

TOP GIRLS TIME of the 1994 State Meet was turned in by Plainview's Sarah Harvey in winning the 3A title. Photo by John Hoke

**Next Issue:
February 1995**

Cross Country State Championships

By John Hoke
Editor

TULSA—Eight teams were crowned state champions at the Oklahoma Secondary Schools Activities Association Cross Country State Championships held here on the Oral Roberts University campus October 29th. It was a mild, partly cloudy day, with temperatures climbing a bit into the uncomfortable range by the end of the day but the competition was fierce, with all but two team races being decided by 17 points or less.

Individually, Plainview junior, Sarah Harvey, claimed her first state title—after being the runnerup for two straight years—with the fastest time of the day and at least the past three years on this course with a fantastic 11:54. For the boys, Northeast senior Cornelius Mason, turned in the best time with a 16:01.

Teamwise, the McGuinness girls were awesome, with the meet's largest margin of victory, 70 points over runnerup Guthrie, and one of the best average times in girls cross country state history on this course, 12:33.8. The same could be said for the Little Axe boys, winners over three-time champions Marlow, with the meet's best average time, an incredible 16:55.2, but past boys times are harder to calculate.

But, there are a lot of stories to tell, so let's start at the beginning.

2A Girls

Defending champion Ashlea Barby of Laverne led up the first hill but individual favorite, Amy Armer, Kansas senior, took over and led into the mile followed close by Canton's west regional champion, Mylissa Seifried, with Laverne's Crystal Fuller a bit back. Armer and Seifried gradually pulled away, establishing a 30-yard lead on the pack by the time they turned off Lewis street and started up the last hill with about a half mile to go. Armer wins in 12:41 with Seifried second at 12:48 and Fuller fading to seventh.

Velma-Alma had been a slight team favorite going into the race but East Regional winner Lexington had a strong performance and edged the Comets by four points, 80-84, for the title with Carnegie taking third at 92.

3A Girls

This was the tightest team race of the meet with West Regional winner Marlow edging East Regional champ Grove by one point and two-time defending champion Plainview getting relegated to third, only two more points back. The outcome was no surprise with any one of the three capable of taking advantage of the other's mistakes and when the Indians' number-two runner fell, coach Jimmy Brackeen's Outlaws were there.

In the individual race there was not much doubt about who the winner would be with the unbeaten Harvey expected to dominate it as she did. However, Elgin senior, Kelleigh Sanders, went out with Harvey and matched her stride for stride. The pair led the field at the mile by 20 yards and continued to increase their lead together until Harvey pulled away going up the last hill, winning by 15 seconds. Sanders was all alone in second, 18 seconds ahead of third place, Grove freshman, Carly McCulley.

2A Boys

Defending champion, Buffalo senior Mark Levings, went out knowing he was going to have to run the race of his life to beat Velma-Alma's undefeated senior, Zac Johnson. Levings led comfortably into the mile with Johnson moving into second past Hydro's Jared Black but still well back. Johnson pulled even with Levings going up the hill a half mile before the two-mile mark and the pair ran together into the two-mile mark with Johnson looking stronger and Levings beginning to fade a bit. Johnson kept up the pressure, building his lead and eventually won by 19 seconds over Levings with Black in third by another seven seconds.

On TRACK

By John Hoke, Editor

Another great state meet is in the record books and this issue is pretty much devoted to covering that event with full results, commentary, statistics and photographs. This will be the last issue until the end of February when we will cover the results of the indoor track season and preview the upcoming outdoor season. This issue was held up by a week in order to get the Oklahoma vs Arkansas results in and any cross country results we receive after November 16th will be published in the February issue.

Since I just mentioned the upcoming track season it is time to remind coaches that I will be mailing a TEAM REPORT form sometime in the not-too-distant future and it is VERY IMPORTANT that this form get filled out and returned as soon as possible. The TEAM REPORT is the only information we get regarding schedules, team rosters (for correct spelling and class year), coaches names and phone numbers. I will be asking many coaches for help again this year in compiling top times/distances by class and any coach or individual interested in helping should drop me a line or give me a call before February.

I should give cross country coaches a pat on the back for doing a good job of getting their TEAM REPORTS in this year. I received over 90% of the top ten teams in each class and I'm sure that next year it will be 100%. I also think I got the results of almost every meet held in the state but I'm not going to be satisfied until all are reported, completely, with all names and times.

The Oklahoma Secondary Schools Activities Association is allowing three indoor competitions this year, including the Coaches Association's Indoor Games. If any teams compete in out-of-state meets I hope you take the time to send us the results. There is information elsewhere in this issue on the indoor meets coming up.

There is also information on the Oklahoma Track Coaches Association's Winter Clinic which is a great event and gives us something to think about besides basketball for a weekend in the middle of the winter. The OTCA is the driving force behind many cross country and track activities and events and if you are not a member it is time to join. Membership benefits include: summer clinic, winter clinic, Indoor Meet, Senior All-Star Awards, Coaches Service Awards, Hall of Fame, Oklahoma vs Arkansas track and cross country duals, Great Southwest Classic, and Coach of the Year Awards. Plus, it is your collective voice as your professional organization in advancing the interests of track and cross country in the state. Contact Pat Lenington at Norman High School for a membership application.

Last year there were over 360 schools with track & field teams in the state of Oklahoma and less than one-third were subscribers to the *Oklahoma TRACK & FIELD NEWS*. Most coaches get an opportunity to see copies even if they aren't subscribers but many athletes are missing out on the chance to see their name in print. We run results of 25 to 35 meets in every issue as well as six-deep individual rankings and it was taking an average of 120 hours to produce each issue. As I have said before, this is truly a labor of love but if you want to keep on enjoying the fruits of this labor, every school in the state with a program needs to have a subscription. Help keep the *NEWS* coming--sell a subscription to a friend, teammate, coach, fan, school library, administrator, local newspaper, TV station.

Thanks. See you at a track meet!

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
Editorial Assistant - Cheryl Good
Design/Art - Johanna Schneider

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

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

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

OKLAHOMA TRACK COACHES ASSOCIATION OFFICERS

President: Jim Coleman, Watonga;
Secretary-Treasurer: Pat Lenington, Norman.

OKLAHOMA GIRLS TRACK COACHES ASSOCIATION OFFICERS

President: Brett Rider, Beaver; Vice-President, Amie Lampkin, Plainview; Secretary/Treasurer, Charles Anderson, Laverne.

CROSS COUNTRY ADVISORY BOARD

(boys, girls)

5A: Mike Adair, Sapulpa; Pat Lenington, Norman. 4A: Robert Macobee, Catoosa; Mike Gray, Duncan. 3A: Jimmy Brackeen, Marlow; Randy Belicek, Purcell. 2A: Ed Herchock, Beaver; Sheila Buzzard, Tahlequah-Sequoyah.

Southwest Preparatory Conference

Dallas, Texas

11/4/94

DALLAS, Texas--Holland Hall's Parker Fleming won the Southwest Preparatory Conference Championships held here at St. Marks November 11th, remaining undefeated for the season. The Dutchmen edged Dallas Greenhill for second, 71-74 while Casady took second in the girls division over Dallas Hockaday, 81-88.

Boys

TEAM SCORING: 1. Houston St. Johns 54; 2. Holland Hall 71; 3. Dallas Greenhill 74; 4. Dallas St. Mark's 91; 5. Houston Episcopal 165; 6. Houston Kinkaid 179; 7. Dallas Cistercian 189; 8. Forth Worth Country Day 209; 9. Casady 213; 10. Austin St. Stephen's 224; 11. San Antonio St. Mary's 232; 12. Fort Worth Trinity Valley 368.

INDIVIDUALS: 1. Fleming, HH, 16:25; 2. Baikle, HH, 16:56; 3. Freedman, G, 16:59; 4. Beckum, Stephen's, 17:03; 5. Johnson, John's, 17:09; 6. Blatzel, FWCD, 17:11; 7. Cook, John's, 17:16; 8. Gillentine, Mark's, 17:21; 9. Piel, G, 17:30; 10. Rittenmeyer, G, 17:33.

Girls

TEAM SCORING: 1. St. John's 48; 2. Casady 81; 3. Dallas Hockaday 88; 3. St. Stephen's 90; 4. Holland Hall 152; 5. Greenhill 169; 6. Dallas Oak Ridge 179; 7. Kinkaid 193; 8. Country Day 197; 9. Episcopal 198.

INDIVIDUALS: 1. Connally, John's, 12:54; 2. Duncan, John's, 13:01; 3. Downs, Hoc, 13:14; 4. Malik, Hoc, 13:21; 5. Woest, John's, 13:23; 6. Rusley, HH, 13:24; 7. Walte, Stephen's, 13:40; 8. Quist, FWCD, 13:41; 9. Plotkin, Stephen's 13:42; 10. Parekah, Cas, 13:44.

Big Eight Championships

Manhattan, Kansas

10/29/94

MANHATTAN, Kan.--The University of Oklahoma's Alic Brahm won the individual title in the Big Eight Cross Country Championships held here at the University of Kansas October 29th. Oklahoma State's Patrick Kiptum and Jon Wild finisher second and third in the mens race, leading the Cowboys to a very respectable third-place finish. The Sooners women finished fifth.

MEN

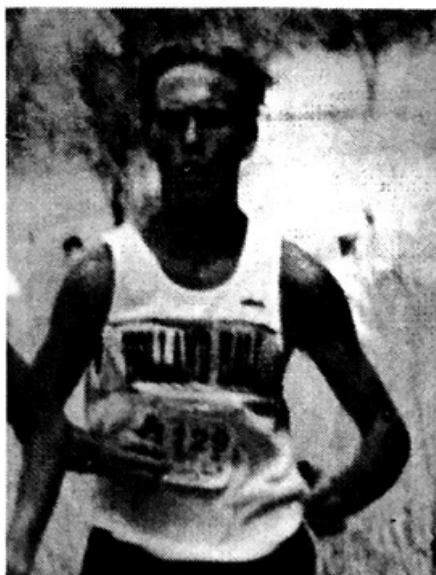
TEAM SCORING: 1. Iowa State 29; 2. Colorado 49; 3. Oklahoma State 77; 4. Kansas 112; 5. Nebraska 118; 6. Missouri 161; 7. Kansas State 195; 8. Oklahoma 203.

INDIVIDUAL: 1. Ian Robinson, Iowa State, 24:04; 2. Patrick Kiptum, Oklahoma State, 24:11; 3. Jon Wild, Oklahoma State, 24:23; 4. Adam Goucher, Colorado, 24:25; 5. Dmitry Drozdov, Iowa State, 24:36; 6. Corey Ihmels, Iowa State, 24:40; 7. Alan Culpepper, Colorado, 24:43; 8. Steve Brooks, Iowa State, 24:47; 9. John Kihonge, Iowa State, 24:50; 10. Craig Kirwood, Oklahoma, 24:51.

WOMEN

TEAM SCORING: 1. Colorado, 29; 2. Nebraska 65; 3. Kansas State 103; 4. Missouri 112; 5. Oklahoma 125; 6. Kansas 135; 7. Iowa State 173; 8. Oklahoma State 204.

INDIVIDUALS: 1. Alice Braham, Oklahoma, 17:08; 2. Patty Roberts, Colorado, 17:21; 3. Jo Fairclough, Iowa State, 17:35; 4. Julie Mazzitelli, Nebraska, 17:36; 5. Heather Burroughs, Colorado, 17:38; 6. Natalie Ravrling, Colorado, 17:42; 7. Amy McNitt, Colorado, 17:54; 8. Catherina Galipeau, Oklahoma, 18:00; 9. Kelly Smith, Colorado, 18:08; 10. Allison Lusby, Colorado, 18:09.



HOLLAND HALL'S Parker Fleming won the Southwest Preparatory Conference meet and ended the season unbeaten, including a victory in the Chile Pepper Cross Country Festival (shown here) October 1st in Arkansas.



OKLAHOMA VS ARKANSAS DUAL--Four Oklahoma girls lead the race. Sarah Harvey, Plainview (492), Ashley Boothe, McGuinness (498), Brandi Woodard, Guthrie (502) and Nicole Monroe (obscured). Boothe was the eventual winner followed by Harvey and Woodard with Monroe in sixth. Full results page 19. Photo by John Hoke

Winter Track Clinic

The Oklahoma Track Coaches Association's annual Winter Track Clinic will be held at the Ramada Inn in Norman, February 3rd and 4th. Registration is from 5:30 p.m. to 8:30 p.m. Friday, the 3rd, and 8:00 a.m. to 11:30 a.m. on Saturday, the 4th.

Sessions will be held Friday from 6:30 p.m. to 11:00 p.m. and Saturday from 8:30 a.m. to 3:00 p.m. Speakers are: Pat Lenington, Norman, hurdles; David Morton, McGuinness, distance; Roger Brown, Tulsa Rogers, sprints, relays; Jim Blevins, Fairview, pole vault, long jump; Pete Kron, OU, shot; Uwe Gordon, Stillwater, junior high track; Mike Gray, Duncan, high jump; Ed Forester, Bethany, discus; Anna Rheinhart, Okla. City, sports nutrition.

There will also be a coaches association business meeting and a rules meeting with Oklahoma Secondary Schools Activity Association representatives.

For further information contact Randy Belicek, Purcell; Ford Mastin, Prague; Bret Rider, Beaver; Amie Lampkin, Plainview; Elzy Miller, Tahlequah; Jim Coleman, Watauga.

USATF LEVEL I COACHING SCHOOL

January 6-8, 1995

University of Central Oklahoma
Edmond, OK

Open to coaches of all abilities

18 hours of instruction covering all events as well as sports science aspects of coaching and competing

Many schools now require continuing education for their coaches

\$100.00 Fee (before Jan. 1)
a USATF Development Program

For more information contact:

Mrs. Loretta Hinkle
5312 N Vermont Ave
Oklahoma City, OK 73112



P.O. Box 2912
Tulsa, OK 74101-2912

(918) 357-1766

Club Benefits: Annual Workout Plans, Individualized Coaching, National Track and Field Meets, National Cross Country Meets, Magazine Subscriptions, Heart Rate Training, Parachute Training, Use of club implements, Year-round Support, USATF Certified Coaching, Mentoring athletes from elementary to Universitiles.

Contact us at (918) 357-1766 or write P.O. Box 2912, Tulsa, OK 74101-2912.

Coaching athletes throughout Tulsa and rural Oklahoma.

Little Axe Wins 3A Boys

Continued from page 1

The tight team race expected between Lindsay, Tahlequah Sequoyah and Chisholm didn't develop as coach Claud Cameron's Leopards leapt to a 54-point margin of victory over the other two who were tied with 96 points each, Sequoyah getting the runnerup trophy on the strength of their 35th-place sixth man beating Chisholm's 40th.

3A Boys

The surprise in this race was not that Little Axe knocked off three-time defending champion Marlow but that an upstart freshman from Dickson ran his best race of the year, at just the right time and won the individual title, disposing of Little Axe's defending champion, Spud Blanchard, and Marlow's top-ranked, Clint Loyd, in the



ZAC JOHNSON, Velma-Alma, 2A boys champion.



AMY ARMER, Kansas, 2A girls champion.

process. The Comets' David Lampkin took the lead before the mile mark and was never threatened. He had a huge lead going into the two-mile mark while the rest of the field seemed intent on each other and the team race which was developing between Marlow and Little Axe. The Indian's Jeremy Johnson finally tried to reel him in but it was too late for that, falling short by four seconds.

Coach Barry Klein's Indians had been waiting for this day since last year when they fell only seven points short of upsetting the Outlaws. This year, led by junior Johnson at 16:33, they put four runners in under 17:00—Ralph Dumas, 3rd at 16:43; Blanchard, sixth at 16:52 and Brandon Lewis, 7th at 16:56—with fifth runner Shawn Myers in 12th at 17:32 their team average was a meet-best 16:55.2 and they beat Marlow 29-46.

