

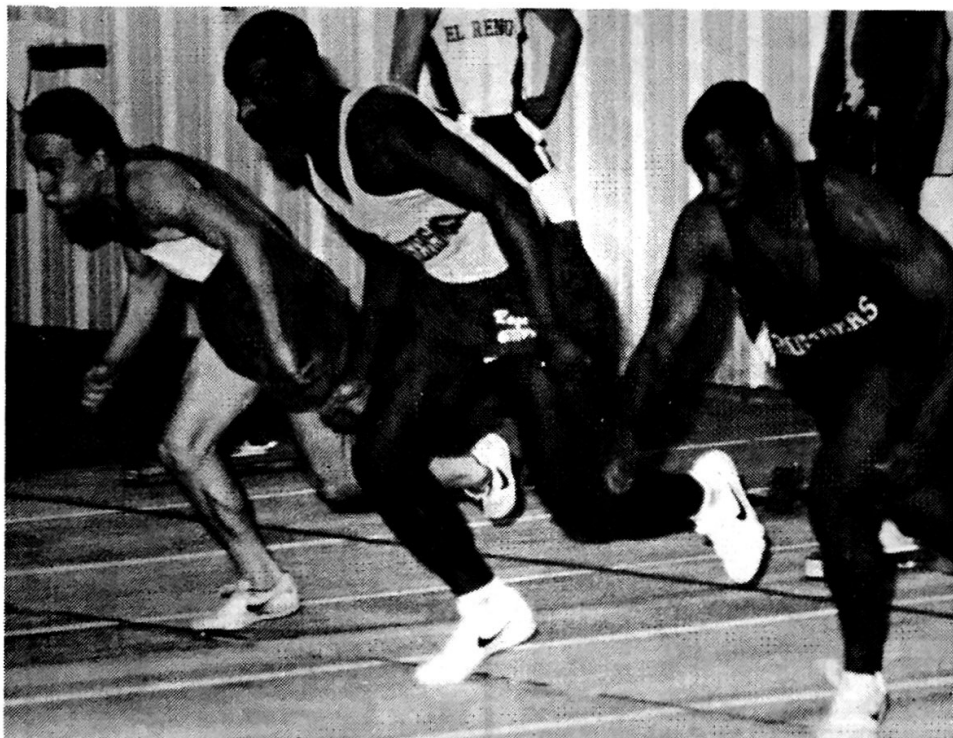
# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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February 28, 1995



*OKLAHOMA'S TOP SPRINTER--Demetrius Birch (center) speeds away from the start in the Prague-Little Axe Indoor Meet in Shawnee, January 27th. Birch--a transfer to Will Rogers from B.T. Washington--won the 55 meter dash with a clocking of 6.12 and then came back two weeks later to take the State Indoor title with a 6.32. Photo by John Hoke*

## 1995 High School Track Preview 5A--4A--3A

*By John Hoke, Editor*

Oklahoma TRACK & FIELD NEWS is starting its third season covering Oklahoma high school track and I'm getting a much better grip on what's going on. However, I'm still not getting a very good return on TEAM REPORTS, which, unfortunately, is where most of the information for this preview comes from so the team predictions are a bit scary at this point.

The state meets are still over two months away and basketball--where many sprinters lurk in the winter--is just beginning to wind down so look for some significant changes as the season gets underway in March. Individually I've tried to identify as many returning champions as possible and apologies go to those that were missed but I didn't have your coaches TEAM REPORT, so let him hear about it!

### 5A Boys

Norman won on overall team balance last year and gets the nod to do it again this year, especially after an outstanding performance in the State Indoor Meet. Edmond North, tied for second in 4A last year, moves up and will definitely be a force to be reckoned with. B.T. Washington, the early favorite last year, lost outstanding sprinter Demetrius Birch to Will Rogers, but the Hornets have a deep pool of talent and are certain to be in the hunt. Moore and Jenks both have some outstanding individuals and should be factors in the team race.

Birch is the only returning champion, finishing first in the 100 and second in the 200 after winning both the year before. Edmond North's Tabor LeBlanc, discus, and Ben Schadegg, long jump, won 4A titles last year.

### 5A Girls

B.T. Washington returns its complete winning 400 and 800 relay teams of Melody Hanson, Tamara Bell, Heather Burns and Kim Schumpert. Schumpert and Burns were individual champs as well in

Continued on page 5

**WHAT'S INSIDE:  
Sooner State Indoor Meet  
Last Chance Indoor  
Oklahoma/Arkansas Dual  
Prague-Little Axe Indoor  
AAU Cross Country  
National HS Indoor  
OTCA Indoor**

**Next Issue: March 17**

# On TRACK

By John Hoke, Editor

Take a deep breath! Here we go again--it's track season!

This will be our third season of covering track & field in Oklahoma and already I can tell that we will have considerably more material to cover this year from results and photos to collegiate happenings and more features. All the above will require more space and, unfortunately, be more expensive but, during the break between cross country and track season, the Oklahoma TRACK & FIELD NEWS acquired status with the U.S. Postal Service as an official second class publication.

Now that we can mail issues at second class rates--a class of mail set up by Congress and reserved only for periodicals--the weight of each issue will not be as critical as before and we can devote more pages to cover the track and cross country happenings in Oklahoma. Within Oklahoma the delivery service should be about the same and for those subscribers elsewhere, it may take a few extra days.

The season's first meets will get underway the weekend of March 3-4-5 and we will be bringing you the results of the first two weeks of competition in the next issue, as well as the preview of the 2A-A-B classes. Coaches and meet directors: it is VERY IMPORTANT that full results be FAXed to us as soon as possible after the meet is over. No individual performances will be considered for the individuals listings if the meet's results are not already in our files. TEAM REPORTS were mailed in January and if you haven't already returned it, now is the time to do so. These reports give us the correct spelling and class year of your athletes and are very important to producing an accurate and timely publication.

We are in the process of contacting all the daily and weekly newspapers in the state in an attempt to get them to use the team and individual rankings that will appear in each issue once the season gets under way. We have offered to FAX the rankings at no charge as long as the newspaper has a subscription. Contact your local paper and encourage them to take us up on this offer if you want to see these rankings in your home town paper.

I attended the Oklahoma Track Coaches Association Mid-Winter Clinic in Norman at the end of January and was very impressed with the attendance and enthusiasm shown by our state's high school coaches. They also took a significant step towards ensuring the success of the OTF&N by voting to include a subscription with the dues beginning with the next school year. The coaches association does an incredible amount of work sustaining and promoting track and cross country in Oklahoma and every coach in the state should be a member of their professional organization.

Other benefits of being a member of the OTCA include: summer and mid-winter clinics; eligible to receive coaches service awards, coach of the year awards, induction into the Hall of Fame, coach one of the All-Star teams (Oklahoma/Arkansas duals, Great Southwest Classic); coach's athletes eligible to participate in the State Indoor Meet or be on one of the All-Star teams and receive senior All-Star awards.

Speaking of the All-Star teams. The coaches for the second annual Oklahoma vs. Arkansas dual were chosen at the clinic (story in this issue) and they want to hear from anyone that wants to nominate an athlete. Last year we took over 100 athletes and we could have taken 120. This is a great opportunity for our kids, lets make sure that anyone that wants a chance to compete in this meet gets the chance. More on the selection of the Great Southwest Classic teams in upcoming issues.

Many readers may not be aware of my wrestling background but I still pay pretty close attention to my original sport. Anyway, I was reading the results of the state wrestling meets when a familiar track and cross country name jumped out rather prominently--Madill's 3A defending 800 meter champion, Steve Elkins, became only the eighth wrestler in state history to capture a fourth state championship. Elkins is being recruited--as a wrestler, no doubt--by OU, North Carolina and Nebraska, all top ten programs in the nation. Good luck Steve!

