.71 (Choctaw); Norman, 9:44.49 (Choctaw); Guthrie, 9:45.31 (Choctaw); Union, 9:48.85 (Rogers); Plainview, 9:48.98 (UCO); McGuinness, 9:56.06 (McGuinness); Grove, 9:59.24 (UCO); Mustang, 10:00.19 (Choctaw).

Shot: Palmer, Norman, 43-10 (Choctaw); Schlegel, Union, 43-1.75 (OU); Dowdy, Ardmore, 41-7 (Duncan); Smith, Claremore, 40-3 (Choctaw); Sage, Beaver, 40-2 (Watonga); Crumbo, Sperry, 40-2 (Dewey); Russell, Dickson, 39-11.75 (Wynnewood).

Discus: Webster, Edmond North, 145-6.5 (Putnam City); Dowdy, Ardmore, 141-11 (Choctaw); Schlegel, Union, 138-6 (Cal); Gregg, Beaver, 136-10 (Watonga); Sage, Beaver, 133-5.5 (Turpin); Palmer, Norman, 132-10 (Norman); Carson, Marlow, 132-10 (UCO); Stinson, Woodward, 127-5.5 (Ponca City).

Long Jump: Williams, Wynnewood, 18-1 (Purcell); Bell, B.T. Washington, 18-1 (OU); Reese, Sulphur, 17-11.5 (Purcell); Johnson, Jenks, 17-11 (Choctaw); Miller, Enid, 17-10.25 (Choctaw); Bashaw, Kelley, 17-9.5 (Choctaw); Holmes, Carl Albert, 17-8 (Carl Albert); Smith, Atoka, 17-5.5 (Wilburton).

High Jump: Toole, Edmond North, 5-8 (UCO); Johnson, Boise City, 5-6 (Guymon); Teel, Oologah, 5-6 (Catoosa); Reams, Fairview, 5-4 (Fairview); Hutchings, Eisenhower, 5-4 (Moore); Row, Sulphur, 5-4 (Sulphur); Anderson, Chandler, 5-4 (Chandler); Pyle, Buffalo, 5-4 (Woodward); McMurry, Guymon, 5-4 (UCO); Bertram, Kingston, 5-4 (UCO); Rademeyer, Jenks, 5-4 (Choctaw).

OVERALL BOYS

100: Maddox, MacArthur, 10.14 (Duncan); Marsh, Douglas, 10.23 (Western Hts); Birch, Rogers, 10.25 (Rogers); Smith, Hugo, 10.42 (Duncan); Butler, Del City, 10.44 (Carl Albert); Jones, Douglas, 10.51 (Millwood); Johnson, Edmond North, 10.53 (Duncan); Moseley, Westmoore, 10.54 (Edmond).

200: Birch, Rogers, 21.06 (Rogers); Thomas, Broken Bow, 21.16 (Jenks); Smith, Okmulgee, 21.19 (UCO); Johnson, Edmond North, 21.43 (Jenks); Marsh, Douglas, 21.47 (Millwood); Maddox, MacArthur, 21.52 (Carl Albert); Sensintaffar, Sand Springs, 21.64 (Jenks); Garrison, Ft. Gibson, 21.66 (UCO).

400: Jordan, Okmulgee, 47.67 (Okmulgee); Jefferson, Stillwater, 48.21 (Okmulgee); Brown, Del City, 48.51 (Choctaw); Jackson, Idabel, 48.66 (UCO); Sensintaffar, Sand Springs, 48.77 (Choctaw); Linton, Midwest City, 48.91 (Choctaw); Jackson, Okemah, 49.03 (Okmulgee); Leon, Moore, 49.08 (Choctaw).

800: McFarlin, Midwest City, 1:53.84 (Choctaw); Mason, Northeast, 1:54.16 (Choctaw); Bennett, Norman, 1:54.46 (Choctaw); K. Calhoun, John Marshall, 1:55.92 (Choctaw); Cordoza, Duncan, 1:56.97 (Choctaw); Ashley, Edmond North, 1:57.32 (Western Heights); Wolfe, Enid, 1:57.65 (Jenks); Cantrell, Ada, 1:57.75 (Choctaw).

1600: Mason, Northeast, 4:24.60 (Choctaw); Wolfe, Enid, 4:25.56 (Choctaw); Thompson, Edmond Memorial, 4:28.50 (Choctaw); Whitlock, Altus, 4:29.95 (Choctaw); Cliff, Sand Springs, 4:30.21 (Union); Owens, Owasso, 4:30.80 (Choctaw); Shortbull, Claremore, 4:31.24 (Choctaw); Cleek, Guthrie, 4:32.05 (Okmulgee).

3200: Mason, Northeast, 9:36.3 (Choctaw); Wolfe, Enid, 9:46.9 (Moore); Thompson, Edmond Memorial, 9:50.3 (Moore); Baer, Norman, 9:56.42 (Moore); Donnelly, Norman, 9:56.42 (Enid); Reid, Jenks, 9:57.83 (Union); Styron, McGuinness, 9:58.50 (Carl Albert); Johnson, Velma-Alma, 10:03.01 (Velma-Alma).

110H: Bennett, Altus, 13.85 (Elk City); Austin, Idabel, 14.14 (UCO); Matthews, John Marshall, 14.2 (Millwood); Curtis, Duncan, 14.20 (Carl Albert); Bradley, Stroud, 14.23 (Chandler); Langston, Wagoner, 14.28 (UCO); Baugh, Eisenhower, 14.35 (Duncan); Braddy, Northeast, 14.3 (Millwood).

300H: Browning, Putnam West, 38.14 (Choctaw); Matthews, John Marshall, 38.17 (Choctaw); Russell, Jones, 38.25 (Choctaw); Baugh, Eisenhower, 39.05 (Choctaw); Curtis, Duncan, 39.25 (Choctaw); Banks, Ardmore, 39.30 (Choctaw); Petties, Midwest City, 39.32 (Yukon); Carson, Jenks, 39.47 (Choctaw).

400 Relay: Altus, 41.68 (Duncan); Del City, 41.89 (Choctaw); Edmond North, 41.90 (Choctaw); Douglas, 42.03 (Western Heights); Union, 42.1 (Union); Eisenhower, 42.37 (Choctaw); Broken Bow, 42.41 (Choctaw); Moore, 42.4 (Moore).