4A Girls

Going into the state meet this was the only "sure thing" division with Dave Morton's McGuinness team virtually untouchable in this class, led by number one ranked Ashley Boothe—loser only 5A Jenks' Kellie O'Rourke in Arkansas—and two-time defending champion, Jessica Hoke. The Irish didn't disappoint anyone, placing five runners in the top ten and outscoring Guthrie, 23-93. Besides sophomore Boothe in 1st and junior Hoke in 6th, they had freshman Kelly Long, 2nd, senior Jill Airington, 5th and sophomore Kim Keaton, 9th with a team average time of 12:33.8, the best on this course in at least the last eight years.

In the individual race, Boothe took off going up the first hill with Guthrie's Nicole Monroe and Brandi Woodard along with Hale's Brandy Bratton and John Marshall's



MELISSA FLOOD, Moore, 5A girls champion.

Jameka Roberts hanging on long enough to develop a gap on the rest of the field. Into the mile mark, Boothe had increased her lead to 60 yards with Monroe alone in second and Woodard another 25 yards back. Coming off Lewis and heading up the hill Roberts had dropped off and the chase pack, now one group, consisted of Monroe, Woodard, Long, Bratton, Airington, and Durant's Courtney Moody. Boothe cruised in at 12:07 with Long edging Monroe for second at the line and Bratton edging Airington for fourth.

5A Girls

This was another race full of surprises with Jenks' freshman O'Rourke coming into the meet unbeaten by anyone in Oklahoma and the easy number one pick. Moore senior, Melissa Flood, had different ideas. O'Rourke and freshman teammate, number two ranked Renee Ahlgren, led by about 40 yards at the mile with Flood sitting



ASHLEY BOOTHE, McGuinness, 4A girls champion.



CORNELIUS MASON, Northeast, 4A boys champion.

in third. Off Lewis and up the hill Flood pulls O'Rourke and Ahlgren in and drops them, winning by 15 seconds. It was a catfight for second through tenth as O'Rourke nips Yukon's Keely Dean at the line for second, both timed in 12:24; Ahlgren barely gaining fourth over Union's Megan Riddle by one second, 12:27-12:28; Eisenhower's Kenyatta Jones, Edmond North's Megan Toole and Edmond Memorial's Jamie Marden, 6th-7th-8th, all at 12:29 and Edmond North's Summer Lamons edging Shawnee's Jessica Gibson for 9th, 12:31-12:32. Whew! Glad I wasn't picking that one.

In the team race, Moore was very impressive in winning the West Regional and had

Want to hear how to easily lose weight?

Nancy Clark's Dieting Tips for Active People:

How to lose fat and have energy to exercise



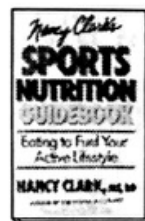
This 40 Minute Tape Includes:

- Six keys to successful fat loss
- What and when to eat
- How to stop blowing your diet

"I thought I knew how to lose weight, but Nancy Clark has a better way. I even had energy to train while dieting!"

Want to read how to have more energy?

Nancy Clark's Sports Nutrition Guidebook



This easy reading book includes chapters on:

- Power foods to eat on the run
- Breakfast and lunch ideas
- Recovery foods
- How to healthfully lose weight
- Sweet cravings, snack attacks
- Quick 'n easy recipes

Here's what people are saying about this ever-popular book—

"Nancy's my nutrition guru. Her Sports Nutrition Guidebook is the best!"

"Nancy Clark's Sports Nutrition Guidebook is my bible. The pages got so worn, I had to buy a second copy!"

ORDER FORM

Enclosed is \$_____ for sending me
 Tapes *Dieting Tips* @ \$8.95 + \$2 p&h
 Nancy Clark's *Sports Nutrition Guidebook* @ \$14.95 + \$3 p&h
 Mass. residents add 5% sales tax.

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Send check payable to
 New England Sports Publications to
 P.O. Box 252, Boston, MA 02113

Continued on page 11

SOONER STATE GAMES INDOOR TRACK & FIELD

CONTACT: Loretta Hinkle (405) 942-6733 (after 6 p.m.)

ENTRY DEADLINE: Postmark by January 15, 1995 late fee of \$10, **NO ON-SITE ENTRIES.**

COMPETITION DATE & TIME: Sun. January 29, doors open at 7:30 a.m., competition begins at 9:00 a.m.

SITE: Myriad Convention Center

ENTRY FEE: High school- \$8.00 first event, \$1.00 each additional- limit four events
Open, Submasters & Masters, \$10.00 first event, \$3.00 each additional
Open, Submasters & Masters no limit of events

RULES: USATF RULES. Standard shot put weights apply. **PARTICIPANTS MUST HAVE A CURRENT USATF MEMBERSHIP CARD. IF YOU DO NOT HAVE ONE - PLEASE SEND ATTACHED REGISTRATION FORM AND FEES WITH ENTRY FORM.**

AWARDS: Medals for 1st, 2nd & 3rd place. Lapel pins will be given to each participant

DIVISIONS: CODES ARE IN BOLD: INCLUDE ON FORM - IMPORTANT.

YOUNG MEN & WOMEN (BIRTH YEAR '75 - '78)

55 METER	CODE: 0001
55 M. HURDLE	CODE: 0002
400 METER	CODE: 0003
1500 METER	CODE: 0004
HIGH JUMP	CODE: 0005
LONG JUMP	CODE: 0006
POLE VAULT	CODE: 0007
SHOT PUT	CODE: 0008

INTERMEDIATE (BIRTH YEAR '79 - '80)

55 METER	CODE: 0009
55 M. HURDLE	CODE: 0010
400 METER	CODE: 0011
1500 METER	CODE: 0012
HIGH JUMP	CODE: 0013
LONG JUMP	CODE: 0014
POLE VAULT	CODE: 0015
SHOT PUT	CODE: 0016

OPEN (BIRTH YEAR '65- '75)

55 METER	CODE: 0017
55 M. HURDLE	CODE: 0018
200 METER	CODE: 0019
400 METER	CODE: 0020
800 METER	CODE: 0021
1500 METER	CODE: 0022
1500M. RACEWALK	CODE: 0023
HIGH JUMP	CODE: 0024
LONG JUMP	CODE: 0025
TRIPLE JUMP	CODE: 0026
POLE VAULT	CODE: 0027
SHOT-PUT	CODE: 0028

SUBMASTERS & MASTERS ('64 & PREVIOUS)

55 METER	CODE: 0029
55 M. HURDLE	CODE: 0030
200 METER	CODE: 0031
400 METER	CODE: 0032
800 METER	CODE: 0033
1500 METER	CODE: 0034
1500M. RACEWALK	CODE: 0035
HIGH JUMP	CODE: 0036
LONG JUMP	CODE: 0037
TRIPLE JUMP	CODE: 0038
POLE VAULT	CODE: 0039
SHOT PUT	CODE: 0040

SCHEDULE OF EVENTS FOR INDOOR TRACK & FIELD

TRACK EVENTS BEGIN AT 9:00 AM

HIGH SCHOOL

1. 55 METER HURDLES
2. 55 METER
3. 1500 METER
4. 400 METER

OPEN - MASTERS

1. 1500M. RACEWALK
2. 55 METER HURDLES
3. 55 METER
4. 800 METER
5. 200 METER
6. 1500 METER
7. 400 METER

FIELD EVENTS

HIGH SCHOOL

1. POLE VAULT -9 AM
2. SHOT PUT - 9AM
3. HIGH JUMP - 1PM
4. LONG JUMP - 1PM

OPEN - MASTERS

1. HIGH JUMP - 9AM
2. LONG JUMP - 9AM
3. TRIPLE JUMP - 9AM
4. SHOT PUT - 1PM
5. POLE VAULT - 1PM

**For more information, entry form and athlete waiver, contact: Loretta Hinkle
405-942-6733 (after 6 p.m.)**

1994 Oklahoma Cross Country State Championships

2A GIRLS						3A GIRLS					
PLACE	TmPl	NAME	TIME	SCHOOL	CL	PLACE	TmPl	NAME	TIME	SCHOOL	CL
1	1	AMY ARMER	12:41	KANSAS	SR	1	1	SARAH HARVEY	11:54	PLAINVIEW	JR
2		MYLISSA SEIFRIED	12:48	CANTON		2	2	KELLEIGH SANDERS	12:09	ELGIN	JR
3	2	MELANIE FOSTER	12:52	FORGAN	JR	3	3	CARLY MCCULLY	12:27	GROVE	FR
4		JENNIFER DODSON	12:53	LINDSAY	SO	4	4	SARA JUREK	12:32	CASCIA HALL	FR
5	3	KRISTI BECKHAM	12:54	LEXINGTON		5	5	CHRISSEY GUILD	12:37	MARLOW	SR
6		NICKI LANIE	12:58	WAKITA	JR	6	6	MELANIE LEMONS	12:40	MARLOW	JR
7	4	CRYSTAL FULLER	13:00	VELMA-ALMA	JR	7	7	LEAH MCCAULEY	12:40	MARLOW	JR
8	5	AMANDA DAVIS	13:01	CARNEGIE	SO	8	8	JANCY GHARKHANIA	12:41	PURCELL	JR
9		SARA KEE	13:10	BEAVER	SR	9	9	AMBER SREAVES	12:44	GROVE	JR
10	6	CHRIS LINKE	13:13	VELMA-ALMA	FR	10	10	CATHLEEN BAUMEISTER	12:46	JONES	
11	7	ANITA RAMIREZ	13:20	OAKS MISSION	SO	11	11	ABBY ROBERTSON	12:50	GROVE	FR
12		TARA OVERTREET	13:20	PIO/PLEASANT VL	SR	12	12	EMLY MCCULLOH	12:53	PLAINVIEW	JR
13	8	DELORES GARCIA	13:23	OAKS MISSION	SR	13	13	BECKY HARVEY	12:56	PLAINVIEW	FR
14	9	JANET NOFIRE	13:23	SEQ.-TAHLEQUAH		14	14	ALI SREAVES	12:56	GROVE	FR
15	10	SUNNI WILSON	13:24	SEQ.-TAHLEQUAH		15	15	HALEE LACKEY	12:59	PLAINVIEW	SO
16	11	CAREY CAMPBELL	13:24	CARNEGIE	SR	16	16	AMY NORTON	13:03	PLAINVIEW	JR
17	12	KILEY DEAL	13:25	LAVERNE	SO	17	17	DENA DIAL	13:15	MARLOW	JR
18	13	ANDREA HEAVENER	13:27	CARNEGIE	SR	18		STACIE BURTON	13:20	TUTTLE	
19	14	CASSY HAMMAN	13:36	LEXINGTON		19	18	MARISA FIELDS	13:24	GROVE	SO
20	15	ASHLEA BARBY	13:44	LAVERNE	SO	20	19	REBECCA DODA	13:27	MARLOW	JR
21	16	KATIE ROLAND	13:46	LEXINGTON		21		JULIE FRETUS	13:27	GLENPOOL	
22		DINI PIEDA	13:48	HERITAGE HALL	JR	22		JOE SERNA	13:28	KEYES	SR
23	17	DANA SUTTON	13:48	VELMA-ALMA	FR	23	20	CANDACE SANDERS	13:29	GROVE	FR
24	18	KAYSHA HEADRICK	13:49	TURPIN		24	21	HILLARY COCHRAN	13:38	LITTLE AXE	FR
25	19	HALAH LONG	13:51	ALVA	SO	25	22	JENNIFER JOHNSTON	13:41	JONES	
26	20	AMANDA DAVIS	13:53	SEQ.-TAHLEQUAH		26	23	MELINDA KREIGH	13:43	CASCIA HALL	JR
27	21	KARI SAWYER	13:55	CHISHOLM	FR	27		MOSES ORTEZ	13:46	KEYES	SR
28	22	BECKY BARBER	13:56	LEXINGTON		28		PAULA PEWO	13:48	ANADARKO	
29	23	CARRIE HENNIGH	13:56	LAVERNE	FR	29		STEFANIE BURTON	13:53	TUTTLE	
30	24	MANDY SIMS	13:58	VELMA-ALMA	JR	30	24	RIKKI HAZEN	13:53	MARLOW	JR
31	25	LARA HEISEY	14:00	LEXINGTON		31	25	TIFFANY HURST	13:54	ELGIN	FR
32	26	LEANN HENDRICKS	14:01	LAVERNE	SR	32	26	TONYA GURISWAMY	13:58	CASCIA HALL	JR
33		KRISTI KINARD	14:01	WYNNEWOOD		33	27	MANDY ORR	13:59	PLAINVIEW	SO
34		JAI SCOTT	14:02	BERR YHILL	FR	34	28	KERI BRIDXEY	14:00	GROVE	JR
35	27	MISTY AHHAITTY	14:11	CARNEGIE	SO	35	29	ERIN CURTIS	14:00	GUYMON	JR
36	28	KELLI EHARDT	14:13	CHISHOLM	SO	36	30	CARRIE LINDEN	14:10	MANFORD	JR
37	29	CHANCE WHEELER	14:14	LEXINGTON		37	31	KARI CHILDRESS	14:15	GUYMON	SO
38		EL YSIA JONES	14:16	VERDIGRIS	FR	38	32	AMY THOMAS	14:17	GUYMON	JR
39	30	LINDSAY VOSS	14:17	CHISHOLM	FR	39	33	AMBER HARRISON	14:18	LITTLE AXE	SO
40	31	EMILY REASOR	14:18	OAKS MISSION	FR	40	34	SHANNA VASSAR	14:20	WEATHERFORD	FR