Oklahoma TRACK & FIELD NEWS (ISSN 1080-8566) 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. Second class postage paid in Oklahoma City, OK.

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## OKLAHOMA TRACK COACHES ASSOCIATION OFFICERS

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# Sooner State Games Indoor Track Meet

Oklahoma City Myriad Center  
1/29/95

OKLAHOMA CITY--Athletes from all over Oklahoma and 12 other states from California to Massachusetts competed in the first Sooner State Games Indoor track meet held here in the Myriad Convention Center January 29th. Runners competed on the 160-meter banked board track, the same one used in the Daily Oklahoman's Track Classic two weeks later.

The meet highlight--certainly receiving the most media coverage--was the Women's 90 & Over shot put where 100 year-old Margaret White of Turpin heaved the shot a record 11 feet. All marks were meet records since it is the first SSG Indoor Meet.

## Women 14-15

55: 1. Rebecca Mason, McLoud, 8.0; 2. Kayla Bellmon, Waynoka, 8.2; 3. Amber Statts, Marlow, 8.4. 55H: 1. Leslie Mennem, Medford, 10.5. 400: 1. Staats, 1:07.8. 1500: 1. Alicia Towers, Owasso, 5:46.2. 1500 Race Walk: 1. Towers, 7:56.7. Long Jump: 1. Bellmon, 14-9.75; 2. Statts, 13-5.5. High Jump: 1. Leslie Mennem, Medford, 4-10.5; 2. Vanessa Hill, Norman, 4-8.75; 3. Bellmon, 4-6.75.

## Women 16-17

55: 1. Erin McDanel, Stillwater, 8.4. 55H: 1. Dena Dial, Marlow, 9.6. 400: 1. Dena, 1:09.4; 2. Janelle Hett, Hunter, 1:14.9. Shot: 1. Stefanie Spurlin, Edmond, 25-11.5. Long Jump: 1. Dial, 14-10; 2. Jennifer Patzkowski, Fairview, Shot: 1. Stefanie Spurlin, Edmond, 25-11.5.

## Women 25-29

1500 Race Walk: 1. Molley Lavacek, Wichita, KS, 7:29.3

## Women 35-39

1500 Race Walk: 1. Becky Comeaux, New Iberia, LA, 7:17.9

## Women 45-49

55: 1. Sherri Stoneberger, Fremont, CA, 10.0. 200: 1. Stoneberger, 36.1. 1500: 1. Kathy Frable, McKinney, TX, 6:59.9. 1500 Race Walk: 1. Frable, 7:59.8.

## Women 50-54

55: 1. Nina Bryant, Midwest City, 9.6. 200: Bryant, 37.6. 1500 Race Walk: 1. Marjorie Lovin, Ada, 8:21.5.

## Women 55-59

Shot: 1. Sue Tunncliff, Edmond, 21-3.25. Long Jump: 1. Tunncliff, 9-9.5.

## Women 60-64

55: 1. Jean Cobb, Choctaw, 10.7. Shot: 1. Cobb, 20-11.25. Long Jump: 1. Cobb, 9-11.25.

## Women 90 & Over

Shot: 1. Margaret White, Turpin, 11-0.

## Men 14-15

55: 1. Jason Maloy, Kingfisher, 7.0; 2. Jarrod Samples, El Reno, 7.2; 3. Rusty Greathouse, McAlester, 7.5. 55H: 1. Maloy, 8.7. 400: 1. J.C. Hendricks, Enid, 56.5; 2. Jerry Amsler, Enid, 58.5. 1500: 1. Timothy Morgan, Vinita, 5:03.0; 2. Jarrod Samples, El Reno, 5:07.9; 3. Shane Pratt, Okla. City, 5:35. Shot: 1. Jesse Chavertat, Edmond, 35-7.75; 2. J.C. Hendricks, Enid, 35-3.75; 3. Matthew McRorie, Edmond, 27-11. Long Jump: 1. Amsler, 18-10.75; 2. Maloy, 17-6.25. Pole Vault: 1. Joshua Dial, Marlow, 11-5.75.

## Men 16-17

55: 1. Josh Hallman, Okla. City, 6.6; 2. Virgil Maddox, Lawton, 6.7; 3. Edward Herndon, El Reno, 7.5. 400: 1. Maddox, 53.6; 2. Johnathan Ashley, Edmond, 53.9. 1500: 1. Chris Corbin, Enid, 4:40.9; 2. Michael Simms, Enid, 4:43.3; 3. Rodney Pipkin, Marlow, 4:49.8. Shot: 1. John Fitzgerald, Okla. City, 48-4; 2. Josh Kay, Wynnewood, 47-3; 3. Bryan Holeman, Edmond, 38-0. Long Jump: 1. Herndon, 15-9. High Jump: 1. Patrick Couch, Okla. City, 6-2;

2. Darnell Williams, Edmond, 5-11.5; 3. Nathan James, El Reno, 4-6.75. Pole Vault: 1. James, 10-11.75.

## Men 18-24

55: 1. Cole Golden, McAlester, 6.6; 2. Jerry Caughman, Sallisaw, 7.4. 200: 1. Golden, 23.9; 2. Caughman, 24.8. 1500: 1. Billy Miller, Okla. City, 4:19.9; 2. Jason Owens, Owasso, 4:20.7; 3. Zac Cazzelle, Stillwater, 4:39.8. Shot: 1. Jason Martin, Enid, 50-8.75.

## Men 25-29

Pole Vault: 1. Terry Womack, Okla. City, 17-9.

## Men 30-34

55: 1. Phillip Koons, Tuttle, 7.1; 2. James Farris, Okla. City, 7.4. 200: 1. Ronald Hudson, Colleyville, TX, 24.7; 2. Farris, 26.5. 400: 1. Freddie Wilson, Okla. City, 51.0; 2. Farris, 1:03.7. Shot: 1. Tom Arrington, Edmond, 46-2.5.

## Men 35-39

55: 1. (tie) Jay Mathis, Cordova, TN, and Fred Mills, Okla. City, 7.1; 3. (tie) David Hunt, Chandler, and Cecil Noble, Ft. Worth, TX, 7.8. 55H: 1. Ken Ellis, Okla. City, 8.3. 200: 1. Michael Houston, Edmond, 23.2; 2. Mathis, 23.7; 3. Mills, 24.4. 400: 1. Mathis, 52.6; 2. Houston, 53.2; 3. Mills, 53.9. 1500 Race Walk: 1. Michael Chapman, Tulsa, 8:21.5. Shot: 1. Ken Ellis, Okla. City, 38-3.5; 2. Cecil Noble, Ft. Worth, TX, 37-9.5. Long Jump: 1. Allen Blaylock, Okla. City, 17-10.75; 2. Hunt, 15-7. Triple Jump: 1. Hunt, 28-9. High Jump: 1. Ellis, 5-9.75. Pole Vault: 1. David Swezy, Tulsa, 15-5.75; 2. Ellis, 13-11.75.