1600 Relay: Altus, 3:16.65 (Choctaw); Edmond North, 3:17.75 (Choctaw); Moore, 3:19.14 (Choctaw); John Marshall, 3:19.81 (Choctaw); Eisenhower, 3:20.42 (Choctaw); Jenks, 3:20.5 (Owasso); Douglas, 3:20.55 (Choctaw); Midwest City, 3:21.04 (Choctaw).

3200 Relay: Duncan, 8:00.46 (Choctaw); Edmond Memorial, 8:01.03 (Choctaw); Norman, 8:02.30 (Moore); Edmond North, 8:07.57 (Choctaw); Enid, 8:07.7 (Moore); John Marshall, 8:08.71 (Choctaw); Claremore, 8:09.71 (Choctaw); Eisenhower, 8:09.70 (Choctaw).

Shot: C. Bookout, Stroud, 59-3 (Cushing); Anderson, Moore, 58-8 (Choctaw); Martins, Chisholm, 57-10 (McGuinness); LeBlanc, Edmond North, 57-5 (Choctaw); Fitzgerald, Putnam North, 56-5.5 (Choctaw); Rutherford, Broken Bow, 55-1 (Nashville); Kay, Wynnewood, 54-2.75 (Sulphur).

Discus: Dicus, Jenks, 187-0 (OU); C. Bookout, Stroud, 185-0 (Cushing); Fitzgerald, Putnam North, 175-4 (Putnam City); LeBlanc, Edmond North, 171-6 (OU); Martin, Chisholm, 169-9.5 (Watonga); Rutherford, Broken Bow, 168-5 (Choctaw); Galloway, Broken Bow, 165-0 (Ada).

Long Jump: Ratliff, B.T. Washington, 23-4 (Webster); Jones, Lawton, 23-2.25 (Choctaw); Winfrey, Union, 22-11.75 (Choctaw); Watkins, 22-11 (Watonga); Birdow, Lawton, 22-11 (Carl Albert); Coleman, Eisenhower, 22-10.75 (Choctaw); Jones, Eisenhower, 22-10.5 (Choctaw); Porter, Lawton, 22-9.5 (OU); McQuarters, B.T. Washington, 22-9.25 (OU).

High Jump: Jester, Yale, 6-8 (Moore); Moodey, Northwest Classen, 6-8 (OU); Butler, Hooker, 6-8 (OU); Bennett, Altus, 6-8 (Altus); Harris, Wynnewood, 6-8 (Sulphur); Washington, Jenks, 6-8 (Jenks); aulden, Muskogee, 6-8 (Choctaw); Ballard, Durant, 6-7 (Ada).

Pole Vault: Wilkinson, Stroud, 15-11.5 (Konawa); Heard, Elk City, 15-1 (Fairview); Ropp, Bartlesville, 14-6 (Choctaw); Sterling, Purcell, 14-6 (UCO); Hardison, Laverne, 14-6 (Watonga); Walters, Claremore-Sequoyah, 14-6 (UCO); Martens, Fairview, 14-1 (Fairview).

Wes Brown

By Wesley Brown

As another exciting season of high school track and field came to an end, Oklahoma collegiate and amateur tracksters were just beginning to gear up for another season of hot track and field.

Coach Glen Stone at Oklahoma Baptist is excited about his team's chances at the NAIA championships May 25-27, at Azusa Pacific in Los Angeles.

Stone, who finished third in both indoor and outdoor nationals in 1994, is sending 12 athletes to compete in the big meet this year. He said his athletes are just now starting to run some good times after a short season caused by the proverbial "Oklahoma helter-skelter weather."

"In all my years of coaching this has been the worst weather we have had for track and field in a long time," Stone said.

"We are just now running times that we should have been running two or three weeks ago."

Even with the short season to get into peak shape, Stone believes that his 4 x 400 meter team and a few of his 400 and 800 athletes have a good chance to win or place high. The 4x 400 team of Larry McFarlin, Dudley Dawkins, Mems Kharigub, and Ray Strauss, won the indoor nationals over Central State University of Ohio, and have the leading time in the nation of 3:09.78 for outdoors.

"We will probably have the potential to run a 3:07, and we will probably have to run at least that fast to win again this year," he said.

The individual athletes who have a chance to do well include Dawkins, who last year ran a 1:47.34 to win the 1994 outdoors; 800-meter runner Martin

Reed, who has a best of 1:51.5; and Strauss, who has run a 47.7 400.

On the women's side, Gilline Quirin will compete in the 400-meter dash with a best of 55.7 this spring.

Stone, whose women's program is in its first year, said he is trying to build a national-class program from scratch. From all indications, he is doing a great job on less than two scholarships a year.

In recruiting, Stone has signed distance runner Zack Johnson of Velma-Alma; hurdler Randy Bradley of Stroud; and Melissa Flood of Moore, the 1994 5A Cross Country champion.

At Oral Roberts University, not only is Coach Joe Dial excited about his new recruiting class, but he is also pumped up about his own recent achievements.

The former U.S. record-holder in the pole vault with a jump of 19-6.5, has not jumped over the past two years due to a string of debilitating injuries. But the ORU coach is back riding the pole vault and recently jumped 18-0.5 at an open meet in Tulsa.

Dial said he is stronger than he has ever been and plans to compete in the U.S. Outdoor Nationals later this summer.

Dial also announced the signings of sprinter Dedrick Marsh of Oklahoma City Douglas, Joe Barb and Brunall McKenzie of Kansas City Community College and Thomas Floyd of Hutchinson (Kan.) Junior College to letters of intent to compete for the Golden Eagles next year. Marsh is regarded as Oklahoma's top high school sprinter and is ranked a top 100-meter with a time of 10.21. The 1994 and 1995 4A state champion also competes in the 200-meters.

Dial said he believes his 400 and mile relay teams for 1996 will be able to compete with anyone in the nation.

"This is the best recruiting class that we have ever had and I am looking forward to seeing how good we can be in 1996," said Dial.

At the University of Oklahoma, head track and field coach, J.D. Martin announced earlier this month that Donnette Brown, Cecil Carsill, Oniel Hyman and Robert Martin have signed national letters of intent. All four sprinters are from Kingston, Jamaica.

Brown, a member of the Jamaican National Team that ran at the 1995 Pan-American Games, runs in the 100 and 200. Carsill excels in the 100, 200 and 400. Hyman also competes in the 100, 200 and the 400. Martin is an outstanding quarter-miler who also competes in the 200.