4A GIRLS						5A GIRLS					
PLACE	TmPl	NAME	TIME	SCHOOL	CL	PLACE	TmPl	NAME	TIME	SCHOOL	CL
1	1	ASHLEY BOOTHE	12:07	MCGUINNESS	SO	1	1	MELISSA FLOOD	12:09	MOORE	SR
2	2	KELLY LONG	12:26	MCGUINNESS	FR	2	2	KELLIE O'ROURKE	12:24	JENKS	FR
3	3	NICOLE MONROE	12:27	GUTHRIE	JR	3		KEELY DEAL	12:24	YUKON	JR
4	4	AMY BRATTON	12:31	NATHAN HALE	FR	4	3	RENEE AHLGREN	12:27	JENKS	FR
5	5	JILL AIRINGTON	12:32	MCGUINNESS	SR	5	4	MEGAN RIDDLE	12:28	UNION	SO
6	6	JESSICA HOKE	12:44	MCGUINNESS	JR	6		5 KENYATTA JONES	12:29	EISENHOWER	
7	7	BRANDI WOODARD	12:47	GUTHRIE	SO	7	6	MEGAN TOOLE	12:29	EDMOND NORTH	SR
8	8	VALERIE SMITH	12:57	ELK CITY	JR	8	7	JAMIE MARDEN	12:29	EDMOND MEMORIAL	FR
9	9	KIM KEATON	13:00	MCGUINNESS	SO	9	8	SUMMER LAMONS	12:31	EDMOND NORTH	SR
10	10	BECKY PUCKETT	13:02	ARDMORE	JR	10	9	JESSICA GIBSON	12:32	SHAWNEE	SO
11	11	CORI DIRICKSON	13:04	ELK CITY	SO	11		CORRIE HUSSAR	12:36	MUSTANG	
12	12	BRANDY BRATTON	13:05	NATHAN HALE	FR	12	10	LINDSAY NICKENS	12:38	JENKS	SR
13	13	MAUREEN MARTIN	13:08	MCGUINNESS	FR	13	11	LINDSEY SHELTEENS	12:38	MOORE	FR
14	14	RANDI MCKINNEY	13:09	EDMOND SANTA FE		14	12	HILLARY RESER	12:39	NORMAN	SO
15	15	NATALIE KRIEGER	13:14	DURANT	JR	15	13	NAOMI RAMOS	12:41	MOORE	SR
16	16	LORI WEAVER	13:17	NOBLE		16	14	STEPHANIE ADAMS	12:42	NORMAN	SR
17	17	KRISTA ZACHARIAE	13:19	NATHAN HALE	FR	17	15	JAIMIE MCCLAIN	12:42	UNION	SR
18	18	JONI ADKERSON	13:20	ELK CITY	SR	18	16	ANDREA DELOZIER	12:43	NORMAN	JR
19	19	MELISSA BRATTON	13:20	NATHAN HALE	FR	19	17	ADRIENNE ALVAREZ	12:44	EISENHOWER	
20	20	NICOLE LAWRENCE	13:23	MCGUINNESS	FR	20	18	STEPHANIE WEBB	12:47	BARTLESVILLE	SO
21		JAMEKA ROBERTS	13:26	JOHN MARSHALL	SR	21		19 KIM SETTLE	12:51	MOORE	JR
22	21	HEATHER CLOUD	13:31	ELK CITY	JR	22	20	RACHEL SMILEY	12:52	JENKS	SR
23	22	ANNE COHENOUR	13:32	BISHOP KELLEY	JR	23	21	ANDREA HALEY	12:55	STILLWATER	
24	23	AMANDA NARVAES	13:35	BISHOP KELLEY	JR	24	22	MEGHAN MITCHELL	12:57	EDMOND MEMORIAL	FR
25	24	KELLI COWAN	13:39	GUTHRIE	JR	25	23	DEBBIE DEARMAN	12:58	SAPULPA	SR
26	25	JENNY NEMEC	13:41	BISHOP KELLEY	SO	26	24	CARRISA NIX	13:02	JENKS	SR
27	26	AMY DANIELS	13:42	EDMOND SANTA FE	JR	27	25	KRISTIN SCOTT	13:03	STILLWATER	
28	27	BETH MIGLIORINO	13:42	ARDMORE	FR	28	26	HILLARY STIGLETS	13:06	EDMOND NORTH	SO
29	28	HOLLIE MAYS	13:48	GUTHRIE	JR	29	27	LENA ECHELLE	13:07	STILLWATER	
30		UNKNOWN	13:52	UNKNOWN		30	28	ROSIE SOLANO	13:08	EISENHOWER	
31	29	JENNIFER ELDER	13:52	DURANT	SR	31	29	CINDY RYAN	13:09	WESTMOORE	SR
32	30	SHANNA HAINLINE	13:53	NOBLE		32	30	JESSICA BARRUS	13:10	EDMOND NORTH	SR
33		KATIE BICKERSTAFF	13:53	CLAREMORE	JR	33	31	JULIE CARDONAS	13:11	MOORE	FR
34	31	LESLIE ROOF	13:54	GUTHRIE	FR	34	32	SHERRY HORTON	13:12	NORMAN	SR
35		AMANDA WHITE	14:00	DANIEL WEBSTER	SR	35	33	MELISSA HOUSLEY	13:18	SAPULPA	JR
36	32	TINA PLAGMAN	14:01	CARL ALBERT	SR	36	34	JOCELYN CANNON	13:21	BARTLESVILLE	SR
37	33	ANNDRIA TURNER	14:08	DUNCAN	JR	37	35	CHEYENNE LIERLY	13:21	SAPULPA	SO
38	34	ABB Y WESTERVELT	14:08	GUTHRIE	SO	38	36	AMY CHEATWOOD	13:25	SAPULPA	SO
39	35	JENNIFER WURTZBACHE	14:11	EDMOND SANTA FE	SO	39	37	ANNIE THOMPSON	13:27	BARTLESVILLE	SO
40		ESTHER SHAW	14:12	WESTERN HEIGHTS	FR	40	38	MINDY PENDLEY	13:28	WESTMOORE	JR

1994 Oklahoma Cross Country State Championships

2A Boys					3A BOYS						
PLACE	TmPl	NAME	TIME	SCHOOL	CL	PLACE	TmPl	NAME	TIME	SCHOOL	CL
1		ZAC JOHNSON	16:40	VELMA-ALMA	SR	1	1	DAVID LAMPKIN	16:29	DICKSON	FR
2		MARK LEVINGS	16:59	BUFFALO	SR	2	2	JEREMY JOHNSON	16:33	LITTLE AXE	JR
3		JARED BLACK	17:06	HYDRO	SR	3	3	RALPH DUMAS	16:43	LITTLE AXE	SR
4	1	MICHAEL SIMMONS	17:17	CEMENT		4	4	CLINT LOYD	16:48	MARLOW	SR
5	2	RICKY HICKS	17:19	KEYES	SR	5	5	JARED LOVETT	16:49	MARLOW	SR
6	3	CHARLES CAMERON	17:20	LINDSAY	JR	6	6	SPUD BLANCHARD	16:52	LITTLE AXE	JR
7	4	SHAWN HICKS	17:21	PRAGUE	SR	7	7	BRANDON LEWIS	16:56	LITTLE AXE	SR
8	5	MATT HOLCOMB	17:22	LINDSAY	SR	8		CHAD WILLIAMS	17:02	GUYMON	SR
9	6	WALTER GINN	17:27	HYDRO	FR	9	8	BLAKE JACKSON	17:09	DICKSON	JR
10	7	KALEB HENNIGH	17:31	LAVERNE	JR	10	9	ZACH MINSON	17:11	MARLOW	SR
11	8	CHRIS SAWYER	17:38	CHISHOLM	SR	11	10	LARRY LANDTROOP	17:15	MARLOW	SR
12		CARL ALBRIGHT	17:40	DC - EDMOND	SO	12	11	SHAWN MYERS	17:32	LITTLE AXE	SR
13	9	CHRIS HOYLE	17:42	LINDSAY	JR	13		JEREMY RIDDLE	17:34	BYNG	JR
14		ERIC JAMES	17:42	TEMPLE		14	12	CORY CLARK	17:35	PLAINVIEW	JR
15	10	STEVEN BRONCH	17:46	LINDSAY	SO	15	13	JEREMIAH SMITH	17:43	ELGIN	FR
16	11	SHAWN KILLMAN	17:51	HYDRO	SR	16	14	DANNY ROMO	17:44	PLAINVIEW	JR
17	12	CODY TSETHLEKIA	17:52	SEQ.-TAHLEQUAH	FR	17	15	MIKE SMITH	17:44	LITTLE AXE	JR
18	13	SCOTT HUTCHINGS	17:53	TISHOMINGO	JR	18	16	RYAN TURNER	17:47	HOLDENVILLE	JR
19	14	SHAWN SAWYER	17:54	CHISHOLM	SO	19	17	WES WOMACK	17:53	PLAINVIEW	JR
20		KENNETH CATES	17:57	GLENCOE	JR	20	18	JON CONNELLY	17:55	MARLOW	JR
21	15	JOHN TAYLOR	17:57	LINDSAY	FR	21		STEVE ELKINS	17:56	MADILL	SR
22	16	JARROD MOONEY	18:04	SEQ.-TAHLEQUAH	FR	22	19	DUSTIN DEW	18:00	DICKSON	JR
23	17	JOHN BUDD	18:04	RIPLEY	SR	23	20	MARC LAMPKIN	18:01	DICKSON	FR
24		RYAN ANDERSON	18:05	ALVA	SR	24	21	O.J. RACKLER	18:04	MARLOW	JR
25	18	LEVI WACOCHÉ	18:10	SEQ.-TAHLEQUAH	SO	25		JEREMY SUDDUTH	18:07	CASCIA HALL	SO
26	19	DEREK LIESER	18:18	CHISHOLM	FR	26	22	THEADORE ROUNDFACE	18:13	ANADARKO	JR
27	20	DUSTY BUNNER	18:24	SEQ.-TAHLEQUAH	JR	27	23	MIKE LETTKEMAN	18:13	WEATHERFORD	FR
28	21	SAMMY ANAYA	18:25	HENNESSEY	SR	28	24	MARK SADONGEI	18:24	ANADARKO	JR
29		KIP JENNINGS	18:28	VELMA-ALMA	SO	29	25	DARREN JACKSON	18:32	GROVE	FR
30	22	MARTIN	18:31	KEYES	FR	30		BRIAN BEESLEY	18:34	GLENPOOL	JR
31	23	RUSTY DYE	18:37	KEYES	FR	31	26	BRAD DONALDSON	18:34	LITTLE AXE	JR
32	24	CODY GRAHM	18:39	PRAGUE	JR	32	27	BLAKE FARISS	18:36	WEATHERFORD	FR
33	25	POL BOLLARD	18:41	TISHOMINGO	FR	33	28	TYMON SHARP	18:41	MANFORD	JR
34	26	JULIAN ANAYA	18:44	HENNESSEY	SR	34	29	BRYAN ELKINS	18:45	MANFORD	SR
35	27	RYAN NELSON	18:48	CHISHOLM	SR	35		JEREMY T. PICKENS	18:45	KINGFISHER	JR
36		ED WRIGHT	18:51	GLENCOE	FR	36	30	MICHAEL CHERRY	18:47	DICKSON	FR
37		DUSTY EDSALL	18:52	WATONGA	FR	37	31	MATT JOHNSTON	18:57	WEATHERFORD	SR
38	28	BRANT BISHOP	18:53	CHISHOLM	JR	38	32	RODNEY PIPKIN	19:00	MARLOW	JR
39	29	SEAN STRICKLAND	18:53	HERITAGE HALL	SO	39	33	JOSH WILLIAMS	19:10	WEATHERFORD	FR
40	30	WILLIE WACOCHÉ	18:54	SEQ.-TAHLEQUAH	SR	40	34	MATT DONLEY	19:11	WEATHERFORD	FR

4A BOYS					5A BOYS						
PLACE	TmPl	NAME	TIME	SCHOOL	CL	PLACE	TmPl	NAME	TIME	SCHOOL	CL
1		CORNELIUS MASON	16:01	NORTHEAST	SR	1	1	MARK THOMPSON	16:28	EDMOND MEMORIAL	SO
2	1	SANTON JONES	16:34	GUTHRIE	SR	2	2	JOEY DONNELLY	16:33	NORMAN	SR
3	2	MIKE CONNOLLY	16:44	MCGUINNESS	SR	3	3	ANTHONY WILSON	16:40	SHAWNEE	JR
4	3	JEREMY CLEEK	16:55	GUTHRIE	JR	4	4	JEFF BAER	16:42	NORMAN	SR
5	4	LAWRENCE SHORT BULL	17:03	CLAREMORE	SR	5	5	JASON WOLFE	16:42	ENID	SR
6	5	PAUL LOWERY	17:07	CARL ALBERT	SR	6	6	WELTON JEFFERSON	16:43	EISENHOWER	JR
7	6	TOBY FILENER	17:10	DUNCAN	SO	7	7	JARED ROGERS	16:45	ENID	JR
8	7	TAYLOR STYRON	17:11	MCGUINNESS	SO	8	8	JEREMY BUHL	16:46	EDMOND MEMORIAL	JR
9	8	BRIAN WHITLOCK	17:22	ALTUS	JR	9	9	MIKE PENSE	16:47	JENKS	SO
10	9	DONALD WILSON	17:22	DURANT	SR	10	10	MARCUS VASQUEZ	16:49	MIDWEST CITY	SR
11	10	MIKE DAMRON	17:22	GUTHRIE	SR	11	11	ROB SEAT	17:04	EDMOND MEMORIAL	JR
12	11	JASON CARDOZA	17:37	DUNCAN	SR	12	12	MIKE SIMMS	17:07	ENID	JR
13	12	BARRY MIZE	17:38	GUTHRIE	SR	13		MICHAEL CLIFF	17:12	CHARLES PAGE	SO
14	13	CHRIS FORD	17:41	CLAREMORE	JR	14	13	BILLY MILLER	17:14	PUTNAM CITY	SR
15	14	JASON JONES	17:43	EDMOND SANTA FE	JR	15	14	BRIAN MCFARLIN	17:17	MIDWEST CITY	SR
16	15	BRIAN CORFF	17:48	MCGUINNESS	SR	16	15	JEFF REID	17:18	JENK	JR
17	16	RONNIE BISHOP	17:53	US GRANT	JR	17		MATT DAVIDSON	17:19	MUSTANG	JR
18	17	CHRIS STAECHER	17:55	MCGUINNESS	JR	18	16	PATRICK BEEKER	17:19	JENKS	JR
19	18	DOMINIC LOGIODICE	17:57	MCGUINNES	SR	19	17	JUSTIN LECHMAN	17:20	MIDWEST CITY	SR
20	19	CHRIS WARING	17:57	EDMOND SANTA FE	SO	20	18	LARRY GIBSON	17:22	JENKS	SR
21	20	REED MAXSON	17:57	GUTHRIE	FR	21		BUDDY OWENS	17:23	OWASSO	SR
22	21	MATT SEXAUER	17:59	MCGUINNESS	SO	22	19	WILLIAM MILLER	17:25	MIDWEST CITY	SR
23	22	JOSH CORLEY	18:07	DURANT	JR	23	20	BILLY BOB ZEMANEK	17:25	JENKS	JR
24	23	BRIAN WARD	18:09	EDMOND SANTA FE	SO	24	21	JACK SPRINLI	17:25	EISENHOWER	JR
25	24	JOHAN SVEDBRANT	18:12	ELK CITY	SR	25	22	CHAD NIEMAN	17:27	PONCA CITY	SO
26	25	JASON GERANEN	18:15	CLAREMORE	SO	26	23	MICHAEL SMITH	17:29	MIDWEST CITY	SR
27		STEVEN BRUX	18:15	HARRAH	SR	27	24	TONY LAMBARDI	17:29	PUTNAM CITY	JR
28	26	JOSH BETHEA	18:19	CLAREMORE	SR	28	25	DAVID SALVATIERRA	17:30	PUTNAM CITY	JR
29	27	GARRY MIZE	18:22	GUTHRIE	SR	29	26	JONATHAN ARMSTRONG	17:32	MIDWEST CITY	SR
30	28	CHRIS KRAFFT	18:23	BISHOP KELLEY	SR	30	27	JOHNNY MILLER	17:32	PUTNAM CITY	SR
31	29	CLAYTON ROBINSON	18:23	US GRANT	SR	31	28	DEREK BRYANT	17:32	MOORE	SO
32	30	KEITH MORRIS	18:23	ALTUS	SO	32	29	JACOB FRIAS	17:33	EISENHOWER	JR
33	31	UTAH ROBINSON	18:27	ELK CITY	FR	33	30	TIM BOYLS	17:35	NORMAN	JR
34	32	MARC CROW	18:32	ELK CITY	JR	34	31	BRANDON KISSACK	17:40	BARTLESVILLE	FR
35	33	RYAN FLETCHER	18:34	US GRANT	SO	35	32	MATTHEW GAREY	17:42	NORMAN	SO
36	34	KENDRICK PROCTOR	18:35	US GRANT	JR	36	33	MARK OBLAD	17:47	PONCA CITY	SO
37	35	TIM LONG	18:35	DUNCAN	SO	37	34	STEVEN LOVE	17:49	SAPULPA	SO
38	36	ISSIC ROBINSON	18:37	EDMOND SANTA FE	SO	38	35	CHRIS CORBIN	17:54	ENID	JR
39	37	BRIAN WAYLAND	18:38	BISHOP KELLEY	SO	39	36	ANTHONY NISSEN	17:56	BARTLESVILLE	SO
40	38	RYAN COOLEY	18:42	ALTUS	JR	40	37	PAUL LAMMERT	18:00	NORMAN	JR

1994 GIRLS ALL STATE CROSS COUNTRY

2A

1. Amy Armer (12)
Kansas
2. Mylissa Siefried
Canton
3. Melanie Foster (11)
Forgan
4. Jennifer Dodson (10)
Lindsay
5. Kristi Beckham
Lexington
6. Nicki Lanie
Wakita
7. Crystal Fuller (11)
Velma-Alma
8. Amanda Davis (10)
Carnegie
9. Sara Kee (12)
Beaver
10. Chris Linke (9)
Velma-Alma

HONORABLE MENTION: 11. Anita Ramirez (10), Oaks; 12. Tara Overstreet, Pioneer; 13. Delores Garcia (12), Oaks; 14. Janet Nofire (10), Sequoyah-Tahlequah; 15. Sunni Wilson (12), Sequoyah-Tahlequah.