## Men 40-44

55: 1. Tom Thompson, Lindale, TX, 7.0; 2. (tie) Neal Combs, Inman, KS; Thomas Acrey, Midland, TX; and Andrew Mason, Killen, TX, 7.1. 55H: 1. Combs, Inman, 8.4; 2. Robert Hahn, Tyler, TX, 9.2; 3. Sergio Angulo, Eagle Pass, TX, 9.5. 200: 1. Thompson, 24.3; 2. Combs, 25.0; 3. Jim Dolezel, Midwest City, 25.4. 400: 1. Thompson, 53.5; 2. Ricky Easley, Greenville, TX, 54.2; 3. James Reppert, Dallas, TX, 56.7. 800: 1. Easley, 2:04; 2. Bill Boyce, Wamego, KS, 2:10.0; 3. James Reppert, Dallas, TX, 2:15.7. 1500: 1. Anthony Colen, Garland, TX, 4:43.1; 2. Steve Calonkey, Norman, 5:26.1. Shot: 1. Kenneth Hogan, Norman, 37-6.5; 2. Keith Culver, Jay, 28-10.25. Long Jump: 1. Combs, 18-7; 2. Acrey, 17-5.5; 3. Dolezel, 16-8.5. Triple Jump: 1. Dolezel, 33-11.25; 2. Sergio Angulo, Eagle Pass, TX, 31-11.25. High Jump: 1. Dolezel, 4-11.75; 2. Acrey, 4-9.75.

## Men 45-49

55: 1. Mike Steinmetz, Tulsa, 7.5; 2. (tie) Kirby Hodge, Little Rock, AR, and Fred Johnston, Fremont, CA, 7.6. 55H: 1. Johnston, 8.4. 200: 1. Steinmetz, 27.1. 400: 1. Keith Culver, Jay, 1:14.1; 800: 1. John Hoke, Okla. City, 2:26.9. 1500: 1. Hoke, 5:23.4; 2. Norm Frable, McKinney, TX, 6:13.8. 1500 Race Walk: 1. Frable, 7:07.1; 2. William Penner, Stockton, CA, 7:10.7. Triple Jump: 1. Bob Everoski, Halstead, KS, 27-7.5. High Jump: 1. Culver, 4-4; 2. Everoski, 4-2; 3. Frable, 4-2.

## Men 50-54

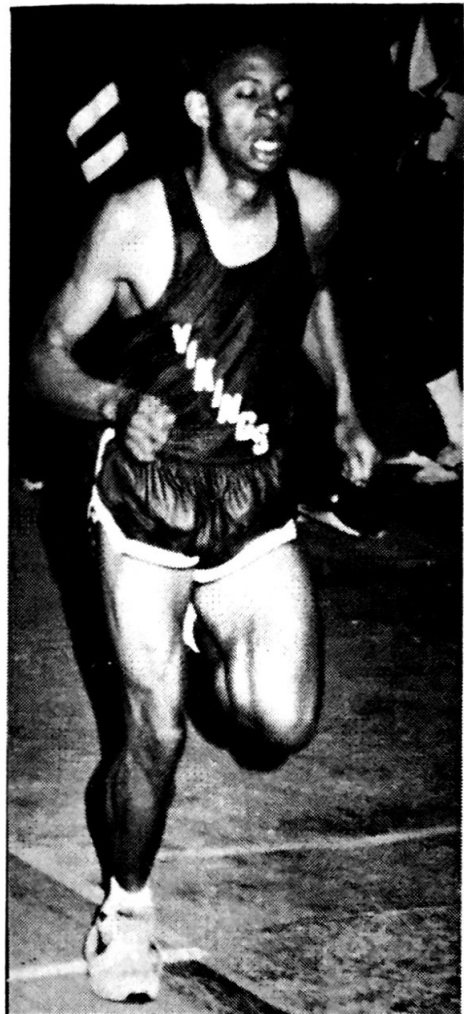
55: 1. Ben Lane, Little Rock, AR, 8.1. 200: Sam Pfenning, Hobart, 33.5. 1500: 1. James McLatchie, Houston, TX, 5:01.8. Shot: 1. Ron Rainey, Carrollton, TX, 38-6.25. Long Jump: 1. Lane, 13-11.75; 2. Sam Pfenning, Hobart, 13-0.75. Triple Jump: Pfenning, 24-6.5. High Jump: 1. Pfenning, 4-4.

## Men 55-59

55: 1. (tie) Jimmy Weaver, Ft. Worth, TX; Wayne Bennett, Arlington, TX; and Dale Lance, Tulsa, 7.5. 55H: 1. Charley Miller, Bedford, TX, 8.4; 2. Lance, 8.7. 200: 1. Weaver, 26.3; 2. Bennett, 26.8; 3. Thornton Shelton, Independence, KS, 28.0. 400: 1. Mack Stewart, Katy, TX, 1:00.5; 2. Bennett, 1:04.9; 3. Roy Kelly, Norman, 1:41.9. 800: 1. Stewart, 2:32.8; 2. Kelly, 3:28.3. 1500: Kelly, 7:36.9. 1500 Race Walk: 1. Jim McFadden, Coweta, 7:45.2; 2. Kelly, 9:35.4. Long Jump: 1. Lance, 18-7.75; 2. Wayne Skartwed, Midwest City, 12-10; 3. Larry Carter, Aurora, CO, 12-7.25. Triple Jump: 1. Carter, 28-0.25. High Jump: 1. Carter, 4-7.75; 2. Lance, 4-7.75; 3. Skartwed, 3-11.5.

## Men 60-64

55: 1. Joe Hemler, Baltimore, MD, 7.6; 2. (tie) Bob Santine, Hulbert; Vern Schewe, Lake St. Louis, MO; Jim Mathis, Memphis, TN; and Charlie Richard, Lafayette, LA, 8.0. 200: 1. Hemler, 26.1; 2. Mathis, 27.3; 3. Ian Goldfoot, Houston, TX, 28.0. 400: 1. Mathis, 1:01.9. 800: 1. Charles Wimberly,



NORTHEAST'S Cornelius Mason won the 1600/3000 double in the State Indoor meet and will be back to defend his 4A titles on the track again this season. Photo by John Hoke

Kenner, LA, 2:22.1. 1500: 1. Wimberly, 5:10.1. Shot: 1. Wendell Palmer, Pampa, TX, 42-6.25; 2. Tom Wesselowski, Wichita, KS, 40-10.25; 3. David Foerster, Okla. City, 33-4.75. Long Jump: 1. Richard, 15-3.5; 2. Hemler, 15-0.75; 3. Schewe, 13-9. Triple Jump: 1. Richard, 34-9. High Jump: 1. Bill Pardue, Ft. Worth, TX, 4-2.

## Men 65-69

55: 1. James Stookey, Dickerson, MA, 7.7; 2. Bob Alexander, Memphis, TN, 8.0; 3. Andy Anderson, Albuquerque, NM, 8.3. 55H: 1. Stookey, 10.2. 200: Stookey, 27.2; 2. Anderson, 29.0; 3. Alexander, 29.6. 400: 1. Alexander, 1:08.2; 2. Anderson, 1:08.7. Shot: 1. Floyd Jack, Dewey, 35-10.5; 2. Engel Grow, Edmond, 35-1.75. Long Jump: 1. Stookey, 15-1.25; 2. Floyd, 8-11.5. Triple Jump: 1. Stookey, 32-10.5. High Jump: 1. Stookey, 4-7.75.

## Men 70-74

55: 1. Tim Murphy, Irving, TX, 8.2; 2. Ray Womack, Tyler, TX, 9.1; 3. Bob Warwick, Tulsa, 10.0. 55H: 1. Womack, 11.2; 2. Warwick, 12.7. 200: 1. Murphy, 30.1; 2. Warwick, 40.2. Shot: 1. Shepard Miers, Tulsa, 41-5.25; 2. A.T. Richeson, Shawnee, 33-4; 3. Doc Bennett, Stonewall, 25-6. Long Jump: 1. Warwick, 10-9.25; 2. Bennett, 10-3.25. Triple Jump: 1. Bennett, 20-4.25. High Jump: 1. Murphy, 3-10; 2. Bennett, 3-8.75; 3. Warwick, 3-7.75.