Other outstanding Oklahoma seniors and their collegiate choices are: Andrea Haley, Stillwater, UCO (800); Matt Kane, Stillwater, Oklahoma Christian (110H, 300H); Jeff Ramming, Stillwater, OSU (1600, 3200, XC); Wendall Jefferson, Stillwater, Langston University (400); Stephanie Daniel, Stillwater, UCO (100,200); Georgia Donaldson, Bristow, Southern Nazarene (3200, XC); Sherry Horton, Norman, South Alabama (800, 1600, XC); Ralph Dumas, Little Axe, Allen County CC (800,1600, XC); Shawn Myers, Little Axe, Allen County CC (3200, XC); Amanda Meek, Waynoka, Northwestern Oklahoma (1600 relay); John Fitzgerald, Putnam City North, OSU (football, shot, discus); Chrissy Guild, Marlow, Southern Nazarene (1600, 3200, XC); Weston Sterling, Purcell, OBU (pole vault); Summer Lamons, Edmond North, Tulsa (800, 1600, XC); Comelius Mason, Northeast, Tulsa (800-3200, XC).

If you are a senior who has selected a college and weren't listed, please let us know and we'll get it in the next issue.



4A STATE MEET--McGuinness' Ashley Boothe leads Guthrie's Brandi Woodard in the girls 1600 meter race. Boothe won with a time of 5:18.95. Photo by John Hoke

1995 State Meet High Point Scorers

Texhoma's Brad Comelson and B.T. Washington's Kim Schumpert were the top 1995 boy and girl individual high point scorers after two weeks of Oklahoma Secondary Schools Activities Association State Track & Field Championship competition in six classes at three sites: Moore High School, the University of Central Oklahoma and Choctaw High School.

Comelson was the top scorer in all boys classes with 32 points, winning the Class B 110 meter hurdles, 300 meter hurdles, finishing second in the 100 meter dash and running on the second place 400 meter relay team.

Schumpert, a sophomore, won four gold medals in Class 5A, including the 100 meter dash, 200 meter dash and as a member of the winning 400 meter relay and 800 meter relay to tally 30 points, the best of all girls classes. Last year, as a freshman, she won three gold medals in the same events but placed fifth in the 100 meter dash.

Two other runner scored 30 points each, both in the same fashion. Northeast senior, Comelius Mason and Chandler sophomore Bobby Holmes captured triple individual wins in the 800 meter, 1600 meter and 3200 meter runs. Mason set a Class 4A meet record in the 800 while Holmes, in Class 2A, set school records in all three.



5A STATE MEET -- Union's Heather Burns clears the final hurdle en route to repeating as the winner of the 100 meter hurdles. The Union girls placed second behind Jenks, which won their first ever track team title. Photo by John Hoke



4A-5A STATE MEET--(clockwise from top left): Eventual winner, Ardmore's Becky Puckett leads Guthrie's Nicole Monroe, McGuinness' Jessica Hoke (second) and John Marshall's Jameka Roberts (sixth) in the 4A 800 meter run. B.T. Washington's Kim Schumpert won four gold medals in the 5A 100, 200, 400 relay and 800 relay. Northeast's Cornelius Mason won three individual golds in the 4A 800, 1600 and 3200. Altus Chakei West won the 4A 400 meter dash. Ardmore and Altus make their first exchanges in the 4A 400 meter relay which the Tigers won. Altus' Chauncey Raiden (right) edged Ada's Barry Odom for the 4A 400 meter dash title. Photos by John Hoke

Oklahoma USATF/AAU Schedule

DATE	EVENT	TIME	CITY/SITE
5/27	OK USATF Age Group Championships	9:00a	Cascia Hall
6/3	Junior Olympic District Meets		
	Marlow	Cancelled	
	Oklahoma City	9:00a	McGuinness
	Tulsa	9:00a	Cascia Hall
6/10	AAU State Meet	9:00a	360-5507
6/10	OK USATF Multi Events	9:00a	OSU-Stillwater
6/11	2nd day Decathlon & Heptathlon	1:00p	OSU-Stillwater
6/13	All-Comers Mini-Meet	6:30p	Cascia Hall
6/17	Junior Olympic Assoc. Champs	9:00a	OSU-Stillwater
6/18	Junior Olympic Assoc. Champs	1:00p	OSU-Stillwater
6/17	OK Assoc. USATF Annual Meeting	7:30p	Colvin Center
6/20	All-Comers Mini-Meet	6:30p	Cascia Hall
6/23	OK Mini-Meet Series IV	6:30p	Broken Arrow
6/24	Sooner State Games	9:00a	OU-Norman
	Race Walk	7:00a	OU-Norman
6/24	Hershey State Meet	9:00a	Norman HS
6/28-7/2	USATF Nat. A/G Champs		Joplin, MO
7/5-8	J.O. Region 9		ISU-Edwardsville, IL
7/11	All-Comers Mini-Meet	6:30p	Cascia Hall
7/14	Summer Finals	7:30p	Sapulpa HS
7/25-30	USATF J.O. Nat. Champs		San Jose, CA
7/29	Finale All-Comers Meet	8:00a	Cascia Hall



5A STATE MEET--Yukon's Keely Dean wins the girls 800 meter run with a time of 2:15.01. Photo by John Hoke



BAYLOR



CROSS COUNTRY / DISTANCE CAMP

Two Sessions: June 11-16 June 18-23 (Limited Space)

Camp Director:

✓ Steve Gulley, Baylor's Head Men's and Women's Cross Country Coach. In his seven years as head coach, he has led the men's and women's teams to six Southwest Conference titles and crowned five individual champions.

Guest Speaker:

✓ Todd Harbour, Collegiate Record Holder for the mile (3:50.34). While at Baylor, he won 11 SWC distance events titles.

Benefits:

- ✓ Develop personal training guidelines.
- ✓ Tailored instructions for specific workouts and programs.
- ✓ Experience a safe training atmosphere in a small college campus.
- ✓ Train with Baylor cross country team members.
- ✓ Individual training guidelines.
- ✓ Weight training instructions.

For Information:

- Write or Call:
- Steve Gulley
- Baylor Athletic Department
- 150 Bear Run
- Waco, Texas 76711
- (817) 755-1234



SWC CHAMPIONS: WOMEN - 1990, 1991, 1992, 1993

MEN - 1992, 1994

Oklahoma vs. Arkansas

Track & Field Dual

Greenwood, Arkansas

5/20/95

GREENWOOD, Ark.--No team scores were kept but in unofficial tallies Oklahoma and Arkansas split with the Oklahoma girls and Arkansas boys prevailing in the second annual All-Star Track & Field Dual held here at Greenwood High School May 20th.