3A

1. Sarah Harvey (11)
Plainview
2. Kelleigh Sanders (11)
Elgin
3. Carly McCulley (9)
Grove
4. Sara Jurek (9)
Cascadia Hall
5. Chrissy Guild (12)
Marlow
6. Melanie Lemons (11)
Marlow
7. Leah McCauley (9)
Marlow
8. Jancy Gharkania (11)
Purcell
9. Amber Sreaves (11)
Grove
10. Cathleen Baumeister (11)
Jones

HONORABLE MENTION: 11. Abby Robertson (9), Grove; 12. Emily McCulloh (11), Plainview; 13. Becky Harvey (9), Plainview; 14. Ali Sreaves (9), Grove; 15. Halee Lackey (10), Plainview.

4A

1. Ashley Boothe (10)
McGuinness
2. Kelly Long (9)
McGuinness
3. Nicole Monroe (11)
Guthrie
4. Amy Bratton (9)
Hale
5. Jill Airington (12)
McGuinness
6. Jessica Hoke (11)
McGuinness
7. Brandi Woodard (10)
Guthrie
8. Valerie Smith (11)
Elk City
9. Kim Keaton (10)
McGuinness
10. Becky Puckett (11)
Ardmore

HONORABLE MENTION: 11. Cori Dirckson (10), Elk City; 12. Brandy Bratton (9), Hale; 13. Maureen Martin (9), McGuinness; 14. Randi McKinney (9), Edmond Santa Fe; 15. Natalie Krieger (11), Durant.

5A

1. Melissa Flood (12)
Moore
2. Kelli O'Rourke (9)
Jenks
3. Keely Dean (11)
Yukon
4. Renee Ahlgren (9)
Jenks
5. Megan Riddle (10)
Union
6. Kenyatta Jones (10)
Eisenhower
7. Megan Toole (12)
Edmond North
8. Jamie Marden (9)
Edmond Memorial
9. Summer Lamons (12)
Edmond North
10. Jessica Gibson (10)
Shawnee

HONORABLE MENTION: 11. Corrie Hussar, Mustang; 12. Lindsay Nickens (12), Jenks; 13. Lindsay Sheltens (9), Moore; 14. Hilary Reser (10), Norman; 15. Naomi Ramos (12), Moore.

1994 BOYS ALL STATE CROSS COUNTRY

2A

1. Zach Johnson (12)
Velma-Alma
2. Mark Levings (12)
Buffalo
3. Jared Black (12)
Hydro
4. Michael Simmons
Cement
5. Ricky Hicks (12)
Keyes
6. Charles Cameron (11)
Lindsay
7. Shawn Hicks (12)
Prague
8. Matt Holcomb (12)
Lindsay
9. Walter Ginn (9)
Hydro
10. Kaleb Hennigh (11)
Laverne

HONORABLE MENTION: 11. Chris Sawyer (12), Chisholm; 12. Carl Albright (10), Deer Creek; 13. Chris Hoyle (11), Lindsay; 14. Eric James, Temple; 15. Steven Bronch (10), Lindsay.

3A

1. David Lampkin (9)
Dickson
2. Jeremy Johnson (11)
Little Axe
3. Ralph Dumas (12)
Little Axe
4. Clint Loyd (12)
Marlow
5. Jared Lovett (12)
Marlow
6. Spud Blanchard (11)
Little Axe
7. Brandon Lewis (12)
Little Axe
8. Chad Williams (12)
Guymon
9. Blake Jackson (11)
Dickson
10. Zach Minson (12)
Marlow

HONORABLE MENTION: 11. Larry Landtroop (12), Marlow; 12. Shawn Myers (12), Little Axe; 13. Jeremy Riddle, Byng; 14. Cory Clark (11), Plainview; 15. Jeremiah Smith (9), Elgin.

4A

1. Cornelius Mason (12)
Northeast
2. Santon Jones (12)
Guthrie
3. Mike Connolly (12)
McGuinness
4. Jeremy Cleek (11)
Guthrie
5. Lawrence Shortbull (12)
Claremore
6. Paul Lowery (12)
Carl Albert
7. Toby Filener (10)
Duncan
8. Taylor Styron (10)
McGuinness
9. Brian Whitlock (11)
Altus
10. Donald Wilson (12)
Durant

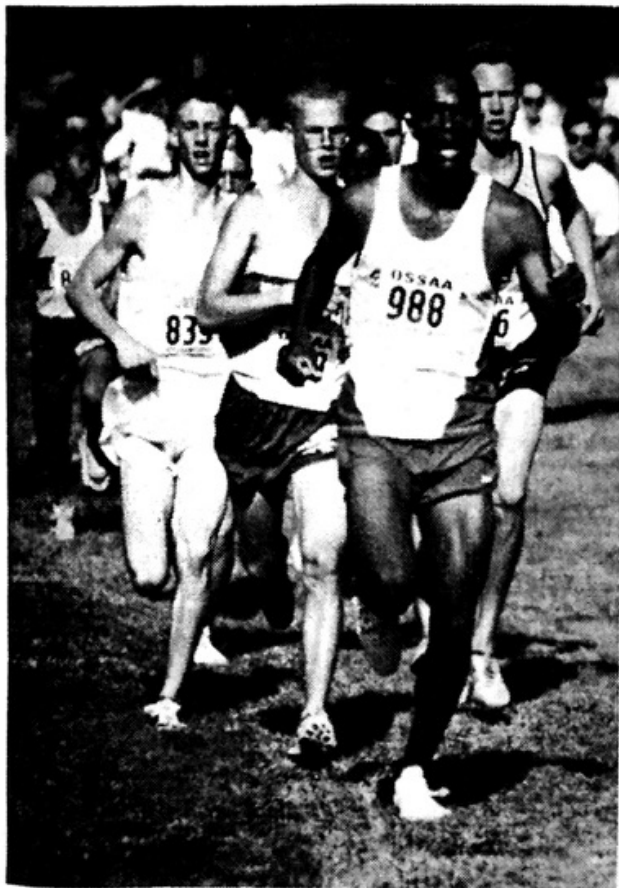
HONORABLE MENTION: 11. Mike Damron (12), Guthrie; 12. Jason Cardonza (12), Duncan; 13. Barry Mize (12), Guthrie; 14. Chris Ford (11), Claremore; 15. Jason Jones (11), Santa Fe.

5A

1. Mark Thompson (10)
Edmond Memorial
2. Joey Donnelly (12)
Norman
3. Anthony Wilson (11)
Shawnee
4. Jeff Baer (12)
Norman
5. Jason Wolfe (12)
Enid
6. Welton Jefferson (10)
Eisenhower
7. Jared Rogers (11)
Enid
8. Jeremy Buhl (11)
Edmond Memorial
9. Mike Pense (10)
Jenks
10. Marcus Vasquez (12)
Midwest City

HONORABLE MENTION: 11. Rob Seat (11), Edmond Memorial; 12. Mike Simms (11), Enid; 13. Michael Cliff, Sand Springs; 14. Billy Miller (12), Putnam City; 15. Brian McFarlin (12), Midwest City.

State Top Teams



5A BOYS--Eisenhowers' Gary Porter (988) leads the pack early in the race surrounded by Jenks' Mike Pense (left), Enid's Jason Wolfe (next from left) and Edmond's eventual winner, Mike Thompson (right). Photo by John Hoke

State Meet Notes

Cornelius Mason was the only one of six defending champions to repeat.

Oklahoma TRACK & FIELD NEWS had six of eight individual champions ranked number one.

Of the 24 teams that finished in the top four in each race, OTEN had 22 ranked within two places of their finish.

Marlow's one-point victory over Plainview in 3A girls was the closest team race of the meet.

McGuinness' 70-point win over Guthrie was the largest margin of victory.

Tulsa Hale freshmen triplets, Amy, Brandy and Melissa Bratton finished 4th, 12th and 19th, leading the Rangers of coach Robin Roberts to a strong third place finish in 4A girls.

Fastest times of the meet were Mason's 16:01 and Plainview's Sarah Harvey's 11:54. These compare to the 1993 times of 15:53 by Jenks two-time champion, Brian Young and Cascia Hall's four-time winner, Natalie Gray's 12:05.

McGuinness girls led the total number of All-Staters with five; Little Axe boys had four; Marlow boys and girls had three each; 13 other teams had two each. There were a total of 56 teams with at least one All Stater (27 boys and 29 girls).

Their were only seven seniors in the top ten of all classes for girls while the boys had at least 22. In 3A and 4A girls there was only one senior in each class in the top 15.

182 schools participated in cross country in 1994 compared to 160 in 1993. 2A--77; 3A--37; 4A--36; 5A--32.

5A BOYS

1. Jenks
2. Midwest City
3. Norman
4. Enid
5. Edmond Memorial
6. Putnam City
7. Eisenhower
8. Ponca City
9. Sapulpa
10. Bartlesville

4A BOYS

1. Guthrie
2. McGuinness
3. Claremore
4. Santa Fe
5. Duncan
6. US Grant
7. Altus
8. Durant
9. Elk City
10. Carl Albert

3A BOYS

1. Little Axe
2. Marlow
3. Dickson
4. Plainview
5. Weatherford
6. Anadarko
7. Mannford
8. Elgin
9. Grove
10. Sulphur

2A BOYS

1. Lindsay
2. Tahlequah-Sequoyah
3. Chisholm
4. Keyes
5. Hydro
6. Prague
7. Laverne
8. Tishomingo
9. Hennessey
10. Ripley

5A GIRLS

1. Jenks
2. Moore
3. Edmond North
4. Norman
5. Eisenhower
6. Edmond Memorial
7. Stillwater
8. Sapulpa
9. Union
10. Westmoore

4A GIRLS

1. McGuinness
2. Guthrie
3. Hale
4. Elk City
5. Kelley
6. Noble
7. Santa Fe
8. Ardmore
9. Duncan
10. Durant

3A GIRLS

1. Marlow
2. Grove
3. Plainview
4. Cascia Hall
5. Guymon
6. Jones
7. Little Axe
8. Elgin
9. Mannford
10. Purcell

2A GIRLS

1. Lexington
2. Velma-Alma
3. Carnegie
4. Tahlequah-Sequoyah
5. Laverne
6. Oaks
7. Chisholm
8. Forgan
9. Turpin
10. Kansas

1994 Power Ranking

By John Hoke
Editor

Thanks to some creative computer programming and a lot of work on the part of Steve Skocik and the Tulsa Track Club (responsible for race timing services and results) a combination of all classes into one was made possible. As Steve commented: "This is an extremely valid comparison as all these athletes ran the same course and virtually the same conditions."

In the absence of a Meet of Champions this is the best way to draw comparisons between teams of different classes and lots of interesting statistics appear when the computer scores everyone in the same race. Team scoring was done just as it is in individual class races with runners from incomplete teams being dropped out of the team scoring.

In the girls division it was no surprise that McGuinness was the top team with one of the best-ever average times of 12:33.8. This compares with Plainview's best-of-meet times in 1992 of 13:09.4 and 1993 of 12:42.4. 1993 Meet of Champions winner Bartlesville ran a 12:52.8 in the 1993 State Meet. The Irish have some significant statistics to back up a claim to being one the best state girls team, ever.

It is interesting to note that Plainview had the fastest average in their class but still finished third while in the Power Ranking the Indians were fourth overall, ahead of both Grove and Marlow.

In the boys division it was Little Axe by a long way with the Indians' team time of 16:55.2. The most interesting statistic to pop out of this combination is that number two Jenks has the fourth fastest average time yet still ended up second. This graphically illustrates the importance of team balance and how differently the size of a race can effect the outcome. It is dif-

ficult to come up with boys overall statistics from the past since results were not often kept deep enough to get average team times but Little Axe certainly can rest at the top of the pile until someone can come along with a better documented time.

So, here is the 1994 Power Ranking. Have fun with it! (Place. Team Individual placings in combined race=team score, team members in order of finish, average team time).

Girls

1. BISHOP MCGUINNESS 2 6 17 31 51 (62) (80) = 107

ASHLEY BOOTHE, KELLY LONG, JILL AIR-
INGTON, JESSICA HOKE, KIM KEATON,
MAUREEN MARTIN, NICOLE LAWRENCE
(12:33.8)

2. JENKS 5 9 20 40 53 (100) = 127
KELLIE O'ROURKE, RENEE AHLGREN,
LINDSAY NICKENS, RACHEL SMILEY, CARRISA
NIX, KARI JENSEN (12:40.6)

3. MOORE 3 21 25 38 66 (123)(296) =
153

MELISSA FLOOD, LINDSEY SHELTERS,
NAOMI RAMOS, KIM SETTLE, JULIE CAR-
DONAS, ADI FONT, KELLY PARRISH (12:42)

4. PLAINVIEW 1 41 44 49 56 (138) =
191

SARAH HARVEY, EMILY MCCULLOH, BECKY
HARVEY, HALEE, LACKEY, AMY NORTON,
MANDY ORR (12:45)

5. GROVE 8 33 37 45 83 (91)(140) =
206

CARLY MCCULLEY, AMBERS REAVES, ABBY
ROBERTSON, ALI SREAVES, MARISA FIELDS,
CANDACE SANDERS, KERI BRIXEY (12:52.2)

6. MARLOW 19 23 24 70 88 (127)(193)
= 224

CHRISSEY GUILD, MELANIE LEMONS, LEAH
MCCAULEY, DENA DIAL, REBECCA DODA,
RIKKI HAZEN, AMANDA COOK (12:55.8)

7. EDMOND NORTH 12 15 59 65 108
(144)(174) = 259

MEGAN TOOLE, SUMMER LAMONS, HIL-
LARY STIGLETS, JESSICA BARRUS, ERIN
JONES, BRANDI BEALL, JESSICA MORTON
(12:59.6)

8. NORMAN 22 28 30 67 147 (219)(284)
= 294

HILLARY RESER, STEPHANIE ADAMS, AN-
DREA DELOZIER, SHERRY HORTON, CORINNE
CARTER-COHN, DANI PARR, RAMONA DENIES
(13:04.2)

9. EISENHOWER 11 32 61 95 178 (232)
= 377

KENYATTA JONES, ADRIENNE ALVAREZ,
ROSIE SOLANO, MONICA CRAWFORD, JEN-
NIFER DECKER, CHRISTI PALOCOL (13:16.8)
10. GUTHRIE 7 36 101 117 129 (150)(254)
= 390

NICOLE MONROE, BRANDI WOODARD,
KELLI COWAN, HOLLIE MAYS, LESLIE ROOF,
ABBY WESTERVELT, MISSY JAMES (13:19)

Boys

1. LITTLE AXE 4 9 18 20 56 (70)(137)
= 107

JEREMY JOHNSON, RALPH DUMAS, SPUD
BLANCHARD, BRANDON LEWIS, SHAWN MY-
ERS, MIKE SMITH, BRAD DONALDSON
(16:55.2)

2. JENKS 14 33 35 42 45 (155)(204) =
169

MIKE PENSE, JEFF REID, PATRICK
BEEKER, LARRY GIBSON, BILLY BOB ZE-
MANEK, PARKER MCABERY, MATT STIGER
(17:14.2)

3. MARLOW 15 17 28 31 84 (98)(176) =
175

CLINT LOYD, JARED LOVETT, ZACH MIN-
SON, LARRY LANDTROP, JON CONNELLY,
O.J. RACKLER, RODNEY PIPKIN (17:07.6)

4. MIDWEST CITY 16 32 36 44 49
(53)(100) = 177

MARCUS VASQUEZ, BRIAN MCFARLIN,
JUSTIN LECHMAN, WILLIAM MILLER, MICHAEL
SMITH, JONATHAN ARMSTRONG, JEFFERY
VANCE (17:14)

5. GUTHRIE 5 19 43 62 89 (117)(217) =
218

SANTON JONES, JEREMY CLEEK, MIKE
DAMRON, BARRY MIZE, REED MAXSON,
GARRY MIZE, BRIAN COMSTOCK (17:17.2)

6. NORMAN 3 7 59 66 91 (113)(128) =
226

JOEY DONNELLY, JEFF BAER, TIM BOYLS,
MATTHEW GAREY, PAUL LAMMERT, RYAN LIP-
POLDT, NATHAN SPRINGER (17:18.4)

7. END 8 12 25 82 125 (196)(283) = 252

JASON WOLFE, JARED ROGERS, MIKE
SIMMS, CHRIS CORBIN, DANNY HARRIS,
BRENT ASAVAMONCHAI, MIKE PINTER
(17:22.8)

8. EDMOND MEMORIAL 1 13 22 106 126
(175)(260) = 288

MARK THOMPSON, JEREMY BUHL, ROB
SEAT, JEFF WANER, BRIAN JOHNSON, JOE
GOODSON, TY MARDEN (17:23.4)

9. BISHOP MCGUINNESS 11 29 74 83
86 (90)(154) = 283

MIKE CONNOLLY, TAYLOR STYRON, BRIAN
CORFF, CHRIS STAECHER, DOMINIC LOGIO-
DICE, MATT SEXAUER, JONATHAN PITMAN
(17:29)

10. LINDSAY 37 39 65 71 88 (211)(247)
= 300

Cornelius Mason Wins 4A

Continued from page 5

gained the top ranking over the Trojans who had held the spot all season, never losing to an Oklahoma team. But the Lions couldn't duplicate their regional 30-second spread (1st through 5th runners), dropping to 59 seconds while first-year coach Greg Rice's Trojans turned in a 38-second spread, good enough to climb back into the top spot, 59-75, and take home the trophy.