## Men 75-79

1500 Race Walk: 1. Don McCune, Stafford, KS, 9:50.5. Shot: 1. Scott Herman, Wichita, KS, 39-0.25.

## Men 80-89

55: Jeremiah Gaines, Chesapeake, VA, 9.9. Shot: 1. Gaines, 21-6. Long Jump: 1. Gaines, 7-5.





EDMOND NORTH'S Megan Toole clears the bar in the Prague-Little Axe Indoor meet January 27th en route to a first place finish with a jump of 5-5. Toole is the defending 4A high jump champion but Edmond North moves up to 5A this year. Photo by John Hoke

## Last Chance Indoor

Oklahoma Christian  
Edmond 2/18/95

TEAMS: UCO-Central Oklahoma; OCUSA-Oklahoma Christian; SNU-Southern Nazarene; OBU-Oklahoma Baptist; SWOSU-Southwestern Oklahoma State; SWKS-Southwest Kansas.

### Men

**55:** 1. Joe Aska, UCO, 6.42; 2. Denton Williams, OBU, 6.44; 3. Rod Washington, OC, 6.45.  
**55H:** 1. Scott Huston, OCUSA, 7.86; 2. Stanley Ridley, UCO, 7.87; 3. Josh Stowe, 8.04.  
**200:** 1. Emanuel Kharigub, OBU, 22.0; 2. Larry McFarlin, OBU, 22.2; 3. Xavier Whiataker, SWKS, 22.5.  
**400:** 1. Zepee Mbertuana, OBU, 48.65; 2. Justin Watkins, SWKS, 49.88; 3. Guendell Miller, UCO, 51.59.  
**800:** 1. Abel Kahuni, UCO, 1:52.8; 2. Ray Strauss, OBU, 1:54.3; 3. Larry Digby, OBU, 1:56.2.  
**Mile:** 1. Martin Reid, OBU, 4:18.6; 2. Dudley Dawkins, OBU, 4:20.7; 3. Jeremy Hughes, OBU, 4:28.1.  
**Mile Relay:** 1. OBU A, 3:19.45; 2. OBU B, 3:21.75; 3. UCO A, 3:25.22.  
**2-Mile Relay:** 1. OCUSA, 8:00.2; 2. SWKS, 8:07.9.  
**3,000:** 1. Chance Rush, OBU, 8:33.9; 2. Jim Tucker, SWKS, 8:46.0; 3. Preston Richert, SWKS, 9:05.2.  
**Shot:** 1. Nate Schlinke, UCO, 50-10.5; 2. Howard Spencer, SWKS, 50-0.5; 3. Tyree Myles, SWKS, 48-2.5.  
**35lb Weight Throw:** 1. Wade Harelson, OBU, 43-9.5; 2. Richard Malone, SWKS 36-4.5; 3. Scott Jagodzinske, SWKS, 36-4.5.  
**Pole Vault:** 1. Jeremy Baskett, SNU, 14-9; 2. Ben Daniel, SNU, 12-6.  
**Long Jump:** 1. Gary Kidd, SWKS, 22-2.5; 2. Shane Gonzales, OBU, 21-5.5; 3. Robert Powell, UCO, 21-0.25.  
**High Jump:** 1. Emanuel Kharigub, OBU, 6-9; 2. Travis Veatch, SNU, 6-4; 3. Lance Knight, UCO, 6-0.  
**Triple Jump:** 1. Billy Payne, UCO, 40-10; 2. Robert Powell, UCO, 39-7; 3. Wes Adams, SNU, 38-8.



### Women

**55:** 1. Stephanie Horne, OCUSA, 7.36; 2. Jennifer Sonaggera, SNU, 7.49; 3. Karla Griffin, SWKS, 7.50.  
**55H:** 1. Chertcka Bartells, UCO, 8.70; 2. Christian Maloney, OCUSA, 9.30; 3. Heather Rucker, SWKS, 9.42.  
**200:** 1. Gilliane Quirin, OBU, 25.6; 2. Stephanie Horne, OCUSA, 26.2; 3. Jennifer Sonaggera, SNU, 26.5.  
**400:** 1. DeShawn McCrary, UCO, 59.33; 2. Stephanie Gonzales, SWKS, 60.01; 3. Leah Norton, SNU, 62.88.  
**800:** 1. Heather Mayberry, OCUSA, 2:28.8; 2. Stepheny Berry, SWKS, 2:30.8; 3. Millissa Greet, SWKS, 2:31.2.  
**Mile:** 1. Raquel Rios, SWKS, 5:26.3; 2. Kim Winter, SNU, 5:39.4; 3. Pam Richert, SWKS, 5:47.9.  
**3,000:** 1. Lisa Buller, SWKS, 10:36.2; 2. Raquel Rios, SWKS, 10:40.0; 3. Christy Strickland, SNU, 11:36.5.  
**5,000:** 1. Kate Jenkins, UCO, 18:56.7.  
**Mile Relay:** 1. SWKS A, 4:07.34; 2. UCO A, 4:07.36; 3. UCO B, 4:22.47.  
**2 Mile Relay:** 1. SWKS, 10:08.4; 2. SNU, 10:18.6.  
**Shot Put:** 1. Marcle Corace, SWKS, 37-8; 2. Lottie Eubanks, OCUSA, 37-5; 3. Jamie Walker, OCUSA, 33-10.5.  
**Long Jump:** 1. Stephanie Horne, OCUSA, 18-0; 2. Jennifer Sonaggera, SNU, 17-0; 3. Millisa Pickertign, SWKS, 15-11.5.  
**Triple Jump:** 1. Millisa Pickertign, SWKS, 33-6; 2. Kristi Redding, UCO, 32-10.5; 3. Shelly Conrad, SNU, 31-0.  
**High Jump:** 1. Shelly Conrad, SNU, 5-1; 2. Chertcka Bartells, UCO, 5-1.

## Oklahoma vs. Arkansas Track Dual

The Second Annual Oklahoma vs. Arkansas Track Dual sponsored by the Oklahoma Track Coaches Association is scheduled to be held Saturday, May 20th in Ft. Smith, Arkansas. Last year's meet saw both Oklahoma teams edge their Arkansas counterparts for the team titles and over 200 athletes competed altogether.

Slots on the team are open to any Oklahoma track or field athletes whose coach is a member of the Oklahoma Track Coaches Association. Head boys coach is Mark Heard of Elk City and for the girls it is Ardmore's LeAnn Musgrove and Edmond North's Tom Snyder. Nominations with the season's three best performances should be made to the appropriate event coach (listed below) by April 24th.

### Boys Coaches

Head Coach: Mark Heard, 1411 Lynnwood Dr., Elk City, OK 73644, (405) 225-5048. Sprints/4x100 Relay: Steve Patterson, 1605 Pebble Creek Blvd, Edmond, OK 73003, (405) 359-6114. Hurdles/4x400 Relay: Carl Hawkins, 2118 West Edmond Rd., Edmond, OK 73003, (405) 341-9149. Distance/4x800 Relay: Open. Throws: Rex Cornelson, 1713 Eagle Nest Dr., Norman, OK 73071, (405) 321-4668. Jumps: Jim Blevins, 810 North 8th St., Fairview, OK 70707, (405) 227-2945.