Head coaches were Tom Snider, Edmond North for the boys and LeeAnn Musgrove, Ardmore, for the girls. Juniors and seniors only were eligible for the team and were selected based on best performances during the season and availability to travel to the meet.

The weather was excellent with temperatures in the 80's and very little wind. 20 meet records were equalled or bettered with Tulsa Rogers' Demetrius Birch setting two marks with wins in the 100 and 200 meter dashes. Birch was the only double winner in the meet as well.

Boys

100: 1. Demetrius Birch, Tulsa Rogers, 10.2*(meet record, old mark 10.5, Markletha Bridges, Jacksonville, 1994); 2. Melvin Ward, Conway, 10.5; 3. Jon Bunch, Poteau, 10.6; 4. Jason Dorough, Pine Bluff, 10.7; 5. Clint Webb, Colcord, 10.8; 6. Robbie Washington, Siloam Springs, 11.0.

200: 1. Birch, Rogers, 21.2*(meet record, old mark 21.4, Jamaïne Burks, Batesville, 1994); 2. Frank Johnson, Edmond North, 21.8; 3. Joe Thomas, Broken Bow, 22.0; 4. Juan Smith, Okmulgee, 22.3; 5. Dorough, Pine Bluff, 22.3; 6. Chris Muskrat, Warner, 22.4.

400: 1. Milton Jordan, Okmulgee, 48.7; 2. Vince Brown, Del City, 49.2; 3. Kino Roberts, Broken Arrow, 50.0; 4. Robbie Washington, Siloam Springs, 50.3; 5. John Leon, Moore, 50.3; 6. Bryant Bell, Pine Bluff, 50.9.

800: 1. Cedric Johnson, Camden Fairview, 1:55.1; 2. Kyle Bennett, Norman, 1:55.9; 3. Paul Martin, Arkadelphia, 1:56.1; 4. Douglas Wilson, Camden Fairview, 1:58.9; 5. Jamar Starks, Tulsa Union, 1:59.2; 6. Mike Rush, Fayetteville, 2:00.8.

1600: 1. Scot Baber, Lake Hamilton, 4:27.3; 2. Joe Podall, Edmond Memorial, 4:29.5; 3. Buddy Owens, Owasso, 4:30.7; 4. Zac Johnson, Velma-Alma, 4:32.2; 5. Jeremy Buhl, Edmond Memorial, 4:39.7; 6. Chris Goins, Sheridan, 4:40.6.

3200: 1. Jim Willis, Fayetteville, 9:25.3*(meet record, old mark 9:31.1, Chance Rush, Entd, 1994);

2. Jon Taylor, Sheridan, 9:44.7; 3. Jeff Ried, Jenks, 9:51.4; 4. David Carrol, Rogers, 9:56.5; 5. James Derosa, Poteau, 10:05.8; 6. Johnson, Velma-Alma, 10:15.6.

110H: 1. Cedric Petties, Midwest City, 14.3; 2. Jeff Curtis, Duncan, 14.3; 3. Michael Berkshire, Bryant, 14.3; 4. Ben Goodman, Russellville, 14.8; 5. Tra Miller, Conway, 14.9; 6. Jason Phipps, Siloam Springs, 14.9.

300H: 1. Calvin Russell, Jones, 38.7; 2. Jeff Curtis, Duncan, 38.8; 3. Rhoshod Browning, Putnam City West, 39.3; 4. Josh Davis, Morrilton, 39.5; 5. Petties, Midwest City, 40.0; 6. Ty Bentley, Laverne, 40.0.

400 Relay: 1. Oklahoma No. 1, 41.2*(meet record, old mark 41.8, Oklahoma, 1994); 2. Oklahoma No. 4, 42.1; 3. Conway, 42.3; 4. Oklahoma No. 2, 42.4; 5. Oklahoma No. 3, 42.5; 6. Pine Bluff, 42.9.

1600 Relay: 1. Oklahoma No. 2, 3:16.9; 2. Oklahoma No. 1, 3:17.6; 3. Oklahoma No. 3, 3:21.2; 4. Oklahoma No. 4, 3:22.4; 5. Prescott, 3:22.7; 6. Pine Bluff, 3:30.

3200 Relay: 1. Oklahoma No. 1, 7:57.4; 2. Arkansas A, 8:03.1; 3. Oklahoma No. 2, 8:06.1; 4. Arkansas B, 8:10.8; 5. Oklahoma No. 3, 8:14.1; 6. Arkansas D, 8:20.4.

Shot: 1. Sirl Wright, Crossett, 59-0.5*(meet record, old mark 56-6.5, Nick Jordan, Broken Bow, 1994); 2. Fred Cornelius, Texarkana, 57-4.25; 3. Demetrius Robinson, Texarkana, 57-2; 4. John Fitzgerald, Putnam City North, 56-11; 5. Matt Anderson, Moore, 55-5.5; 6. Demick Johnson, Pine Bluff, 55-5.

Discus: 1. Fitzgerald, Putnam City North, 177-3*(meet record, old mark 174-10, Ryan Dicus, Jenks, 1994); 2. Dicus, Jenks, 170-0; 3. Cornelius, Texarkana, 163-4; 4. Paul Buschman, Bentonville, 162-5; 5. Wright, Crossett, 158-2; 6. Marvell Gallo-way, Broken Bow, 151-10.

Long Jump: 1. Chris Pike, Conway, 21-6; 2. Joseph Wright, Conway, 21-5.25; 3. Jeremiah Harper, Mayflower, 21-0.5; 4. Orlando Green, Crossett, 20-1.75; 5. Kenny James, Byng, 20-1.5; 5. Nate Greer, Prague, 19-10.5.

Triple Jump: 1. James, Byng, 41-10.25; 2. Ben Goodman, Russellville, 41-7.25; 3. Blaine Martens, Fairview, 41-2.25; 4. Harper, Mayflower, 41-2.5; 5. Gerry Thompson, Camden Fairview, 40-10.75; 6. Matt Kane, Bartlesville, 40-10.5.

High Jump: 1. Evans, Pine Bluff, 6-8*(ties meet record); 2. Rod Newton, Crossett, 6-8; 3. Kenyata Helloms, Pine Bluff, 6-8; 4. Larry Washington, Jenks, 6-6; 5. Joe Jester, Yale, 6-6; 6. Dewayne Hill, Junction City, 6-4.

Pole Vault: 1. Mason Pope, Crossett, 15-4*(meet record, old mark 14-8, Aaron Smith, Oklahoma, 1994); 2. Scott Wilkinson, Stroud, 15-4; 3. Robert

Whitehead, Magnolia, 15-4; 4. Steve Hardison, Laverne, 14-4; 5. Weston Sterling, Purcell, 14-0; 6. Cary Fletcher, Camden Fairview, 13-8.