4A Boys

This was another race where the individual winner was really not in doubt with defending champion, Northeast senior Cornelius Mason, the odds on favorite to repeat. The big question was: would he have the fastest time of the day? Yes, he did, at 16:01, the closest anyone else came was Ed-



4A GIRLS CHAMPIONS--Bishop McGuinness: (left to right) Ashley Boothe, Kim Keaton, Jessica Hoke, Nicole Lawrence, Jill Airington, Kelly Long and Maureen Martin. Photo by John Hoke

STATE MEET TEAM SCORING

5A Girls

1. JENKS, 2-3-10-20-24-(41)=59 (KELLIE O'ROURKE, RENEE AHLGREN, LINDSAY NICKENS, RACHEL SMILEY, CARRISA NIX, KARI JENSEN).
2. MOORE, 1-11-13-19-31-(52)-(82)=75 (MELISSA FLOOD, LINDSEY SHELTERS, NAOMI RAMOS, KIM SETTLE, JULIE CARDONAS, ADI FONT, KELLY PARRISH).
3. EDMOND NORTH, 6-8-26-30-45-(57)-(62)=115 (MEGAN TOOLE, SUMMER LAMONS, HILLARY STIGLETS, JESSICA BARRUS, ERIN JONES, BRANDI BEALL, JESSICA MORTON).
4. NORMAN, 12-14-16-32-59-(73)-(80)=133 (HILLARY RESER, STEPHANIE ADAMS, ANDREA DELOZIER, SHERRY HORTON, CORINNE CARTER-COHN, DANI PARR, RAMONA DENIES).
5. LAWTON EISENHOWER, 5-17-28-39-63-(77)=152 (KENYATTA JONES, ADRIENNE ALVAREZ, ROSIE SOLANO, MONICA CRAWFORD, JENNIFER DECKER, CHRISTI PALOCOL).
6. EDMOND MEMORIAL, 7-22-43-48-49-(54)-(65)=169 (JAMIE MARDEN, MEGHAN MITCHELL, LAURA BEAM, NATALIE GARLAND, AMY SCHEMM, MEGAN HIBBS, FAY WYLES).
7. STILLWATER, 21-25-27-44-53-(56)-(66)=170 (ANDREA HALEY, KRISTIN SCOTT, LENA ECHELLE, LIZ WEIS, KATY ROLL, BRENNIA MEISENBURG, KRISTIN WILKINSON).
8. BARTLESVILLE, 18-34-37-46-50-(72)-(81)=185 (STEPHANIE WEBB, JOCELYN CANNON, ANNIE THOMPSON, SABRINA MCWHORTER, DANA BAUGHMAN, KIM KREMER, JAMIE SMITH).
8. SAPULPA, 23-33-35-36-58-(60)-(64)=185 (DEBBIE DEARMAN, MELISSA HOUSLEY, CHEYENNE LIERLY, AMY CHEATWOOD, STACIE AYERS, JENNIFER REDDEN, ANDREA LONG).
10. UNION, 4-15-51-67-69-(70)-(78)=206 (MEGAN RIDDLE, JAIME MCCLAIN, BETHANY PARKER, CORRIE SHAW, SUSAN LAMBERT, ANNETTE ELROD, NATALIE GRAVES).
11. WESTMOORE, 29-38-40-47-55-(61)-(75)=209 (CINDY RYAN, MINDY PENDLEY, ANGIE CARY, TAMMY ADAMSON, MARISA GILBERT, ALLISON BALL, SHANNON HASSELL).
12. SHAWNEE, 9-42-68-71-74-(76)-(79)=264 (JESSICA GIBSON, KARYN MAIER, KATIE WILLIAMSON, ANGIE LEONE, EMILY WILLIAMSON, ASHLE ANDERSON, ALICIA WATSON).

5A BOYS

1. JENKS, 9-15-16-18-20-(61)-(72)=78 (MIKE PENSE, JEFF REID, PATRICK BEEKER, LARRY GIBSON, BILLY BOB ZEMANEK, PARKER MCBABERY, MATT STIGER).
2. MIDWEST CITY, 10-14-17-19-23-(26)-(40)=83 (MARCUS VASQUEZ, BRIAN MCFARLIN, JUSTIN LECHMAN, WILLIAM MILLER, MICHAEL SMITH, JONATHAN ARMSTRONG, JEFFERY VANCE).
3. NORMAN, 2-4-30-32-37-(46)-(52)=105 (JOEY DONNELLY, JEFF BAER, TIM BOYLS, MATTHEW GAREY, PAUL LAMMERT, RYAN LIPPOLDT, NATHAN SPRINGER).
4. ENID, 5-7-12-35-50-(69)-(79)=109 (JASON WOLFE, JARED ROGERS, MIKE SIMMS, CHRIS CORBIN, DANNY HARRIS, BRENT ASAVAMONCHAI, MIKE PINTER).
5. EDMOND MEMORIAL, 1-8-11-43-51-(66)-(78)=114 (MARK THOMPSON, JEREMY BUHL, ROB SEAT, JEFF WANER, BRIAN JOHNSON, BLAINE PHIPPS, TY MARDEN).
6. PUTNAM CITY, 13-24-25-27-58-(60)-(64)=147 (BILLY MILLER, TONY LAMARDI, DAVID SALVA-TIERRA, JOHNNY MILLER, NATHAN KIMES, JASON DORMEYER, JOHN LANGFORD).
7. LAWTON EISENHOWER, 6-21-29-42-54=152 (WELTON JEFFERSON, JACK SPRINLI, JACOB FRIAS, MARQUIS LOOKLIN, NIC VASILOUSKOUS).
8. PONCA CITY, 22-33-38-49-59-(68)-(75)=201 (CHAD NIEMAN, MARK OBLAD, JOSE RAMIREZ, DAVID METZGER, GUSTAVO BARBOSA, STUART SNYDER, JASON ROSS).
9. SAPULPA, 34-39-41-47-48-(71)-(77)=209 (STEVEN LOVE, CHRIS WILLE, MIKE KNIGHT, BEN LAKE, MIKE CROOK, JASON ROBERTSON, GAVIN GREESON).
10. BARTLESVILLE, 31-36-45-55-56-(74)=223 (BRANDON KISSACK, ANTHONY NISSEN, SEAN CULP, MIKE KERN, MARK WILCOX, STEPHEN TINNIN).
11. SHAWNEE, 3-44-62-63-67=239 (ANTHONY WILSON, MATT WHITNEY, BRAD HARMON, KENT BROBERG, AARON DYER).
12. MOORE, 28-53-57-65-70-(73)-(76)=273 (DEREK BRYANT, JONATHAN LEON, KYLE MCCOY, ZACH BICE, SEAN WALKER, COREY ENCISO, AMISH PATEL).

mond Memorial's Mark Thompson at 16:26 and Dickson's Lampkin at 16:29. Mason led start to finish, stretching a 10-yard gap at the first little hill into a 100-yard lead by the mile, it was going to be a race for second and the team title from here on out.

Fittingly, the race for second came down to Guthrie's Santon Jones and McGuinness' Mike Connolly, representing the number one and two ranked teams in the race. After a tight, see-saw battle through two miles along with Claremore's Lawrence Short-bull and Guthrie's Jeremy Cleek, Connolly emerged with second place all his own and a short lead. But, with less than 400 meters to go, Jones--a basketball-playing senior in his first cross country season--passed Connolly for good and set coach Clay Tarter's Bluejays on their way to unseating the two-time defending champion Irish and spoiling their hopes of a "triple double."

5A Boys

Saving one of the best races for last, this division promised both a tight individual race and a team race that had no less than four teams capable of taking home the trophy. In the end the difference might have been tradition as Jenks held on to win their seventh straight title in spite of having only one runner in the top 15, sophomore Mike Pense, 9th.

The Trojans lost by one point to Enid in the East Regional but it was without Pense and they were narrowly holding onto the top ranking going into the race. Norman was looking like the strongest challenger with Enid close behind in third and a very hungry--really, really, hungry--Midwest City team the darkhorse.

At the mile it was a tight pack with Eisenhower's Gary Porter leading with teammate Welton Jefferson in the pack along with Edmond Memorial's top ranked sophomore, Mark Thompson and Enid's number two ranked Jason Wolfe. Coming off Lewis Wolfe now leads the pack followed by Porter, Thompson, Norman's Jeff Baer and Jefferson.

Into the two-mile mark Baer has taken the lead followed by Thompson and the Tiger's Joey Donnelly, Jefferson and Porter. Thompson gains a 5-yard lead on Donnelly down the stretch parallel with the start and holds on for a five-second win with Shawnee's Anthony Wilson moving up to third while Baer edges Wolfe for fourth. In a move that was good for two points in the spread, the Trojan's Pense took the Bombers' Marcus Vasquez for ninth by two seconds and Jenks hung on to win, 78-83.

BACK ISSUES

\$2.00

While they last!

**Pass This Issue
Along To Another
Track Fan!**



3A GIRLS RACE heads up the first hill. Photo by John Hoke

STATE MEET TEAM SCORING

4A Girls

1. BISHOP MCGUINNESS, 1-2-5-6-9-(13)-(20)=23 (ASHLEY BOOTHE, KELLY LONG, JILL AIRINGTON, JESSICA HOKE, KIM KEATON, MAUREEN MARTIN, NICOLE LAWRENCE).
2. GUTHRIE, 3-7-24-28-31-(34)-(64)=93 (NICOLE MONROE, BRANDI WOODARD, KELLI COWAN, HOLLIE MAYS, LESLIE ROOF, ABBY WESTERVELT, MISSY JAMES).
3. NATHAN HALE, 4-12-17-19-56-(73)-(74)=108 (AMY BRATTON, BRANDY BRATTON, KRISTA ZACHARIAE, MELISSA BRATTON, RACHAEL MARAK, SARAH MILLER, ELIZABETH BROWN).
4. ELK CITY, 8-11-18-21-59=117 (VALERIE SMITH, CORI DIRICKSON, JONI ADKERSON, HEATHER CLOUD, JACIE MCDANIEL).
5. BISHOP KELLEY, 22-23-25-41-48-(58)-(72)=159 (ANNE COHENOUR, AMANDA NARVAES, JENNY NEMEC, BRIDGET CURTIN, ANNE HOGAN, JENNY CANNON, EMMA ROEGIERS).
6. NOBLE, 16-30-37-38-44-(71)=165 (LORI WEAVER, SHANNA HAINLINE, LUCY HALL, DEBBIE LAGAN, TIFFANY CHAVEZ, MELISSA COBB).
7. EDMOND SANTA FE, 14-26-35-45-50-(53)-(65)=170 (RANDI MCKINNEY, AMY DANIELS, JENNIFER WURTZBACHER, JENNIFER THOMPSON, LAUREN JONES, KATE HAYES, DESIREE SMART).
8. ARDMORE, 10-27-40-43-57=177 (BECKY PUCKETT, BETH MIGLIORINO, ASHLEY CARLOCK, BROOKE BIGBY, APRIL PIRTLER).
9. DUNCAN, 33-39-46-47-49-63)-(68)=214 (ANNDRIA TURNER, BEVERLY CASTEEL, DAWN JACKSON, ANGELA BALDWIN, CHRISTIE BOHANNON, SHAWNDA GRAY, JILL BETHANY).
10. DURANT, 15-29-55-62-75-(76)=236 (NATALIE KRIEGER, JENNIFER ELDER, TOSHA MULLINS, KIM TYLER, BRITT FINKE, ADRIENNE HAMMEL).
11. CARL ALBERT, 32-42-52-61-66-(69)=253 (TINA PLAGMAN, BETH BARBIERS, SHALONDA DAVIS, STEPHANIE BURGESS, ERICA GARUCCIO, LEIGH DACK).
12. CATOOSA, 36-51-54-60-67-(70)-(77)=268 (VICTORIA WAGENER, JEANESSA NEWTON, ROBYN MAGEE, DENA WHITE, RACHEL HOPKINS, JULIE FEDICK, JESSICA MAGEE).

4A Boys

1. GUTHRIE, 1-3-10-12-20-(27)-(65)=46 (SANTON JONES, JEREMY CLEEK, MIKE DAMRON, BARRY MIZE, REED MAXSON, GARRY MIZE, BRIAN COMSTOCK).
2. BISHOP MCGUINNESS, 2-7-15-17-18-(21)-(39)=59 (MIKE CONNOLLY, TAYLOR STYRON, BRIAN CORFF, CHRIS STAECHEER, DOMINIC LOGIODICE, MATT SEXAUER, JONATHAN PITMAN).
3. CLAREMORE, 4-13-25-26-42-(45)-(71)=110 (LAWRENCE SHORT BULL, CHRIS FORD, JASON GERANEN, JOSH BETHEA, RYAN HENRY, GREG CARLSON, JUSTIN HAMMONS).
4. EDMOND SANTA FE, 14-19-23-36-46-(53)-(72)=138 (JASON JONES, CHRIS WARING, BRIAN WARD, ISSIC ROBINSON, RYAN ALDEN, JASON SATWALEKAR, CARSON KETTNER).
5. DUNCAN, 6-11-35-43-54-(62)-(67)=149 (TOBY FILENER, JASON CARDOZA, TIM LONG, RAMON GUTIERREZ, IRA SIMPSON, BLAKE BEARDEN, JOSH BETHANY).
6. US GRANT, 16-29-33-34-47-(51)-(52)=159 (RONNIE BISHOP, CLAYTON ROBINSON, RYAN FLETCHER, KENDRICK PROCTOR, STEVE CASKAY, RYAN GOODSON, JEFF SMITH).
7. ALTUS, 8-30-38-41-48-(49)-(60)=165 (BRIAN WHITLOCK, KEITH MORRIS, RYAN COOLEY, NATE MJOS, STEVE CARBONE, DANNY SIMONSON, THUMPER WOMACK).
8. DURANT, 9-22-40-57-63=191 (DONALD WILSON, JOSH CORLEY, PAUL STARKUS, SHAWN ROWLAND, JASON MARTIN).
9. ELK CITY, 24-31-32-55-64-(68)-(69)=206 (JOHAN SVEDBRANT, UTAH ROBINSON, MARC CROW, KURT KNOP, CHAD KNOP, ERIC VAN DONGE, TIM WALLING).
10. CARL ALBERT, 5-44-50-59-66-(70)-(74)=224 (PAUL LOWERY, COREY TAYLOR, PATRICK MCDADE, MATT GRAHAM, STEVIE HAMILTON, AUSTIN FITZGERALD, BRETT JOHNSON).
11. BISHOP KELLEY, 28-37-56-7677=274 (CHRIS KRAFFT, BRIAN WAYLAND, GRANT ODEN, TAIT VASICEK, MARK MOE).
12. DANIEL WEBSTER, 58-61-73-75-78-(79)=345 (ERIC MONDLOCH, HOWARD PRICE, LOREN CAIN, PAT CAREY, KALEB MOORE, BRYAN HUGHES).