### Girls Coaches

Head Coaches: LeAnn Musgrove, 2000 7th N.W., Ardmore, OK 73401, (405) 223-6373 and Tom Snyder, 215 W. Danforth, Edmond, OK 73003, (405) 340-1367. Sprints/4x100 Relay: Charles Butler, (Wynnewood H.S.) 209 Terrace Dr, Pauls Valley, OK 73095. 400/800: Steve Lancaster, Pond Creek-Hunter H.S., Box 56, Pond Creek, OK 73766. Distance: Jerry Naylor, Plaiview H.S., 1140 S. Plainview Rd., Ardmore, OK 73401. Hurdles: Jerry Loveall, Velma-Alma H.S., Rt. 3 box 201A, Duncan, OK 73533. Throws: Bret Rider, Beaver H.S., Box 66, Beaver, OK 73932. 4x400/4x800 Relays: Charles Anderson, Laverne H.S., Box 40, Laverne, OK 73848. Jumps: Mike Gray, Duncan H.S., P.O. Box 1548, Duncan, OK 73534. Triple Jump: Dan Zeroski, (Stillwater H.S.) 1224 N. Husband, Stillwater, OK 74075.

## Foster Harrington Dies

Former John Marshall and Temple track and cross country coach, Foster "Coach" Harrington, died the week after the state meet at the age of 82 from complications arising from pneumonia.

Harrington, a volunteer coach at John Marshall since his retirement, ran for Oklahoma A & M in the 1930s and is an inductee into the Oklahoma Track Coaches Hall of Fame. He dedicated his life and career to cross country and track and will be sorely missed by the sport.



# Track Preview

Continued from page 1

the 200 and 100 hurdles respectively, which makes the Hornets look mighty tough again. Union, second last year, loses the phenomenal Lucretia Mays but returns shot/discus double winner Leslie Schlegel and several other outstanding individuals. Norman looked strong in the indoor meet and will be strong in the middle and distance events again. Moore and Jenks are teams to be watched here, too.

Stillwater's Andrea Haley returns to defend her 800 title and 4A high jump champion Megan Toole of Edmond North moves up.

## 4A Boys

With Edmond North moving up to 5A it leaves John Marshall the early favorite here. The Bears took the indoor meet handily and look to be real strong from the sprints through the middle distances. 300 hurdles champion Justin Matthews is their only returning champion but they have several other outstanding individuals. It is anybody's call on the rest of the field with very little to go on at this point.

Douglas returns 100/200 double winner Detrick Marsh and 1600/3200 double winner Cornelius Mason from Northeast is back as well. Pryor's Ryan Birkenfeld is back to defend his 800 title.

## 4A Girls

Ardmore graduated only one member of last year's championship team that ended powerful John Marshall's virtual strangle-hold on the 4A girls team title. However, don't look for the Bears to go whimpering into the woods. By the time the state meet rolls around coach Clyde Ellis will have put together another outstanding team, led by senior Jameka Roberts, last year's 800 winner and the 400/800 champ in '93. The Bears also return 200 champ, Shan Brown and '93 triple winner, Talea Wisby, was back in the lineup at the indoor meet.

McGuinness will be hoping Marshall and Ardmore beat each other up enough to sneak in the back door but Altus, down from 5A, could be a factor as well.

The Irish return defending 1600/3200 champ Ashley Boothe as well as '93 1600/3200 winner, Jessica Hoke. Guthrie's Nicole Monroe is the only other returning winner (400) but she may miss the early part of the season due to an injury.

## 3A Boys

Defending champion Idabel has tradition and will always be a state championship contender. They were impressive in the indoor meet and return 110 hurdle champion Charles Austin. Okmulgee has been at the top or close for the past several seasons and will probably be up their again. Ada, third last year, moves up to 4A while Weatherford and Catoosa had a good showing at the indoor meet and look to be on track for great seasons.

Other returning champions: Steve Elkins, Madill, 800; Jared Lovett, Marlow, 3200; Calvin Russell, Jones, 300 hurdles; and Brian Ailey, Grove, discus.

## 3A Girls

Plainview ran away with the title again last year with incredible team depth and

should do the same again this year. Millwood has phenomenal sprinters but lacks strength in the upper distances. The Falcons return their full winning 400/800/1600 relay lineups in Shlaunda Hayes, Jackie Littlepage, Taquana Benson and Jennifer McMillan. Hayes was also an individual winner in the 100. Marlow and Okmulgee look to be in the top of the team race and Weatherford and Watonga looked really good in the indoor meet.

The Indians' distance ace, junior Sarah Harvey, will be defending her two-time wins in the 1600 and 3200 with teammate Lacey Sanford, the 800 winner the past two years. Tecumseh's 100 hurdle winner, Tiah Ryan returns to defend her title.

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# Prague-Little Axe Indoor Meet

Shawnee Exposition Center  
1/27-28/95

**SHAWNEE**—A bunch of teams took the opportunity to try out the 152-meter board track set up here in the Shawnee Exposition Center during the annual Prague-Little Axe Indoor Meet January 27-28. The format for the meet was basically the same as the one used for the Oklahoma Track Coaches Association State Indoor Meet held in the same facility two weeks later. No team scores were kept.

## 5A Boys

**55:** 1. Birch, Rogers, 6.16; 2. Tanghow, Norman, 6.35; 3. Hallman, Putnam City, 6.52; 4. Eddens, Midwest City, 6.60; 5. Lakins, Choctaw, 6.63; 6. Swan, Edmond North, 6.66.

**55H:** 1. Petties, Midwest City, 7.46; 2. Briscoe, Edmond North, 8.0; 3. Kane, Stillwater, 8.06; 4. Schott, Norman, 8.07; 5. Georges, Moore, 8.24; 6. Khalid, Midwest City, 8.26.

**400:** 1. Leon, Moore, 52.27; 2. Ashley, Edmond North, 53.29; 3. Bennett, Norman, 53.41; 4. Brown, Del City, 54.37; 5. Johnson, Del City, 55.15; 6. Lewis, Midwest City, 55.25.

**800:** 1. Springer, Norman, 2:08.33; 2. Buhl, Edmond Memorial, 2:08.96; 3. McFarley, Midwest City, 2:13.3; 4. Martinez, Moore, 2:13.81; 5. Lamerling, Norman, 2:14.74; 6. Abrahams, Norman, 2:14.93.

**1600:** 1. Miller, Putnam City, 4:46.39; 2. Owens, Owasso, 4:47.11; 3. Donnelly, Norman, 4:55.9; 4. Podall, Edmond Memorial, 4:57.87; 5. Phipps, Edmond Memorial, 5:02.94; 6. Williams, Edmond North, 5:05.05.

**3000:** 1. Donnelly, Norman, 9:26.56; 2. Podell, Edmond Memorial, 9:40.67; 3. Whitney, Shawnee, 9:44.48; 4. Justice, Rogers, 9:53.13; 5. Bibbs, Norman, 9:59; 6. Collows, Edmond North, 10:02.94.

**4 Lap Relay:** 1. Moore 1:13.23; 2. Del City 1:13.57; 3. Edmond North 1:14.08; 4. Putnam City 1:14.27; 5. Midwest City 1:14.61; 6. Edmond Memorial 1:15.57.

**8 Lap Relay:** 1. Del City 2:36.78; 2. Midwest City 2:38.4; 3. Edmond North A 2:39.06; 4. Moore 2:40.66; 5. Norman 2:41.64; 6. Edmond Memorial 2:44.05.

**20 Lap Relay (approx 3,040 meters):** 1. Norman 8:01.09; 2. Edmond Memorial 8:06.6; 3. Putnam City 8:16.37; 4. Owasso 8:35; 5. Moore 8:38; 6. Edmond North 8:54.

**Shot:** 1. Fitzgerald, Putnam North, 51-8.5; 2. Butler, Del City, 50-3; 3. Light, Edmond Memorial 48-9; 4. Ridgeway, Norman, 47-7.5; 5. Richard, Norman, 44-5.5; 6. Little, Moore, 44-1.

**Long Jump:** 1. Turner, Norman, 19-11; 2. Mitchum, Midwest City, 19-10; 3. Dean, Midwest City, 19-3; 4. Schadegg, Edmond North, 19-0; 5. Young, Midwest City, 18-7; 6. Parks, Midwest City, 18-2.