Girls

100: 1. Toke Randle, Weatherford, 12.2; 2. Tamara Wesley, Ft. Smith Southside, 12.3; 3. Carrie Tucker, Midwest City, 12.4; 4. J'Shawna Smith, Atoka, 12.5; 5. Natalie Jackson, Barton, 12.5; 6. Nadia Fleming, Sheridan, 12.6.

200: 1. Sharie Northring, Del City, 24.9*(ties meet record by Denise Knowles, Wynnewood, 1994); 2. Natalie Jackson, Barton, 25.6; 3. Lutonya Baker, Pine Bluff, 25.6; 4. Nicole Griffin, Pine Bluff, 25.9; 5. Stephanie Speller, Midwest City, 25.9; 6. Carrie Tucker, Midwest City, 26.7.

400: 1. Jennifer Fontenot, Bartlesville, 58.2; 2. Anitra Lacy, Holdenville, 58.5; 3. Tara Hayman, Little Rock Hall, 1:00.1; 4. Jozella Bradley, Barton, 1:00.4; 5. Staneshia Bell, Idabel, 1:01.7.

800: 1. Keely Dean, Yukon, 2:17.2*(meet record, old mark 2:19.0, Andrea Haley, Stillwater, 1994); 2. Haley, Stillwater, 2:19.2; 3. Holly Baskin, Shiloh Christina, 2:19.3; 4. Andrea Delozier, Norman, 2:20.1; 5. Nicole Griffin, Pine Bluff, 2:23.88; 6. Becky Puckett, Ardmore, 2:24.4.

1600: 1. Emily Corbett, Bartlesville, 5:22.3*(meet record, old mark 5:27.6, Natalie Albaugh, Lake Hamilton, 1994); 2. Emily McCulloch, Plainview, 5:31.1; 3. Albaugh, Lake Hamilton, 5:31.5; 4. Amber Bull, Genoa Central, 5:32.9; 5. Sherry Horton, Norman, 5:37.1; 6. Carissa Nix, Jenks, 5:39.6.

3200: 1. Sarah Harvey, Plainview, 11:39.2*(meet record, old mark 11:41.2, Albaugh, Lake Hamilton, 1994); 2. Albaugh, Lake Hamilton, 11:43.0; 3. Nix, Jenks, 11:43.1; 4. Celest Hays, El Dorado, 12:24.2; 5. Georgia Donaldson, Bristow, 12:35.9; 6. Cory Chastain, Cabot, 12:41.7.

100H: 1. Daphane Harris, Texarkana, 14.7*(meet record, old mark 14.9, Mune Aleem., Wynne, 1994); 2. Tamika Williams, Little Rock Hall, 15.3; 3. Mandy Sims, Velma-Alma, 16.4; 4. Allison Fish, Duncan, 16.7; 5. Rebecca Malcolm, Jenks, 17.0; 6. Kendra Williams, Okmulgee, 17.6.

300H: 1. Jamee Hatchett, Ft. Smith Southside, 44.9*(meet record, old mark 45.2, Muna Aleem, Wynne, 1994); 2. Sims, Velma-Alma, 46.3; 3. Kayo Bunch, Poteau, 47.3; 4. Lindsay Nickens, Jenks, 47.9; 5. Kim Pittman, Sulphur, 48.4; 6. Fish, Duncan, 49.1.

400 Relay: 1. Oklahoma No. 1*(meet record, old mark 48.4, Conway, 1994); 2. Ft. Smith Southside, 48.1; 3. Oklahoma No.2, 48.7; 4. Arkansas No. 1, 49.1; 5. Oklahoma No. 4, 49.1; 6. Jacksonville, 50.1.

1600 Relay: 1. Oklahoma No. 2, 3:59.3*(meet record, old mark 4:01.9, Oklahoma, 1994); 2. Oklahoma No. 4, 4:01.9; 3. Oklahoma No. 1, 4:06.6; 4. Oklahoma No.3, 4:08.6; 5. Shiloh Christian All-Stars 4:10.3; 6. Texarkana, 4:24.5.

3200 Relay: 1. Oklahoma No. 2, 9:50.5*(ties meet record by Oklahoma, 1994); 2. Oklahoma No. 3, 9:57.9; 3. Jessleville, 9:58.8; 4. Oklahoma No.1, 10:03.3; 5. Cabot, 10:29.4; 6. Russellville, 10:35.7.

Shot: 1. Amanda Salb, Nevada, 40-2; 2. Ann Russell, Dickson, 39-4.5; 3. Shana Dowdy, Ardmore, 39-1.25; 4. Terry Peevy, Russellville, 38-9; 5. Ashley Anhalt, Ft. Smith Southside, 36-9.5; 6. Mariah Williams, Texarkana, 36-6.

Discus: 1. Dowdy, Ardmore, 129-4; 2. Emma Stinson, Woodward, 125-3; 3. Tameika Sullivan, Camden Fairview, 118-8; 4. Russell, Dickson, 115-1; 5. Anne Kendall, Jacksonville, 113-1; 6. Jamee Jett, Laverne, 100-7.

Long Jump: 1. Tamara Wesley, Ft. Smith Southside, 18-8.25*(meet record, old mark 17-7, Wesley, Ft. Smith Southside, 1994); 2. Vanessa Williams, Wynnewood, 17-5.5; 3. Jamee Hatchett, Ft. Smith Southside, 17-2.85; 4. J'Shawna Smith, Atoka, 16-9.75; 5. Toke Randle, Weatherford, 16-9.5; 6. Lutonya Baker, Pine Bluff, 16-9.25.

Triple Jump: 1. Hatchett, Ft. Smith Southside, 36-5*(meet record, old mark 35-5.5, Hatchett, Ft. Smith Southside, 1994); 2. Autumn Robinson, Midwest City, 33-9.5; 3. Sheba Halverson, Norman, 33-6.75; 4. Lan Ly, Stillwater, 32-3.85; 5. Christina Ryan, Prague, 32-2; 6. Danielle Chappel, Ft. Smith Southside, 31-7.25.