MARK THOMPSON, Edmond Memorial, 5A Boys champion.

Indoor Track Meets

At this point we've received information on only two indoor track meets and both are being conducted at the Shawnee Expo Center on the 160-meter board track—just like the one that is used by the Myriad.

The Prague-Little Axe Indoor Meet will be held Friday and Saturday, January 27-28 with 4A and 5A boys and girls (four separate divisions) beginning Friday at 4:00 p.m. On Saturday the meet will begin at 10:00 a.m. with 3A boys, 2A boys and 3A and below girls (three divisions).

The Twentieth Annual Oklahoma Track Coaches Association Indoor Games will be held Friday and Saturday, February 10-11. This is the meet that has been conducted in the Myriad Convention Center in the past and is considered the Indoor State Championships.

Track events and field events will begin at 4:00 p.m. on Friday with 4A and 5A boys and girls (four separate divisions) and 10 a.m. on Saturday for 3A boys, 2A boys and 3A and below girls (three divisions).

Coaches will report at 3:45 p.m. and 9:45 a.m. to their area of assignment. Deadline for entry will be February 4, 1995. There will be no late entries accepted. Entry fee is \$50 per team or \$10 for an individual. Separate entry fee must be submitted for each girls and boys team. Limits are two entries per event and one relay team per relay event.

SPECIAL NOTE: This meet is organized and conducted by members of the Oklahoma Track Coaches Association and no teams or individuals are allowed to enter the meet if their coach is not a member of the association (Memberships may be obtained by contacting Pat Lenington, Norman High School or Oklahoma Track & Field News). All coaches entering team will officiate at the meet.

GIRLS EVENTS: 55m high hurdles, 55, 200, 400, 800, 1600, 3000, 1600 relay, 3200 relay, high jump, long jump, shot put and triple jump.

BOYS EVENTS: 55m high hurdles, 55, 200, 400, 800, 3000, 1600 relay, 3200 relay, shot put pole vault, long jump high jump and triple jump.

For further information contact Ford Mastin, Prague High School; Barry Klein, Little Axe High School or Pat Lenington, Norman High School.

Sooner State Games Indoor Track & Field

USA Track & Field, in conjunction with the Sooner State Games, are hosting The Sooner State Games Indoor Track & Field Meet January 29, 1995 at the Myriad Convention Center in Oklahoma City. Competition begins at 9:00 a.m. Medals will be given for 1st, 2nd & 3rd place and lapel pins will be given to each participant. For further information, contact Loretta Hinkle at 405-942-6733. Look for further information in the advertisement found in this issue.

The Athlete's Kitchen

Thoughts About Food: 1994

by Nancy Clark, MS, RD

"I haven't had a real meal all week...I've been strung out with work and training." Mary, a nurse and runner; "Due to soccer and swim practices, we are lucky if our family eats dinner together once a month." Paul, a dad, lawyer and coach; "I dread going home for the holidays...family dinners are sooo fattening." Sherry, a college student and skater.

"In our culture, where slenderness is next to saintliness, we also fear meals as being fattening. Somehow, enjoyment of food has become morally questionable."

Dr. Margaret Mackenzie, anthropologist

How often, in today's hustle and bustle, do we hear anyone talk about enjoying meals? The grab and gobble approach to fueling ourselves seems to be the current American way of life. According to Dr. Margaret Mackenzie, anthropologist and speaker at the 1993 American Dietetic Association's Annual Meeting, "Meals are an endangered species in the United States. Surveys suggest that only 46 percent of children share meals with adults every day. Yet, sharing meals is a nourishing ritual, a ritual that adds pleasure and richness to our lives. Instead of enjoying meals, Americans perceive that sitting down to eat will take too much time. In our culture where slen-

derness is next to saintliness, we also fear meals as being fattening. Somehow enjoyment of food has become morally questionable."

Our society must be struggling if Dr. Mackenzie needs to remind us about the forgotten philosophies that food is fun, meals are an important ritual, and eating well is a pleasure. Many health-conscious, sportsactive people have gotten caught up in the modern view that food is either the cause of or cure for the diseases of aging. A quick scan of the titles in consumer magazines reflects current attitudes about choosing food for its medicinal and functional qualities: Do or Diet: Food vs Disease; Pumping Immunity; Foods that Act Like Medicine; Stalling Cancer with Soy. Media send messages that individual foods can heal, but meals, somehow, are fattening and to be feared.

Although we can be thankful that nutrition scientists are discovering ways to improve our health and longevity, we also need to look at the holistic definition of health. Certainly pleasurable meals that are prepared tastefully and eaten with enjoyment can enhance the quality of life. Foods, after all, are far more than a source of nutrients. They are a statement of cultural and ethnic heritage, traditions, lifestyles and customs. Will our children have the same fond memories of cooking aromas and family meals that we enjoyed?

Holiday times reflect the height of food's role in perpetuating family tradition. Yet, I often hear athletes express their fear of holiday food as a fattening enemy, not a pleasure of the season. Some dread going home for the holidays. As one runner complained, "My parents' house is filled with special Christmas foods. The only thing we do is eat, eat, eat. I hate having to battle the constant temptations. I'd rather stay in my own apartment..." He knew he'd be expected to eat specially prepared foods that once were childhood favorites but now are dietary demons.

The Japanese have a guideline: Make all activities pertaining to food and eating pleasurable ones.

To re-awaken Americans to the pleasures of food, the American Institute of Wine & Food has brought together 50 food and health leaders (dietitians, chefs, writers, doctors, cooking instructors, anthropologists, psychologists, food marketers, exercise scientists) to bridge the gap between food that is good for our health and food

that tastes good. A special issue of their *Journal of Gastronomy* was devoted to the importance of eating together, sharing food and bringing pleasure back to eating - all within the USDA's Dietary Guidelines. The guidelines are:

1. Eat a variety of foods. (Don't live on bagels and pasta day after day.)
2. Maintain a healthy weight. ("Diet portions" of even rich foods are not fattening.)
3. Choose a diet low in fat, saturated fat and cholesterol. (Rich foods can be balanced into an overall low-fat diet.)
4. Choose a diet with plenty of vegetables, fruits and grain products. (Carbohydrates come in many varieties.)
5. Use sugars only in moderation. (You can abate sweet cravings with appropriate meals that satisfy the appetite.)
6. If you drink alcoholic beverages, do so in moderation. (First, quench your thirst with water, then enjoy wine or beer socially, if desired, as a relaxing part of a meal.

The Japanese have an additional guideline:

Make all activities pertaining to food and eating pleasurable ones. Why did that get omitted from our culture?

As you redesign your 1994 Newtrition Program, you might want to include "better enjoyment of meals" and take steps to eat well (not over-abundantly...there is a difference) and nourish yourself holistically.

Here are some tips.

*Give yourself permission to eat relaxing meals. If you have "no time" to stop to eat, remember that, as a human, you can't be effective from the time you get up until you collapse at night. But you can enjoy meal time to relax, socialize, "sharpen your sword" and refuel so that you will maximize your effectiveness throughout the day.

*At least one meal a day, practice eating slowly. If you gobble your food, you miss out on the best part about food: the taste. You can better enjoy the taste, aromas and textures of food if you eat slowly and savor the meal.

*Eat appropriate portions of your favorite foods. Even Christmas cookies, holiday breads, and other childhood favorites can be balanced into an overall low-fat, high-carb sports diet. Balance and moderation are the keys to dietary health. Prohibition and denial that leads to over-indulging are the demons. Bon appetit!

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of *Nancy Clark's Sports Nutrition Guidebook* (\$18) and the audiobook *Dieting Tips for Active People: How to Lose Weight and Have Energy to Exercise* (\$10.95). Send your check payable to Sports Nutrition Materials to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02167.



4A GIRLS RACE--Guthrie's Nicole Monroe (528) leads teammate Brandi Woodard (527), Durant's Courtney Moody (563) and McGuinness' Jill Airington (obscured). Photo by John Hoke

NCAA Division I Championships

The Big Eight Conference has three men's teams and one women's team ranked in the top ten of the NCAA Division I coaches poll released prior to district qualifying meets the week-end of November 12th. The Division I Championships will be held at the Prairie Grove Battlefield near Fayetteville, Ark., November 21st.

A total of 184 individuals and twenty-two teams will be selected from the eight districts in both mens and womens divisions.

For the men, Arkansas has been the team of the '90s, winning every championship of this decade but they will face a stiff challenge from Georgetown and Wisconsin. The Hoyas beat the Hogs on the Prairie Grove course (8k) in October and hold the number one ranking while the Badgers, ninth last year, are the number two ranked team.

On the women's side, Villanova has won the last five team titles but several teams, including Arkansas, Providence, Michigan and Colorado are primed to put that streak to an end.

Coaches Poll

Men

1. Georgetown
2. Wisconsin
3. Arkansas
4. Iowa State
5. Colorado
6. Michigan
7. Arizona
9. Tennessee
10. Oklahoma State

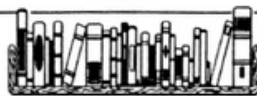
Women

1. Villanova
2. Arkansas
3. Colorado
4. Michigan
5. Providence
6. Stanford
7. Alabama
8. Wisconsin
9. Oregon
10. Brigham Young

BOOKS

FROM

FROM



TRACK & FIELD NEWS

NEW TITLES

□ **HIGH SCHOOL CROSS COUNTRY TRAINING & RACING GUIDE.** Edited by Marc Bloom. This is not a comprehensive text or basic guide to cross country; rather it is a collection of various approaches, workout systems and advice from successful coaches and athletes, such as Joe Newton, Jack Daniels, Tom Heinonen, Lynn Jennings, Marty Stern, and others. It's all fascinating—and highly valuable—reading on topics such as getting kids out for the team, even pace, peak running, hill work, stretching, off-season running, and much more. 42pp. 1994. \$12.00

□ **PRE!** Tom Jordan's classic work. If you don't have a copy of this account of Steve Prefontaine's life and career (with great pictures, quotes from friends, rivals, etc.), order one today. It's one of the best-ever track biographies. 128pp. New printing with full color cover. \$12.95

□ **THE THROWS: Contemporary Theory, Technique and Training.** Jess Jarver, ed. New 4th ed. 31 contributions from the world's top authorities on SP, DT, HT, JT. 136pp. Illustrated. \$14.95

□ **THE THROWS MANUAL.** Dunn & McGill. 2nd ed. 1994. New revised edition just out. \$16.00

□ **THE JUMPS: Contemporary Theory, Technique and Training.** Jess Jarver, ed. New 4th ed. just off the press. 33 articles on HJ, LJ, TJ, PV technique and training. 126pp. Illustrated. \$14.95

□ **THE WORLD CHAMPIONSHIPS.** Edited by Garry Hill. Compilation of results (6-deep) for all eight World Championship meets, outdoors and indoors, with stats and trivia on most medals won by individual and nation, etc. 48pp. Illustrated. \$10.00

□ **TRAINING GAMES: Coaching Runners Creatively,** Eric Anderson. One of the most useful books in years for the track and x-c coach. No jargon, no heavy theory—just a straightforward discussion of many of the problems confronting today's coach. Dozens of imaginative diversions and games to keep your runners motivated, much more. 136pp. Illustrated. \$12.00

□ **THEORY AND METHODOLOGY OF TRAINING: The Key to Athletic Performance.** Tudor Bompá. New 3rd ed. of this classic of periodization has just been published. Heavy going, but must reading for the serious coach. 393pp. \$29.95

OTHER BOOKS FROM T&FN

□ **ATHLETICS: A History of Modern Track & Field (1860-1990).** The classic work by R. L. Quercetani. Still a few copies left of this masterwork. 341pp. 214 photos. Hard cover. \$65.00

□ **ATHENS TO ATLANTA: 100 Years of Glory.** A celebration, in beautiful pictures and informative prose, of the Summer Olympics, 1896-1996. With an invaluable results section, listing all medal winners and top U.S. placings in all sports. This USOC book will provide hours of pleasurable reading and browsing. Hard cover. 276pp. 330 photos. \$42.50

□ **THE GOLDEN BOOK OF THE OLYMPIC GAMES,** Erich Kamper and Bill Mallon. Nothing rivals this 672-page book for Olympic stats and trivia. All medalists in all sports, Summer and Winter Games, 1896-1992, plus a seemingly endless treasure-house of information, stats and Olympic trivia. Hard cover. Many photographs. \$55.00

□ **WIZARDS OF THE MIDDLE DISTANCES: A History of the 800 Metres,** by R. L. Quercetani and Nejat Kók. A comprehensive history of the 800 and half-mile. A brilliant chronicle, with many photographs. Hard cover. 288pp. 70-page appendix, packed with fascinating statistical data. 1993. \$35.00

□ **SPRINTS AND RELAYS: Contemporary Theory, Technique and Training.** Jess Jarver, ed. 29 articles. 3rd all-new ed., 1990. \$14.95

□ **LON.** Great biography of Lon Myers, America's foremost track athlete of the 19th century. By veteran track statistician/historian Don Potts. Well illustrated, with an appendix including Myers' complete career stats. 192pp. Hard cover. \$20.00

□ **PEAK WHEN IT COUNTS: Periodization for American Track & Field,** by Bill Freeman. Excellent introduction to periodization. 2nd ed. \$13.50

Oklahoma TRACK & FIELD NEWS, PO Box 54679, Oklahoma City, OK 73154
 Visa/MC orders accepted. 405-524-7880

Please send the following books:

QTY	TITLE	PRICE	AMT.
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Add \$1.95 per book for postage and handling.
 No COD's please.