**Triple Jump:** 1. Mitchum, Midwest City, 40-11; 2. Schadegg, Edmond North, 40-0; 3. Brown, Del City, 38-1; 4. Ackerman, Edmond Memorial, 36-10; 5. Jackson, Midwest City, 35-10; 6. Young, Midwest City, 35-2.

**High Jump:** 1. Schadegg, Edmond North, 6-4; 2. Williams, Edmond Memorial, 6-2; 3. Fulton, Owasso, 6-2; 4. Dean, Midwest City, 6-0; 5. Belding, Moore, 5-10; 6. Brown, Owasso, 5-8.

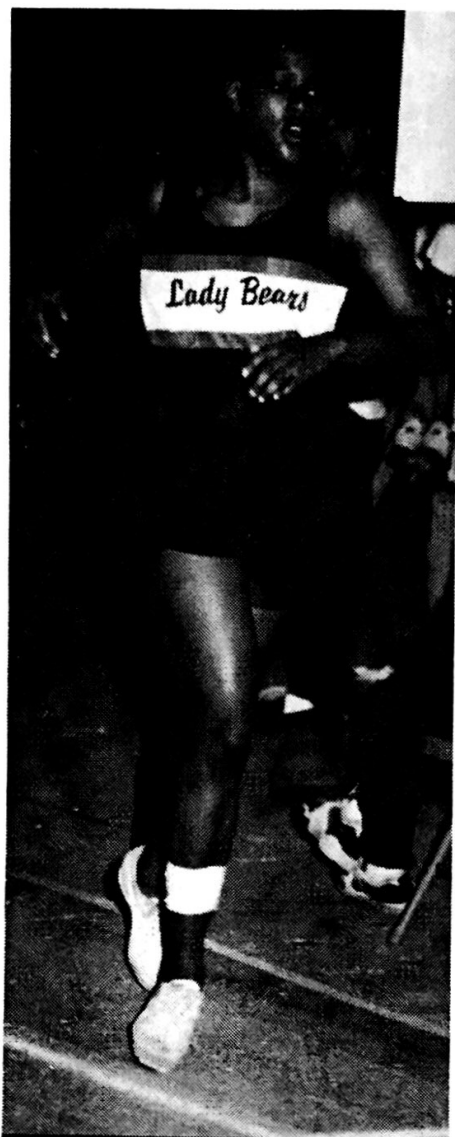
**Pole Vault:** 1. Westfield, Ponca City, 12-6; 2. Benear, Edmond North, 12-0; 3. Lakin, Choctaw, 12-0; 4. Lamunyun, Norman, 12-0; 5. McNeely, Moore, 11-6; 6. Orniston, Edmond Memorial, 11-0.

## 4A Boys

**55:** 1. Thomas, Broken Bow, 6.38; 2. Matthews, John Marshall, 6.41; 3. Terrell, McGuinness, 5.56; 4. Butler, Broken Bow, 6.71; 5. Ingram, Claremore, 6.73; 6. Thweatt, Broken Bow, 6.77.

**55H:** 1. Matthews, John Marshall, 7.54; 2. Boyles, Broken Bow, 8.07.

**400:** 1. M. Calhoun, John Marshall, 51.18; 2. Birkenfeld, Pryor, 55.06; 3. Bone, Broken Bow,



*JOHN MARSHALL'S Jameka Roberts won the State Indoor 800 meter title and is the two-time defending champ on the outdoor track. Photo by John Hoke*

56.51; 4. Collen, El Reno 56.91; 5. Middock, Brown Bow, 57.02; 6. Gladney, 57.36.

**800:** 1. K. Calhoun, John Marshall, 2:06.91; 2. Connolly, McGuinness, 2:11.05; 3. Corff, McGuinness, 2:17.5; 4. Boyes, Guthrie, 2:22.13; 5. Garber, Ada, 2:25.14; 6. Hill, Chickasha, 2:28.32.

**1600:** 1. Birkenfeld, Pryor, 4:54.91; 2. Ford, Claremore, 4:55.51; 3. Damron, Guthrie, 4:59.86; 4. Winchester, Ada, 5:05.83; 6. Sexauer, McGuinness, 5:06.98; 6. Rolland, Durant, 5:11.83.

**3000:** 1. Styron, McGuinness, 9:43.57; 2. Mize, Guthrie, 9:49.62; 3. Corley, Durant, 10:00.08; 4. Stokesbury, Noble, 10:01.34; 5. Maxon, Guthrie, 10:23; 6. Comstock, Guthrie, 10:32.24.

**4 Lap Relay:** 1. Broken Bow 1:13.26; 2. Ada 1:13.51; 3. McGuinness A 1:16.4; 4. Guthrie 1:18.14; 5. McGuinness B 1:22.41.

**8 Lap Relay:** 1. John Marshall 2:37.95; 2. Broken Bow 2:42.38; 3. Ada 2:43.60; 4. McGuinness 2:44.02; 5. Claremore 2:44.75.

**20 Lap Relay (3,040 meters):** 1. John Marshall 7:54; 2. Guthrie 8:25; 3. McGuinness 8:30.81; 4. Claremore 8:34; 5. Ada 8:53; 6. Noble 9:23.

**Shot:** 1. Wooten, Broken Bow, 46-10; 2. Billy, Broken Bow, 44-0; 3. Martin, Noble, 41-10; 4. Burland, Noble, 38-5; 5. Turnbull, Noble, 37-0; 6. Ward, McGuinness, 33-6.

**Long Jump:** 1. Thomas, Broken Bow, 20-2; 2. Luke, Guthrie, 19-0; 3. Thweatt, Broken Bow, 18-

10; 4. Hannan, John Marshall, 18-7; 5. Watson, El Reno, 18-5; 6. Bywater, Claremore, 18-4.

**Triple Jump:** 1. Calhoun, John Marshall, 41-1; 2. McCarty, Durant, 39-1; 3. Thweatt, Broken Bow, 37-10; 4. Hannah, John Marshall, 36-11; 5. Samples, El Reno, 36-4; 6. Bird, John Marshall, 34-1.

**High Jump:** 1. Bywaters, Claremore, 6-2; 2. McLaughlin, McGuinness, 5-6; 3. Luke, Guthrie, 5-10; 4. Watson, El Reno, 5-8; 5. Wilson, Claremore, 5-6.

**Pole Vault:** 1. Bethea, Claremore, 13-6; 2. Noviski, Claremore, 12-0; 3. Corlette, Pryor, 12-0; 4. Chesney, Claremore, 11-6; 5. Eccard, El Reno, 11-6; 6. Grider, Durant, 11-0.

## 3A Boys

**55:** 1. Cole, Idabel, 6.31; 2. Merritt, Tuttle, 6.47; 3. Metheny, Weatherford, 6.51; 4. Biely, Catoosa, 6.55; 5. McPherson, 6.60; 6. Schl, Weatherford, 6.65.

**55H:** 1. Merritt, Tuttle, 7.47; 2. Austin, Idabel, 7.48; 3. Coben, Okmulgee, 7.84; 4. Thiel, Weatherford, 8.01; 5. Boyles, Okmulgee, 8.39; 6. Hawkins, Santa Fe, 8.70.

**400:** 1. Cole, Weatherford, 54.47; 2. Shatwill, Tuttle, 54.57; 3. Malone, Mannford, 56.84; 4. Crehnon, Catoosa, 56.43; 5. Blessing, Sulphur, 56.53; 6. Shanks, Catoosa, 57.98.