High Jump: 1. Sarah Yancey, Sheridan, 5-10*(meet record, old mark 5-6, Heather Hutchins, Eisenhower, and Robin McKellar, Arkansas, 1994); 2. Chappell, Ft. Smith Southside, 5-5; 3. Maggie Slavonice, McGuinness, 5-3; 4. Megan Rose, Ft. Smith Southside, 5-3; 5. Karen Rademyer, Jenks,



4A-5A STATE MEET- Guthrie's winning 4A 3200 meter relay team of Hollie Mays, Kelli Cowan, Brandi Woodard and Nicole Monroe. Photo by John Hoke.

Summer Training

By Marc Bloom
The Harrier

(Editor's note: Marc Bloom is the editor and publisher of The Harrier, the nation's number-one high school cross country publication. Subscriptions are \$28 for a year and can be ordered from The Harrier, P.O. Box 41, Marlboro, NJ 07746.)

Building a summer base is crucial to the fall season. However, training programs are worthless unless the athletes comply. Studies have linked cross-country injuries with lack of conditioning over the summer. It's not always easy to insure that high school athletes to train over the summer vacation. Here are some pointers...

1. Summer compliance begins well before the summer—it should be imbedded in the traditions of your program. Athletes should know from their first steps that summer running—even a little running as long as it's consistent—is integral to cross-country success.

2. Summer is different. Kids are on vacation. They need time off. They need a break from running. Wounds must heal. The mind must be free. It's hot. Some kids will work; others may travel with family. Running should be designed with a summer pace of life in mind.

3. Have a pre-summer get-together with returning harriers. Give them a program in writing. Make it flexible. Include some cross-training like biking and swimming. Try and get kids to agree to run together. Have some system of checking on their progress, if possible. Make sure the runners know what's expected of them and how summer workouts translate to fall success.

4. If you're available, and rules permit, try and have hands-on contact with at least your core runners, perhaps on a weekly or every-other-week basis beginning in mid-summer. Make it social. Go to the lake or park for a picnic or barbecue along with a run. Have a weekly "ice cream run."

5. If personal contact is not possible, have some system of athletes mailing you weekly updates—maybe give them postcards before school ends. Have them describe their efforts in some creative way—no, not homework, but free expression that encourages them to think more about what running means to them.

6. Summer is a time to read—give kids running books from your library, or videos if you have them. Running books like some of the wonderful biographies of the greats are not that expensive. Keeping a collection is a good idea at any time and volumes of this kind can really help motivate kids.

7. Give them a list of running events or track meets on TV—like this summer's World Championship meet from Sweden in August. Maybe plan some workouts around watching some of the competition as a group. Tape it to show again during the season.

8. Make sure your workouts are realistic for athletes' experience, ability and attitude. Make your requirements as individualized as possible. Take into account the athlete's family mode—how much support there is at home for running off-season.

9. Establish rewards, honors, any measure of recognition that works. The 300-Mile Club. The 500 Km Club. Give those who make it t-shirts. Distribute a list of those who achieve various mileage levels.

10. Make sure kids know how to deal with heat and sun: what time of day to train, what to wear, how much to drink. Don't take this for granted. Kids who find they suffer in the heat won't be very compliant.



GREAT SOUTHWEST CLASSIC—The Oklahoma boys winning 3200 meter relay team of Joe Podoll, Edmond Memorial, Jeremy Buhl, Edmond Memorial, Brian McFarlin, Midwest City and Kyle Bennett, Norman. Photo by David Morton

Great Southwest Classic

Arizona State University
Tempe, Arizona
5/27/95

TEMPE, Ariz.—Almost fifty athletes from Oklahoma competed in the 20th Annual Great Southwest Track & Field Classic here at Arizona State University's Sun Angel Stadium May 27th. The top competitors from the seven states of Oklahoma, New Mexico, Colorado, Utah, Nevada, Texas and Arizona vied for medals in the meet which is considered one of the top four post-season national track and field invitational in the nation.

The Oklahoma team was sponsored by the Oklahoma Track Coaches Association and coached by Bret Rider of Beaver (girls) and Jim Coleman of Watonga (boys) with the athletes being selected on their best performances during the season and their availability to travel to Arizona.

The trip out by bus was a bit of an adventure with an un-scheduled 15-hour layover in Tucumcari, N.M., which saw the bus arrive in Tempe at 3:00 on the morning of the meet.

The girls didn't claim a gold medal but the boys nabbed four with Putnam City North's John Fitzgerald taking the discus and a third in the shot; Okmulgee's Milton Jordon won the 400 and ran on the winning 1600 relay team with Rhoshod Browning, Putnam City West, Vince Brown, Del City, and Frank Johnson, Edmond North; and the Oklahoma team of Brian McFarlin, Midwest City, Jeremy Buhl, Edmond Memorial, Kyle Bennett, Norman and Joe Podoll, Edmond Memorial, won the 3200 relay.

Due to the bus mishap on the way out the teams didn't have any time to work on relay handoffs and the athletes didn't get as much rest as they should have but it was still a good performance by the Oklahoma All-Stars.

Girls

100: 2. Toke Randle, Weatherford, 12.26; 5. J'Shanda Smith, Atoka, 12.45. 200: 4. Kim Schumpert, B.T. Washington, 25.28. 400: 2. Jennifer Fontenot, Bartlesville, 56.91; 7. Anitra Lacy, Holdenville, 59.43. 800: 8. Keely Dean, Yukon, 2:18.70; 11. Hilary Reser, Norman, 2:22.50. 1500: 7. Ashley Boothe, McGunness, 4:52.49; 9. Emily Corbett, Bartlesville, 5:02.4. 3200: 7. Sarah Harvey, Platview, 11:26.84; 9. Brandi Woodard, Guthrie, 11:42.05. 100H: 2. Heather Burns, B.T. Washington, 14.39. 300H: 2. Andrea Bell, McClain, 44.5; 9. Mandy Sims, Velma-Alma, 47.0. 400 Relay: 2. Oklahoma A (Smith, Randle, Burns, Schumpert) 47.21; 8. Oklahoma B (Kelli Null, Laverne; Mindy Winchester, Texhoma; Natalie Treadwell, Holdenville; Bell) 50.21. 1600 Relay: 3. Oklahoma A (Lacy, Null, Winchester, Fontenot) 4:03.39; 7. Oklahoma B (Treadwell, Shannon Hansen, Edmond Memorial, Andrea Delozier, Norman, Bell) 4:11.63. 3200 Relay: 2. Oklahoma (Dean, Delozier, Jessica Hoke, McGunness, Reser) 9:34.7. Shot: 4. Shana Dowdy, Ardmore, 39-8; 6. Candace Palmer, Norman, 39-5.5. Discus: 3. Dowdy, Ardmore, 133-0.75; 5. Katy Webster, Edmond North, 123-2.25; 10. Palmer, Norman, 111-8. Javelin: 7. Webster, Edmond North, 100-6; 8. Palmer, Norman, 95-0. Long Jump: 6. Smith, Atoka, 17-7; 9. Sheba Halverson, Norman, 16-4. Triple Jump: 5. Halverson, Norman, 33-8; 7. Shannon Hansen, Edmond Memorial, 29-10. High Jump: 5. Megan Toole, Edmond North, 5-4.