Postage
 Total

Print Name _____
 Address _____
 City, State, Zip _____



STATE MEET TEAM SCORING

3A Girls

1. MARLOW, 5-6-7-17-19-(24)-(41)=54 (CHRISSE GUILD, MELANIE LEMONS, LEAH MCCAULEY, DENA DIAL, REBECCA DODA, RIKKI HAZEN, AMANDA COOK).
2. GROVE, 3-9-11-14-18-(20)-(28)=55 (CARLY MCCULLEY, AMBER SREAVES, ABBY ROBERTSON, ALI SREAVES, MARISA FIELDS, CANDACE SANDERS, KERI BRUXEY).
3. PLAINVIEW, 1-12-13-15-16-(27)=57 (SARAH HARVEY, EMILY MCCULLOH, BECKY HARVEY, HALEE LACKEY, AMY NORTON, MANDY ORR).
4. CASCIA HALL, 4-23-26-40-66-(79)=159 (SARA JUREK, MELINDA KREIGH, TONYA GURISWAMY, JULIE MILLSPAUGH, JILL MOWRY, MAURA MCKEE).
5. GUYMON, 29-31-32-36-49-(53)-(65)=177 (ERIN CURTIS, KARI CHILDRESS, AMY THOMAS, REBECCA DACHILLE, DIANE OWENS, SUZETTE LEAMING, KYNDRA LITRELL).
6. JONES, 10-22-45-50-56-(59)-(72)=183 (CATHLEEN BAUMEISTER, JENNIFER JOHNSTON, NEENA SIDDIQUI, BRANDI ROBERTS, BETH CHOATE, MANDY LANFORD, MAUREEN SMITH).
7. LITTLE AXE, 21-33-35-39-60-(67)-(70)=188 (HILLARY COCHRAN, AMBER HARRISON, LUCRESHA DELOANIS, RICHEUE PACE, JACKIE MANIA, TAMMY POTEET, KATIE KLUMB).
8. ELGIN, 2-25-44-48-76-(77)-(78)=195 (KELLEIGH SANDERS, TIFFANY HURST, MANDI STAGGS, HEATHER DENMAN, TRUDY OLIVER, LEANNE SANDERS, LESLIE HURST).
9. MANNFORD, 30-38-46-51-52-(68)=217 (CARRIE LINDEN, TIFFANY BUDD, HOLLY SIMPSON, GWEN OLIVER, WENDY DENNEY, VALERIE JARVIS).
10. PURCELL, 8-47-54-55-57-(75)=221 (JANCY GHARKHANIA, JENNIFER JOHNSON, LISA CLARK, MELISSA JOHNSTON, HOLLY IRWIN, ANGELA FARRIS).
11. WEATHERFORD, 34-37-42-58-62-(69)-(74)=233 (SHANNA VASSAR, LESLIE BOONE, STEPHANIE BEDA, LINDSEY BARTLETT, DARCI PARTON, TAMAN HAYES, TRISTIN MUSGROVE).
12. HOLDENVILLE, 43-61-63-64-71-(73)=302 (EMILY TURNER, LESLIE CURTIS, TRISHA BICKWELL, VENUS THIONNET, ERIN TYREE, AMANDA HEATH).

3A Boys

1. LITTLE AXE, 2-3-6-7-11-(15)-(26)=29 (JEREMY JOHNSON, RALPH DUMAS, SPUD BLANCHARD, BRANDON LEWIS, SHAWN MYERS, MIKE SMITH, BRAD DONALDSON).
2. MARLOW, 4-5-9-10-18-(21)-(32)=46 (CLINT LOYD, JARED LOVETT, ZACH MINSON, LARRY LANDTROOP, JON CONNELLY, O.J. RACKLER, RODNEY PIPKIN).
3. DICKSON, 1-8-19-20-30-(60)-(61)=78 (DAVID LAMPKIN, BLAKE JACKSON, DUSTIN DEW, MARC LAMPKIN, MICHAEL CHERRY, DILLON PAYNE, RANDY PHILLIPPE).
4. PLAINVIEW, 12-14-17-36-37-(43)-(53)=116 (CORY CLARK, DANNY ROMO, WES WOMACK, GREG MERLYN, CHRIS HARE, OTHO THOMAS, ISAAC EPPERSON).
5. WEATHERFORD, 23-27-31-33-34-(47)-(62)=148 (MIKE LETTKEMAN, BLAKE FARISS, MATT JOHNSTON, JOSH WILLIAMS, MATT DONLEY, STEVE ROBERTSON, ERIC RATTERREE).
6. ANADARKO, 22-24-38-46-51-(71)-(72)=181 (THEADORE ROUNDFACE, MARK SADONGEI, RICKY GOOMBI, JARED WILLIAMS, LEE TSATOKE, WILSON WARE, JEREMY STOCKHAM).
7. MANNFORD, 28-29-42-50-55-(63)-(70)=204 (TYMON SHARP, BRYAN ELKINS, MARION SMITH, RANDY RIGGINS, ROBERT DALTON, MICHAEL COLEMAN, ERIC HANLON).
8. ELGIN, 13-39-45-56-57-(58)-(68)=210 (JEREMIAH SMITH, RAY NOVAK, DUSTIN LORD, NATHAN LAMB, MATT GARLAND, DUSTY DEEVERS, JOHN POOLAW).
9. GROVE, 25-40-44-64-65-(69)=238 (DARREN JACKSON, BILL TINNEY, JUSTIN TEEL, JOE HARPER, RANDY BEAL, DAVID SCHUMACHER).
10. SULPHUR, 35-41-48-49-67-(73)=240 (KENNETH REMY, JEFF MEEKS, JERRY LANCASTER, TONY OXLEY, HANK BEASLEY, BEN WARREN).
11. HOLDENVILLE, 16-52-54-59-66=247 (RYAN TURNER, CHRIS KINCAID, GENE MASK, CHAD BYERLY, JAKE TURNER).



TULSA HALE'S freshmen Bratton triplets all placed in the top 20 of the 4A girls race. Left to right: Melissa, 19th, Amy, 4th, and Brandy, 12th. Photo by John Hoke

Southwestern Invitational

Winfield, Kansas

10/29/94

MEN

TEAM SCORING: 1. Northwood 49; 2. Southwestern Kansas 52; 3. Oklahoma Baptist 100; 4. Colorado College 102; 5. Park 107; 6. Oklahoma Christian 112; 7. Southern Nazarene 179.

INDIVIDUALS: 1. Jerry Garza, NW, 25:23; 2. Jim Tucker, SW, 25:24; 3. Alick Musukuma, OB, 25:43; 4. Chance Rush, OB, 25:46; 5. Ramon Maldonado, NW, 25:49; 6. Dudley Dawkins, OB, 25:53; 7. Rye DeGarmo, Bethany, 25:56; 8. Tommy Gooch, OC, 25:58; 9. Paul Evans, CC, 25:59; 10. Jaime Vasquez, SW, 26:02; 11. Matt Woodward, SW, 26:19; 12. Steven Howe, SW, 26:22; 13. Aldo Soltero, NW, 26:23; 14. John Jackson, Park, 26:26; 15. Stanley Jackson, NW, 26:28; 16. Mike Leiker, Fort Hays State, 26:30; 17. Jack Hayes, CC, 26:31; 18. Ted Heater, Park, 26:33; 19. Eugene Salazar, NW, 26:34; 20. Emmanule Ngega, Park, 26:36. OTHER OKLAHOMA FINISHERS: 28. Casey Langdon, OC, 27:08; 29. Wes Gunter, OC, 27:10; 32. Mike Varva, OC, 27:28; 40. Allen Manhalter, OC, 27:51; 45. Chad Weaver, SN, 28:12; 47. Daniel York, SN, 28:21; 49. Bryan Townley, SN, 28:35; 51. Brandon Shultz, SN, 28:35; 54. Jeremy Fults, SN, 29:00; 59. John McCutcheon, OB, 29:20; 61. Bryan Bedford, SN, 29:26; 66. Ronnie Stafford, SN, 29:47; 67. Ryan Whitlock, SN, 29:50; 70. Kirk Johnson, SN, 30:03; 74. Greg Dixon, OC, 30:31; 76. Kenny Johnson, SN, 31:21; 77. Jeremy Hughey, OB, 31:34; 83. Bryan Hart, SN, 33:52; 84. Michael Dixon, SN, 34:56.

WOMEN

TEAM SCORING: 1. Southwestern Kansas 44; 2. Park 66; 3. Southern Nazarene 75; 4. Colorado College 96; 5. Oklahoma Baptist 109; 6. Oklahoma Christian 111; 7. Fort Hays State 132.

INDIVIDUALS: 1. Lisa Buller, SW, 18:37; 2. Maria Medina, Park, 18:50; 3. Sara Fry, CC, 19:05; 4. Hope Abbott, OC, 19:14; 5. Raquel Rios, SW, 19:16; 6. Meredith Shannon, SN, 19:19; 7. Heidi Metz, Park, 19:26; 8. Ashley Schultz, Bethany, 19:58; 9. Pam Richert, SW, 20:03; 10. Kim Winter, SN, 20:05; 11. Heidi Hull, SW, 20:12; 12. Krista Fish, CC, 20:17; 13. Linda Iglesias, NW, 20:20; 14. Christy Strickland, SN, 20:25; 15. Carmen Richert, Tabor, 20:26; 16. Kim Day, OB, 20:27; 17. Nicole McPherson, OC, 20:28; 18. Denise Noble, Park, 20:29; 19. Jennie Burkin, Mid America Nazarene, 20:36; 20. Jennifer Denton, FH, 20:44.

OTHER OKLAHOMA FINISHERS: 24. Leah Norton, SN, 20:59; 26. Lori Hogan, OB, 21:02; 30. Amanda Nelson, OC, 21:10; 31. Kimberly Armstrong, OB, 21:11; 36. Jessica Kintzel, OB, 21:29; 38. Tricia Jantz, OB, 21:36; 49. Cristine Butts, OC, 22:15; 53. Jessica Zapata, SN, 22:25; 54. Kandi Kitchens, SN, 22:37; 57. Misty Green, OC, 23:02; 65. Jyotika Johnson, SN, 25:04.

Arkansas Coaches School

FAYETTEVILLE, Ark.--U.S.A. Track & Field is sponsoring another Level I Coaches Education School at the University of Arkansas here, January 13-15, 1995.

The staff will include John McDonnell, head track and cross country coach University of Arkansas; Dick Booth, assistant track coach (field events) University of Arkansas; Steve Silvey, assistant track coach (sprints and hurdles) University of Arkansas, formerly coach of Blinn Junior College; Steve Thomas, head track coach University of South Alabama.

For further information contact: Steve Silvey, Clinic Director, U.S.A. Level I, P.O. Box 4501, Fayetteville, AR 72702. (501) 575-6848, FAX (501) 575-3716.

Cross Country Academic Achievement Awards

The Oklahoma Secondary Schools Activities Association announced the winners of the Cross Country Academic Achievement Awards at the 1994 State Championship awards ceremonies October 29th at Oral Roberts University's Mabee Center.

To be considered for the awards a team had to field a seven-member team at regionals. Plaques were also awarded to teams with grade point averages that put them in the upper ten per cent of all schools in their class with a minimum of 3.5 GPA required.

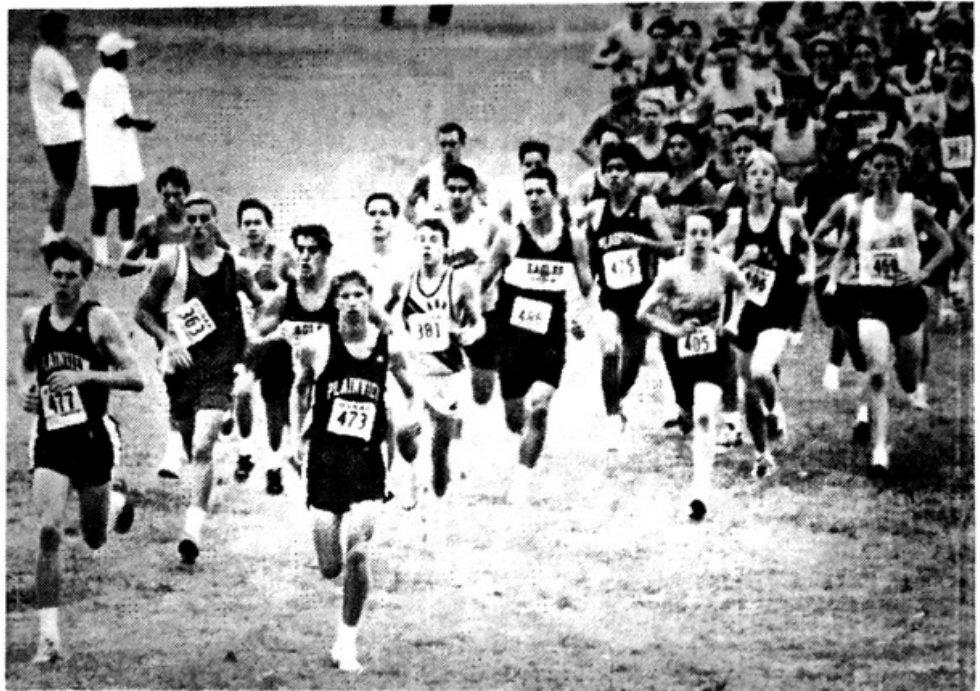
The Elgin girls had the highest grade point average (GPA) with a 3.93, edging out Plainview at 3.92 while the Stillwater boys had a 3.86 to top the boys list.

Boys

5A: Stillwater, 3.86; Shawnee, 3.54; Ponca City 3.50. 4A: Carl Albert, 3.40. 3A: Dickson, 3.42. 2A: Lindsay, 3.69; Keyes, 3.62; Hydro, 3.51.

Girls

5A: Edmond North, 3.88; Shawnee, 3.86; Edmond Memorial, 3.84; Sapulpa, 3.82. 4A: Catoosa, 3.81; Western Heights, 3.72; Kelley, 3.52. 3A: Elgin, 3.93; Plainview, 3.92; Purcell, 3.63. 2A: Turpin, 3.77; Hinton, 3.67; Velma-Alma, 3.66; Chisholm, 3.55.



3A BOYS RACE starts up the first hill. Photo by John Hoke

STATE MEET TEAM SCORING

2A Girls

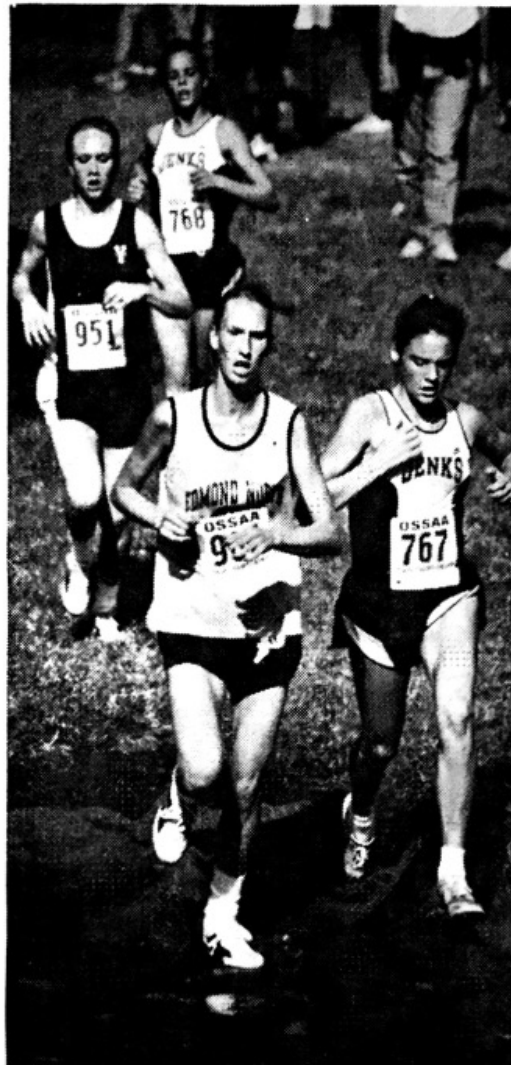
1. LEXINGTON, 3-14-16-22-25-(29)-(34)=80 (KRISTI BECKHAM, CASSY HAMMAN, KATIE ROLAND, BECKY BARBER, LARA HEISEY, CHANCE WHEELER, ELIZABETH LEWIS).
2. VELMA-ALMA, 4-6-17-24-33-(39)-(43)=84 (CRYSTAL FULLER, CHRIS LINKE, DANA SUTTON, MANDY SIMS, BRANDI CRUSE, NICI SAVILLE, MISSY THACKER).
3. CARNEGIE, 5-11-13-27-36-(51)=92 (AMANDA DAVIS, CAREY CAMPBELL, ANDREA HEAVENER, MISTY AHHAITY, MISTY WORLEY, DEEDRA TAINPEAH).
4. TAHLEQUAH SEQUOYAH, 9-10-20-32-45-(53)-(56)=116 (JANET NOFIRE, SUNNI WILSON, AMANDA DAVIS, REGINA WESLEY, COLENE WAGNON, DANA BUNNER, CARRIE NOFIRE).
5. LAVERNE, 12-15-23-26-40=116 (KILEY DEAL, ASHLEA BARBY, CARRIE HENNIGH, LEANN HENDRICKS, ARAINE HAMILTON).
6. OAKS MISSION, 7-8-31-49-66-(75)=161 (ANITA RAMIREZ, DELORES GARCIA, EMILY REASOR, CHERYL CUMMINGS, SHELLY DURANT, STACY O'FIELD).
7. CHISHOLM, 21-28-30-38-46-(52)-(54)=163 (KARI SAWYER, KELLI EHARDT, LINDSAY VOSS, BETH ANCELL, STEPHANIE DOUGLASS, AMANDA NELSON, JENNIFER PAZZO).
8. FORGAN, 2-37-44-55-70-(73)=208 (MELANIE FOSTER, LADONNA GAMER, MICHELLE LAND, LEANNE HENY, BRANDEE WILLIAMS, MYRNA LOPEZ).
9. TURPIN, 18-35-58-61-62-(67)-(71)=234 (KAYSHA HEADRICK, JACI RAE CHATHAM, RYLIE CARSON, ANNA FOSTER, JENA KOST, KRISTINA JANTZEN, SARA POPE).
10. KANSAS, 1-41-60-69-72-(74)=243 (AMY ARMER, SARINA WEBSTER, TRISHA STUBBLEFIELD, LORI TROGLIN, SALLY ALLEN, ALLISON LONGCRIER).
11. ALVA, 19-48-57-65-68=257 (HALAH LONG, COURTNEY ROE, AMANDA GATZ, WENDY KELLNER, MARISSA CHAFFEE).
12. KONAWA, 42-47-50-59-63-(64)=261 (LINDSAY NILES, LEAH SAVAGE, LAURA MILLICAN, DEE DEE FIXICO, JAMIE CAMPBELL, TERENDA MILLICAN).