**800:** 1. Chesney, Catoosa, 2:11.33; 2. Johnston, Weatherford, 2:16.21; 3. Williams, Weatherford, 2:16.21; 4. Heller, Catoosa, 2:16.58; 5. Lampkin, Dickson, 2:16.94; 6. Ethridge, Catoosa, 2:22.41.

**1600:** 1. Clark, Plainview, 5:00.88; 2. Womack, Plainview, 5:05.25; 3. Lampkin, Dickson, 5:16.91; 4. Swearer, Little Axe, 5:25.45; 5. Robison, Elk City, 5:26.70; 6. Cherry, Dickson, 5:28.88.

**3000:** 1. Johnson, Little Axe, 10:09.41; 2. Murray, Catoosa, 10:14.12; 3. Riddle, Byng, 10:21.21; 4. Romo, Plainview, 10:27.26; 5. Lettkeman, Weatherford, 10:38.82; 6. Masbery, Weatherford, 11:14.30.

**4 Lap Relay:** 1. Weatherford 1:13.07; 2. Idabel 1:13.40; 3. Anadarko 1:15.09; 4. Santa Fe 1:15.80; 5. Mannford 1:18.73; 6. Catoosa 1:19.28.

**8 Lap Relay:** 1. Weatherford 2:43.0; 2. Catoosa 2:43.05; 3. Santa Fe 2:43.17; 4. Mannford 2:51.56.

**20 Lap Relay (3,040 meters):** 1. Catoosa 8:31.14; 2. Dickson 8:39.55; 3. Santa Fe 8:41.00; 4. Plainview 8:41.69; 5. Little Axe 8:43.85; 6. Weatherford 8:55.29.

**Shot:** 1. Briggs, Catoosa, 43-11; 2. Puritan, Weatherford, 41-7.5; 3. Brooks, Weatherford, 41-1; 4. Grimm, Mannford, 40-8.5; 5. Coleson, Mannford, 40-0.5; 6. Bergman, Weatherford, 39-8.

**Long Jump:** 1. Moore, Edabel, 18-11.5; 2. Mitchell, Plainview, 18-6.5; 3. Wein, Mannford, 17-10; 4. Cole, Idabel, 17-7; 5. Barcia, Mannford, 16-11.5; 6. Agins, Little Axe, 16-7.5.

**Triple Jump:** 1. Walters, Santa Fe, 34-0.5; 2. Agins, Little Axe, 33-6.5; 3. Parkherst, Weatherford, 31-1.25.

**High Jump:** 1. Mitchell, Plainview, 5-10; 2. Moore, Idabel, 5-8; 3. Conklin, Weatherford, 5-6; 4. Corals, Catoosa, 5-0.

**Pole Vault:** 1. Heard, Elk City, 13-6; 2. Syrtbouth, Elk City, 11-0; 3. Rainey, Catoosa, 11-0; 4. Garcia, Mannford, 10-6; 5. Buckmaster, Catoosa, 10-0; 6. Tanker, Mannford, 10-0.

## 2A Boys

**55:** 1. Robison, Fairview, 6.30; 2. Emery, Wewoka, 6.46; 3. Golden, Quinton, 6.47; 4. Smith, Holdenville, 6.51; 5. White, Watonga, 6.65; 6. Wilkinson, Stroud, 6.87.

**55H:** 1. Burdine, Prague, 7.60; 2. Massie, Prague, 7.90; 3. Inman, Tishomingo, 8.09; 4. Hornbeck, Stroud, 8.36; 5. Haskins, Jones, 8.47; 6. Etheridge, Konawa, 8.49.

**400:** 1. Burdine, Prague, 52.82; 2. Golden, Quinton, 56.9; 3. Cloud, Konawa, 57.12; 4. Gordon, Stroud, 57.20; 5. Lucas, Jones, 57.35; 6. Mask, Holdenville, 58.76.

**800:** 1. Turner, Holdenville, 2:13.76; 2. Weirick, Heritage Hall, 2:16.25; 3. Mimms, Stroud, 2:16.80; 4. Webster, Prague, 2:19.03; 5. Cloud, Konawa, 2:22.40; 6. Kincaid, Holdenville, 2:26.01.

**1600:** 1. McKinney, Davenport, 4:53.98; 2. Hicks, Prague, 5:01.62; 3. Cameron, Lindsay, 5:11.15; 4. Budd, Ripley, 5:14.09; 5. Holmes, Chandler, 5:19.28; 6. Romeros, Quenton, 5:29.74.

**3000:** 1. McKinney, Davenport, 9:50.01; 2. Olms, Chandler, 10:16.91; 3. Budd, Ripley, 10:16.97; 4. Cameron, Lindsay, 10:19.12; 5. Hutch-

ings. Tishomings, 10:45.98; 6. Sidney, Quenton, 10:50.78.

**4 Lap Relay:** 1. Heritage Hall 1:15.25; 2. Prague 1:15.26; 3. Konawa 1:15.41; 4. Wewoka 1:16.84; 5. Tishomingo 1:17.02; 6. Fairview 1:17.67.

**8 Lap Relay:** 1. Prague 2:43; 2. Heritage Hall 2:45.43; 3. Tishomingo 2:46.49; 4. Jones 2:46.67; 5. Holdenville 2:51.56; 6. Watonga 2:54.04.

**20 Lap Relay (3,040 meters):** 1. Prague 8:52.29; 2. Tishomingo 8:53.55; 3. Jones 9:01.50; 4. Holdenville 9:11.71; 5. Fairview 9:13.52; 6. Blanchard 9:49.43.

**Shot:** 1. C. Bookout, Stroud, 56-10; 2. Martins, Chisholm, 53-3; 3. Kay, Wynnewood, 50-5; 4. K. Bookout, Stroud, 50-2; 5. Riddle, Prague, 45-0; 6. Wilson, Jones, 44-1.

**Long Jump:** 1. Haskins, Jones, 19-9; 2. Kerry, Wewoka, 18-7.5; 3. Ethridge, Konawa, 18-4.24; 4. Harris, Wynnewood, 18-4; 5. Martins, Prague, 17-3; 6. White, Watonga, 16-6.

**Triple Jump:** 1. Harris, Wynnewood, 36-9.75; 2. Massie, Prague, 36-4.5; 3. Corolon, Prague, 36-0; 4. Teape, Prague, 34-11.5; 5. Martins, Fairview, 34-7.25; 6. Martinez, Prague, 34-1.5.

**High Jump:** 1. Harris, Wynnewood, 6-3; 2. Massie, Prague, 5-10; 3. Wiles, Prague, 5-0; 4. Quary, Prague, 5-0.

**Pole Vault:** 1. Justin Walters, Tahlequah Sequoyah, 12-6; 2. Jesse Walters, Tahlequah Sequoyah, 12-0; 3. Miller, Heritage Hall, 11-6; 4. Brauer, Prague, 11-0; 5. Toye Koyah, Carnegie, 10-0.

#### 5A Girls

**55:** 1. Northington, Del City, 7.20; 2. Butler, Edmond North, 7.27; 3. Sorrells, Edmond Memorial 7.34; 4. Smith, Del City, 7.51; 5. Dalaney, Edmond North, 7.64; 6. Blakes, Midwest City, 7.76.

**55H:** 1. Davis, Norman, 9.48; 2. Miller, Westmoore, 9.78; 3. Day, Moore, 10.26; 4. Heppner, Edmond Memorial, 10.60; 5. Darrell, Edmond North, 10.80; 6. Benton, Edmond Memorial, 11.24.

**400:** 1. Sorrells, Edmond Memorial, 1:06.79; 2. Speller, Midwest City, 1:06.85; 3. Reser, Norman, 1:07.27; 4. Holland, Owasso, 1:08.06; 5. Zinko, Edmond North, 1:09.84; 6. Koster, Ponca City, 1:10.15.