Boys

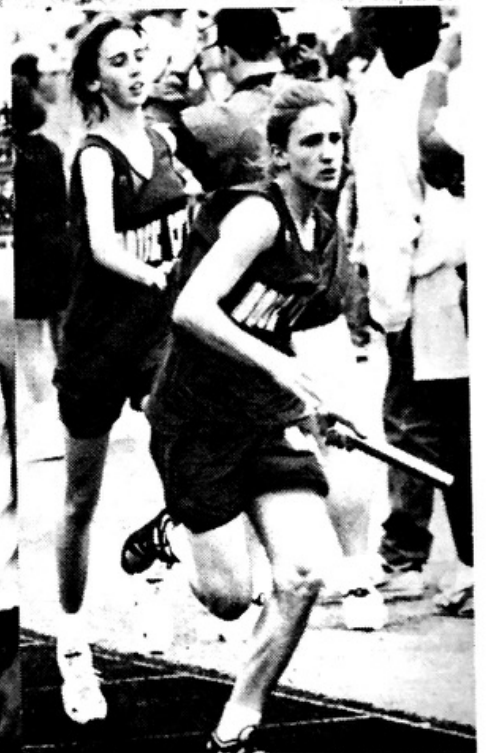
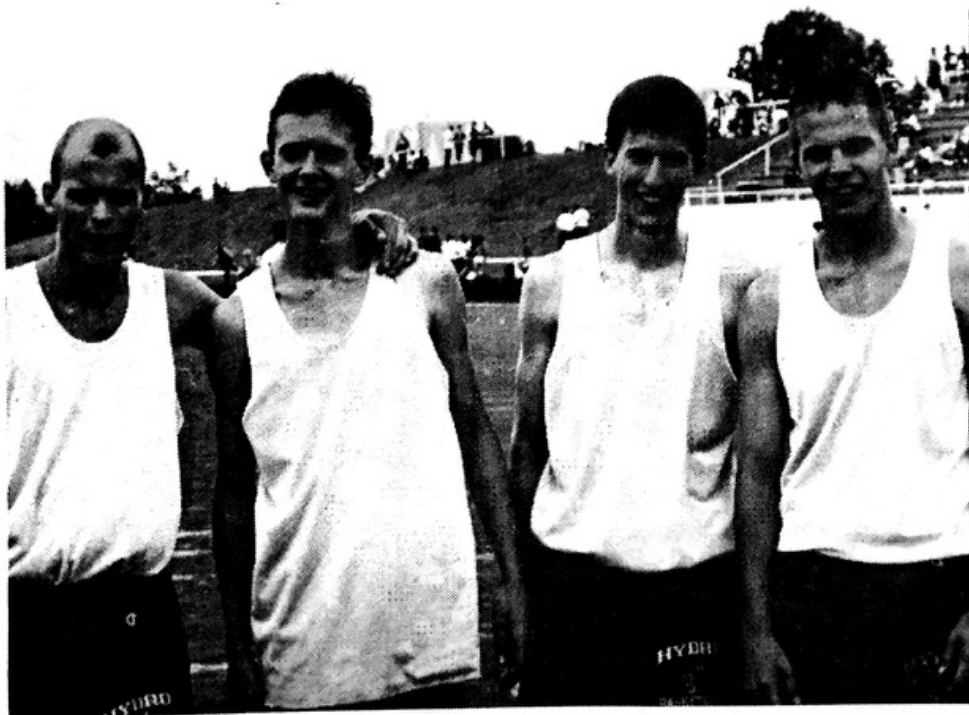
100: 3. Frank Johnson, Edmond North, 10.87. 200: 6. Jason Briscoe, Edmond North, 22.35. 400: 1. Milton Jordon, Okmulgee, 48.28; 2. Vincent Brown, Del City, 48.54; 7. Cory Brown, Lone Grove, 50.37. 800: 4. Kyle Bennett, Norman, 1:54.35; 12. Brian McFarlin, 2:06.1. 1500: 8. Mark Thompson, Edmond Memorial, 4:08.23. 110H: 4. Cedric Petties, Midwest City, 14.38; 5. David Bennett, Altus, 14.43; 6. Charles Baugh, Eisenhower, 14.84. 300H: 6. Rhoshod Browning, Putnam City West, 40.06. 400 Relay: 2. Oklahoma (Johnson, Briscoe, Browning, Bennett) 41.25. 1600 Relay: 1. Oklahoma A (Vincent Brown, Browning, Jordon, Johnson) 3:16.66; 6. Oklahoma B (Cory Brown, Petties, Baugh, Bennett) 3:28.29. 3200 Relay: 1. Oklahoma (McFarlin, Podoll, Buhl, Bennett) 7:56.35. Shot: 3. John Fitzgerald, Putnam City North, 55-11.5. Discus: 1. Fitzgerald, Putnam City North, 176-0. Long Jump: 5. Darnell Coleman, Eisenhower, 23-3. Triple Jump: 7. Coleman, Eisenhower, 44-5. High Jump: 5. Larry Washington, Jenks, 6-4. Pole Vault: 5. Jarrod Heard, Elk City, 14-6.