2A Boys

1. LINDSAY, 3-5-9-10-15-(39)-(53)=42 (CHARLES CAMERON, MATT HOLCOMB, CHRIS HOYLE, STEVEN BRANCH, JOHN TAYLOR, BRAD MILLS, ZAC ELKINS).
2. TAHLEQUAH SEQUOYAH, 12-16-18-20-30-(35)-(42)=96 (CODY TSETHLEKIA, JARROD MOONEY, LEVI WACOCHÉ, DUSTY BUNNER, WILLIE WACOCHÉ, ACEE ALLEN, CHARLES BILLIE).
3. CHISHOLM, 8-14-19-27-28-(40)=96 (CHRIS SAWYER, SHAWN SAWYER, DEREK LIESER, RYAN NELSON, BRANT BISHOP, DUSTIN OSGOOD).
4. KEYES, 2-22-23-31-33-(50)-(61)=111 (RICKY HICKS, MARTIN, RUSTY DYE, BRIAN BARNUM, NATHAN TWYMAN, BART DURHAM, RYAN STAFFORD).
5. HYDRO, 1-6-11-51-55-(65)-(66)=124 (JARED BLACK, WALTER GINN, SHAWN KILLMAN, CURTIS MELTON, MICAH GLASSCOCK, MIKE GOOSEN, BILLY GUSTIN).
6. PRAGUE, 4-24-34-38-45-(46)-(48)=145 (SHAWN HICKS, CODY GRAHM, MICHAEL AFFENTRANGER, JARED WEBSTER, RYAN FRIEND, JARIER CORDEN, CHARLES THOMPSON).
7. LAVERNE, 7-32-37-41-43-(52)=160 (KALEB HENNIGH, DUSTIN BENTLEY, KIRK SPARKS, GABE THRASHER, CHARLEY BERENDS, BRIAN COOK).
8. TISHOMINGO, 13-25-44-47-56-(63)=185 (SCOTT HUTCHINGS, POL BOLLARD, B.J. RYAN, DAVID HARCROW, DAVID JOHNSON, JOEY ROUNSAVILLE).
9. HENNESSEY, 21-26-59-60-68=234 (SAMMY ANAYA, JULIAN ANAYA, JOE HLADIK, BRANDON PENDLETON, BRYAN REINSCHMEIDT).
10. RIPLEY, 17-36-57-58-69=237 (JOHN BUDD, ZAC CAZZELLE, CHANCE TOLES, SEAN SPIVA, TRENTON TUCKER).
11. HERITAGE HALL, 29-49-54-62-64-(67)=258 (SEAN STRICKLAND, DOUG VROOMAN, JOHN HARRINGTON, BRIAN CLAY, CHRIS KIRBY, ERIC RUFFET).



DAVID LAMPKIN, Dickson, 3A boys champion.



1994 STATE MEET--(left) Little Axe's defending champion Spud Blanchard leads the chase pack into the two-mile mark in 3A boys; (middle) Edmond North's Megan Toole leads Jenks' Kellie O'Rourke near the finish in 5A girls; (right) Claremore's Lawrence Shortbull leads John Marshall's Kevin Calhoun, Guthrie's Santon Jones and teammate Chris Ford near the mile mark in 4A boys. Photos by John Hoke

**Get All The
Results From Every
Track & Field Event
In The State!**

**Subscribe to
Oklahoma
Track & Field News!
PO Box 54679
Oklahoma City, OK
73154**

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

5A

Jocelyn Cannon, Bartlesville
Andrea Haley, Stillwater
Brenna Meisenburg, Stillwater
Debbie Dearman, Sapulpa
Stacie Ayers, Sapulpa
Primrose Lester, Muskogee
Carissa Nix, Jenks
Lindsay Nickens, Jenks

4A

Amanda White, Webster
Joni Adkerson, Elk City
Jacie McDaniel, Elk City
April Pirtle, Ardmore
Tina Plagman, Carl Albert
Jameka Roberts, John Marshall
Jennifer Elder, Durant

3A

Jennifer Johnson, Purcell
Mandi Staggs, Elgin
Leslie Boone, Weatherford
Stacie Burton, Tuttle
Leslie Curtis, Holdenville
Amanda Heath, Holdenville
Holly Christian, Byng
Neena Siddiqui, Jones
Brandi Roberts, Jones
Beth Choate, Jones

2A

Lindsay Niles, Konawa
Laura Millican, Konawa
Sunni Wilson, Tahlequah-Sequoyah
Courtney Roe, Alva
Anna Foster, Turpin
Delores Garcia, Oaks
Cheryl Cummings, Oaks
Shelly Durant, Oaks
LeAnn Hendricks, Laverne

Oklahoma vs. Arkansas Dual

Razorback Golf Course
Fayetteville, Arkansas
November 8, 1994

FAYETTEVILLE, Ark.—McGuinness' Ashley Boothe came within a couple of seconds of breaking the 11-minute barrier in the Oklahoma/Arkansas Open Dual held here on the University of Arkansas Razorback golf course November 8th and both the boys and girls would have won the team titles if team scoring had been kept. Little Axe's Jeremy Johnson took the boys individual title.

The race was held in an open format but pitted the best of Oklahoma against the best of Arkansas and the Okies came out looking great. It would not have even been close for the girls as Oklahoma put eight in the top ten with 4A state champ Boothe prevailing over 3A champion Sarah Harvey in their first-ever cross country meeting while 5A champ Melissa Flood of Moore finished fourth behind Guthrie's Brandi Woodard in third.

In the boys race it would have been much closer with both states sharing in the top ten and twenty equally. Johnson, state runnerup in 3A, won with a 16:27 with Norman's Jeff Baer in third at 16:32.

Girls (2 miles)

PROJECTED TEAM SCORE (10 per team scored): 1. Oklahoma 66; 2. Arkansas 192.

INDIVIDUALS: 1. Ashley Boothe, McGuinness, 11:01.9; 2. Sarah Harvey, Plainview, 11:09; 3. Brandi Woodard, Guthrie, 11:12; 4. Melissa Flood, Moore, 11:18; 5. Natalie Albaugh, Lake Hamilton, 11:27; 6. Nicole Monroe, Guthrie, 11:28; 7. Erin Larsen, Bryant, 11:32; 8. Kelly Long, McGuinness, 11:43; 9. Andrea DeLozier, Norman, 11:47; 10. Lacy Sanford, Plainview, 11:53; 11. Stephanie Adams, Norman, 11:54; 12. Chrissy Guild, Marlow, 11:55.3; 13. Emily McCulloh, Plainview, 11:55.9; 14. Shannon Lynch, Rogers, 11:56.2; 15. Cory Chastain, Cabot, 11:56.6; 16. Jessica Hoke, McGuinness, 11:58; 17. Stacy Selvidge, Harrison, 11:58; 18. Cory Dirickson, Elk City, 12:00; 19. Leah McCauley, Plainview, 12:02; 20. Melanie Lemons, Marlow, 12:04.

Boys (3 miles)

PROJECTED TEAM SCORE (10 per team scored): 1. Oklahoma 100; 2. Arkansas 110.

INDIVIDUALS: 1. Jeremy Johnson, Little Axe, 16:27; 2. Rob Wistrand, Rogers, 16:31; 3. Jeff Baer, Norman, 16:32; 4. David Carrol, Rogers, 16:39; 5. Matt Williams, Lake Hamilton, 16:40; 6. Jeremy Cleek, Guthrie, 16:51; 7. David McWhorter, Fayetteville, 16:57; 8. Joey Donnelly, Norman, 17:05; 9. Jon Taylor, Sheridan, 17:08; 10. Jared Black, Hydro, 17:14; 11. Brandon Lewis, Little Axe, 17:15; 12. Joe Rodriguez, Rogers, 17:16; 13. Ralph Dumas, Little Axe, 17:22; 14. Daniel McKinney, Davenport, 17:22; 15. Santon Jones, Guthrie, 17:23; 16. Landon Wehring, Batesville, 17:24; 17. Bob Dineen, Pulaski Academy, 17:24; 18. Aaron Jennen, Fayetteville, 17:25; 19. David Lampkin, Dickson, 17:27; 20. Scott Baber, Lake Hamilton, 17:31.



OKLAHOMA VS ARKANSAS DUAL TOP TEN PLACERS (one through ten, left to right, girls top). Photos by John Hoke

USATF State CC Championships

Tulsa O'Brien Park
11/13/94

TULSA—Results from the U.S.A. Track & Field State Cross Country Championships held here at O'Brien Park November 13th.

The top ten individuals and the top team qualify for the national championships to be held in Reno, Nevada, December 10th.

Young Women (17-18)

1. Debbie Dearman, Eastern OK TC, 21:26; 2. Stacie Ayers, Eastern OK TC, 21:47; 3. Rachel Marak, unatt, 23:46.17; 4. Sali Randall, unatt, 24:33.

Young Men (17-18)

1. Joey Donnelly, Southern OK RC, 17:06; 2. Michael Pense, Jenks TC, 17:33; 3. Randy Pifer, unatt, 17:41; 4. Charles Cameron, Southern OK RC, 17:43; 5. Matt Holcomb, Southern OK RC, 17:55; 6. Cory Clark, Southern OK RC, 17:55; 7. Jeffrey Ramming, Southern OK RC, 18:06; 8. Wes Womack, Southern OK RC, 18:50; 9. Danny Romo, Southern OK RC, 19:06; 10. Tony Dimauro, Tulsa TC, 19:23.

Youth Boys (13-14)

1. Jeremy Case, Tulsa TC, 14:12; 2. Eric Hopkins, Tulsa TC, 14:25; 3. Blake Abshire, Norman TC, 14:54; 4. Jason Dimauro, Tulsa TC, 15:10; 5. Matthew Dunham, Tulsa Spikes, 15:41; 6. Preston Wallace, Tulsa Spikes, 16:05; 7. Cody Sherrill, Eastern OK TC, 16:10; 8. Derek Smith, Eastern OK TC, 16:20; 9. William Arthur, Tulsa TC, 16:21.

Youth Girls (13-14)

1. Karla Hopkins, Tulsa TC, 15:10; 2. Kellie O'Rourke, Jenks TC, 15:57; 3. Lindsey Shelter, unatt, 16:18; 4. Jule Cardenas, unatt, 16:22; 5. Lauren Royall, Jenks TC, 16:49; 6. Elysia Jones, Jenks TC, 18:35; 7. Keri Chambers, Tulsa TC, 22:52; 8. Kelli Chambers, Tulsa TC, 24:39; 9. Andrea Basseur, Tulsa TC, 26:08.

Intermediate Girls (15-16)

1. Renee Ahlgen, Jenks TC, 20:02; 2. Amy Bratton, Ranger RC, 20:43; 3. Brandy Bratton, Ranger RC, 20:48; 4. Jamie Chambers, Ranger, RC, 22:28; 5. Melissa Bratton, Ranger RC, 22:56; 6. Krista Zachariae, Ranger RC, 22:57; 7. Amber Searcy, Tulsa TC, 24:26; 8. Lizzie Brown, Ranger RC, 26:23; 9. Sara Miller, Ranger RC, 26:26; 10. Kisha Jaffar, Ranager RC, 27:23.

Intermediate Boys (15-16)

1. Stephen Love, Eastern OK TC, 17:56; 2. Ben Lake, Eastern OK TC, 17:57; 3. Chad Niemann, unatt, 18:06; 4. Jason McDonald, Tulsa TC, 18:25; 5. Gary Witt, Jenks TC, 18:40; 6. David Metzger, unatt, 19:18; 7. Andrew Miller, unatt, 19:52; 8. Robert Franks, unatt, 21:12.

Midget Girls (11-12)

1. Natalie Barber, Jenks TC, 12:02; 2. Laura Keen, Jenks TC, 12:38; 3. Allison Vaughn, Jenks TC, 13:04; 4. Erin Blohm, Tulsa TC, 13:11; 5. Katie Blohm, Tulsa TC, 13:14; 6. Jennifer Lassiter, Jenks TC, 13:44; 7. Kalytn Brady, Jenks TC, 14:01.

Midget Boys (11-12)

1. Scott Caldwell, unatt, 11:03; 2. Chase Hall, Jenks TC, 11:32; 3. Daniel Littlebear, unatt, 11:39; 4. Michael Dixon, Tulsa TC, 11:52; 5. Jason Garner, Tulsa TC, 11:56; 6. Daniel Searcy, Tulsa TC, 13:12; 7. Adam Wilson, Jenks TC, 16:06; 8. Nichols Madsen, Tulsa TC, 16:24.

Bantam Girls (9-10)

1. Rachel Barber, Jenks TC, 12:40; 2. Alayne Thompson, Jenks TC, 14:03; 3. Melissa O'Rourke, Jenks TC, 14:27; 4. Brooke Hastings, Jenks TC, 14:28; 5. Hillary Dees, Tulsa TC, 14:40; 6. Ashley Deal, Tulsa TC, 14:42; 7. Tiffany Dixon, Tulsa TC, 15:20; 8. Hannah Kocik, Tulsa TC, 15:34; 9. Amanda Jones, Jenks TC, 16:06; 10. Mallory Hall, unatt, 17:12.

Bantam Boys (9-10)

1. James Whitley, Tulsa TC, 12:26; 2. Chris Snider, unatt, 12:37; 3. Heston Parker, Tulsa TC, 12:40; 4. Andrew Searcy, Tulsa TC, 12:49; 5. Paul Thomas, Tulsa TC, 13:58; 6. Joshua Paston, Tulsa TC, 14:41; 7. Aaron Mays, Jenks TC, 14:41; 8. Joshua Bakelaar, Tulsa TC, 14:53; 9. Christopher Jones, Jenks TC, 16:29.