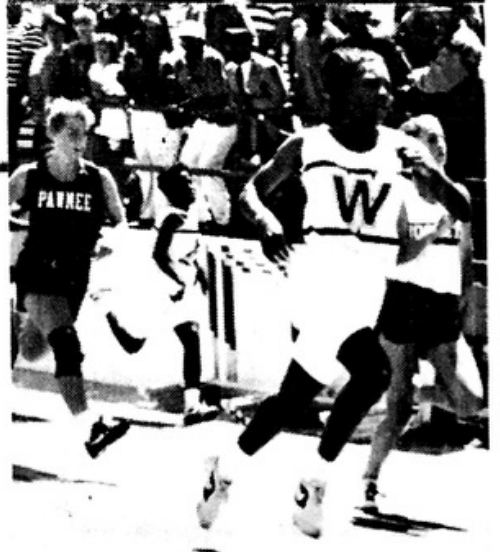
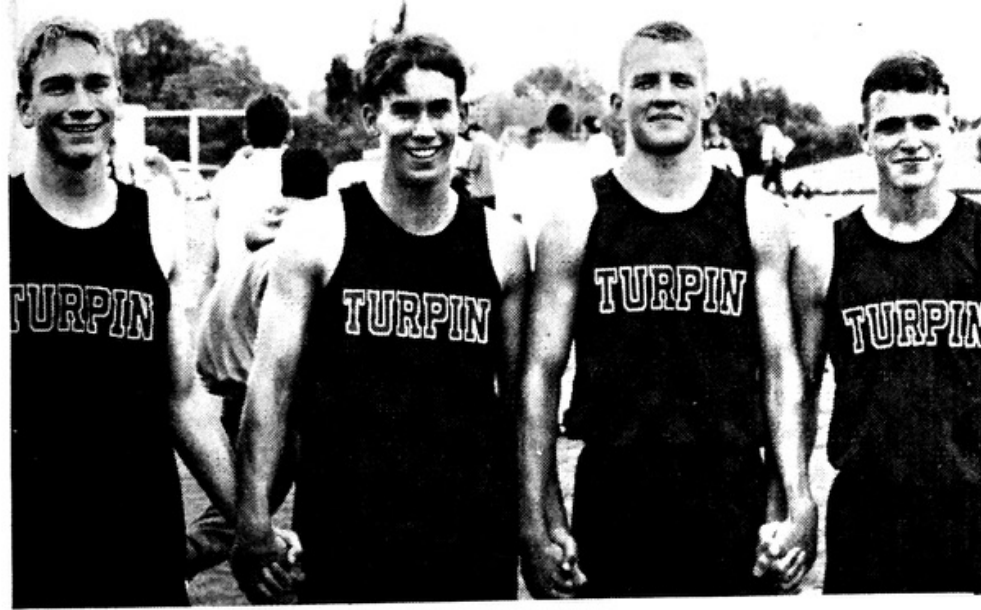
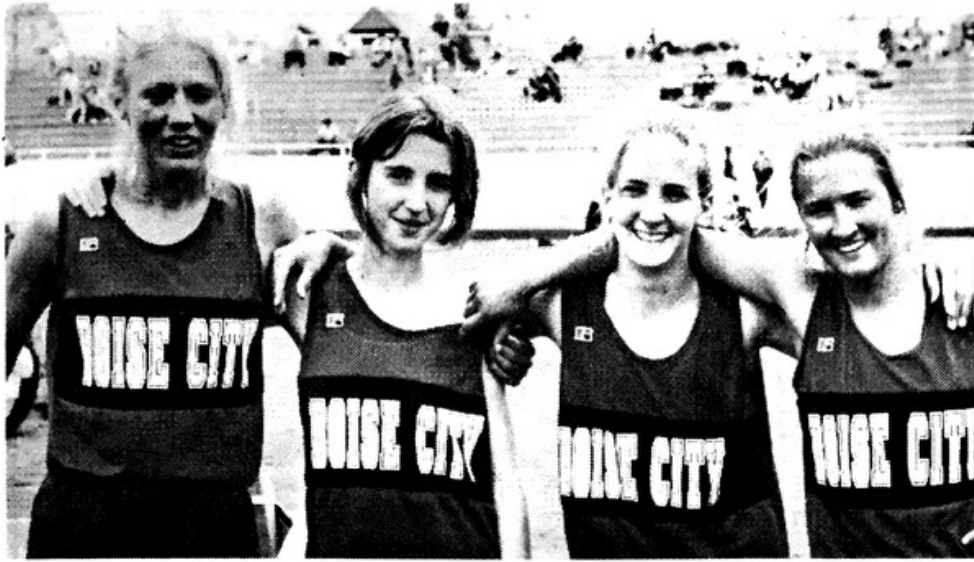
OKLAHOMA VS. ARKANSAS TRACK & FIELD DUAL--(clockwise from top left): Plainview's Sarah Harvey leads Jenks' Carissa Nix and Lake Hamilton's Natalie Albaugh en route to winning the 3200 and setting a new meet record. Velma-Alma's Mandy Sims clears the last hurdle to finish second in the 300 hurdles. Tulsa Rogers' Demetrius Birch (left) set two meet records in winning the 100 and 200 meter dashes. Union's Chad Dainty makes the last hand off to Sand Springs' Cody Sensintaffar for the winning Oklahoma 400 meter relay team and a new meet record of 41.2. McGuinness' Maggie Slavonic was the top Oklahoma high jumper with a third-place finish jump of 5-3. Cedric Petties of Midwest City clears the last hurdle en route to winning the 110 meter hurdles. Photos by John Hoke



STATE CHAMPIONSHIPS--(clockwise from top left): Holdenville won the 2A girls team title as well as the 400, 800 and 1600 relays with the same team anchored by Anitra Lacy, shown, along with Natalie Treadwell, Leslie Curtis and Amanda Heath. Turpin's Jason Able crosses the line to win the A boys 3200 relay. Little Axe's Ralph Dumas edges Guymon's Chad Williams at the line for the 3A boys 800 title. Three Velma-Alma runners took home medals in the A girls 100 hurdles: Erica Davis, 5th, Sara Darter, 2nd and Mandy Sims, 1st. Photos by Andre Reddington, John Hoke and Cheryl Good.



STATE CHAMPIONSHIPS--(clockwise from top left): Chandler sophomore Bobby Holmes edges Holdenville's Ryan Turner for the 2A boys 1600 gold medal, to go along with golds in the 800 and 3200 as well. Long-time starter Tom Hibbitts gets ready to start another race at the A-B meet at Moore. Boise City's Kim Ogles hands off to Laurie Crabtree en route to the win and a new Class B state meet record in the 3200 relay. Hydro's winning B boys 3200 relay team: Shawn Killman, Jared Black, Walt Ginn and Micah Glasscock. Photos by John Hoke and Andre Reddington.



STATE CHAMPIONSHIPS--(clockwise from top left): Boise City's Class B girls 3200 relay team of Erin Parker, Darla Boccock, Kim Ogles and Laurie Crabtree, set a state meet record with a time of 9:59.55. Canton's Melissa Seifried crosses the line for the win in the A girls 3200 relay. Elk City's Jarrod Heard clears the bar at 14-0 en route to the 3A boys pole vault title. Turpin's winning A boys 3200 relay team of Matt Crowell, Fred Redden, John Dulmey and Jason Able. Photos by John Hoke and Andre Reddington.