**800:** 1. Delozier, Norman, 2:33.13; 2. Haley, Stillwater, 2:33.59; 3. Flood, Moore, 2:33.6; 4. Gardenvills, 2:41.94; 5. Edmond North, Barrus, Edmond North, 2:45.28; 6. Airington, Edmond Memorial, 2:49.87.

**1600:** 1. Horton, Norman, 5:45.25; 2. Settle, Moore, 5:52.26; 3. Echelle, Stillwater, 5:59.23; 4. Beall, Edmond North, 6:00.6; 5. Towers, Owasso, 6:03.50; 6. DeVes, Norman, 6:04.92.

**3000:** 1. Echelle, Stillwater, 11:33.19; 2. Shelters, Moore, 11:41.4; 3. Ramos, Moore, 11:41.52; 4. Gibson, Shawnee, 11:57.34; 5. Schemm, Edmond Memorial, 12:17; 6. Jameson, Edmond Memorial, 12:39.

**Shot:** 1. Palmer, Norman, 36-4.5; 2. Taylor, Stillwater, 34-1; 3. Hensley, Edmond Memorial, 34-0; 4. Smith, Midwest City, 31-10; 5. Johnson, Norman, 31-0; 6. Sparlin, Edmond North, 27-10.

**Long Jump:** 1. Halverson, Norman, 14-4; 2. Payton, Norman, 14-0; 3. Robinson, Midwest City, 13-10; 4. Ly, Stillwater, 13-8; 5. Rhodes, Moore, 13-5; 6. Durrill, Edmond North, 13-1.

**Triple Jump:** 1. Ly, Stillwater, 30-11; 2. Payton, Norman 29-10.5; 3. Hansen, Edmond Memorial, 29-8.5; 4. Robinson, Midwest City 28-7.5; 5. Kammerlocher, Norman, 28-7.5; 6. Parrish, 24-5.

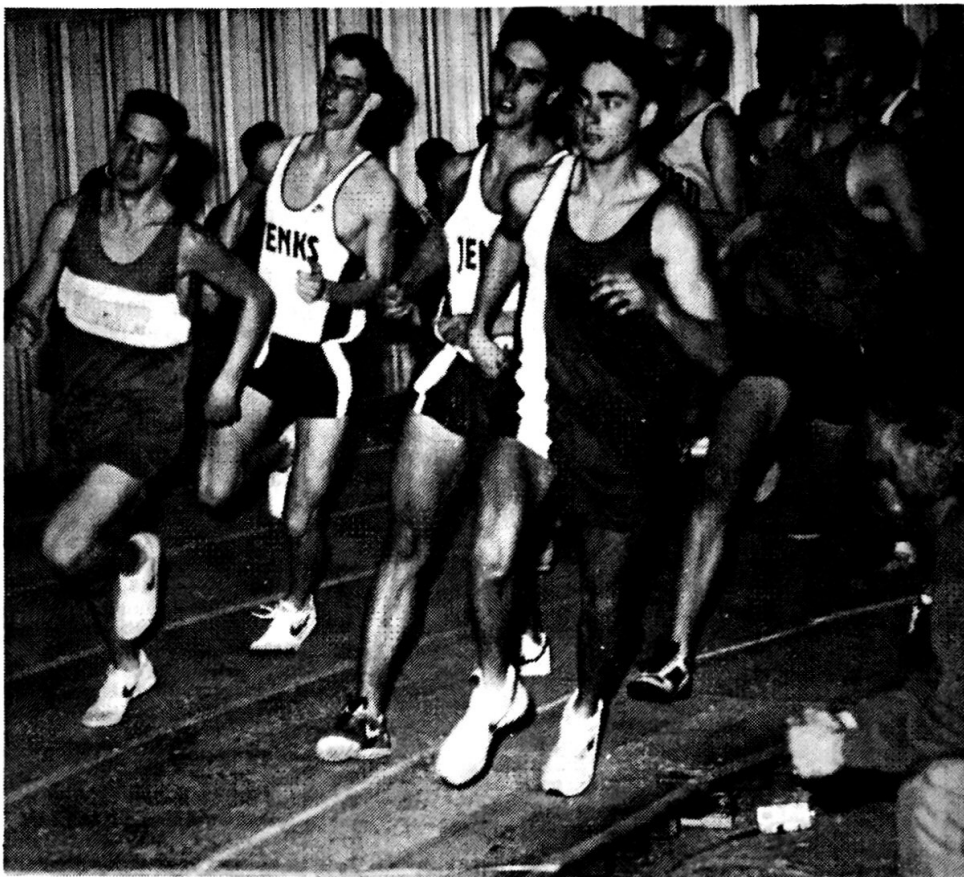
**High Jump:** 1. Toole, Edmond North, 5-5; 2. Rhoades, Moore, 5-0; 3. Combs, Shawnee, 5-0; 4. Parrish, Moore, 5-0; 5. Curry, Norman, 4-6; 6. Burkhardt, Midwest City, 4-4.

#### 4A Girls

**55:** 1. Kelly, McGuinness, 7.35; 2. Benefee, John Marshall, 7.42; 3. Simpkins, John Marshall, 7.53; 4. Harbin, Hale, 7.60; 5. McKenzie, Chickasha, 7.73.

**55H:** 1. Brown, John Marshall, 9.17; 2. Swanegan, John Marshall, 9.53; 3. Patterson, Pryor, 9.62; 4. Roberts, John Marshall, 9.76; 5. Stanfield, John Marshall, 10.94.

**400:** 1. Roberts, John Marshall, 1:02.78; 2. Swanegan, John Marshall, 1:05.14; 3. Johnson, John Marshall, 1:07.44; 4. Simpkins, John Marshall, 1:08.87; 5. Mathews, John Marshall, 1:11.50; 6. Holler, Hale, 1:13.92.



*5A MILERS find that it's crowded on the indoor track as they take the first curve in the State Indoor meet held in Shawnee, Feb. 10th. Putnam City's Johnny Miller (right) won with a time of 4:41.93. Photo by John Hoke*

**800:** 1. Bratton, Hale, 2:41.33; 2. Cowen, Guthrie, 2:45.63; 3. Long, McGuinness, 2:45.7; 4. Jaffar, Hale, 2:56.87; 5. Huston, John Marshall, 2:57.26; 6. Brown, Hale, 2:57.87.

**1600:** 1. Boothe, McGuinness, 5:41.43; 2. Airington, McGuinness, 6:01.07; 3. Bratton, Hale, 6:19.77; 4. Cobb, Noble, 6:45; 5. Watkins, Hale, 7:18.43; 6. Miller, Hale, 7:18.67.

**3000:** 1. Bratton, Hale, 12:26.68; 2. Lawrence, McGuinness, 12:49.9; 3. Krieger, Durant, 12:53.78; 4. Avery, McGuinness, 13:09.92; 5. Cobb, Noble, 13:41.

**4 Lap Relay:** 1. John Marshall A 1:25.64; 2. McGuinness 1:28.39; 3. John Marshall B 1:30.52; 4. Hale 1:31.82.

**8 Lap Relay:** 1. John Marshall A 3:09.88; 2. Hale 3:14.61; 3. McGuinness 3:19.84; 4. John Marshall B 3:25.86.

**20 Lap Relay (3,040 meters):** 1. Guthrie 9:58; 2. McGuinness 10:01; 3. Hale 11.06.

**Shot:** 1. Heller, Noble, 29-10; 2. Martin, Noble, 19-4; 3. Medrill, Noble, 17-5.5; 4. Cobb, Noble, 15-10.

**Long Jump:** 1. Brown, John Marshall, 13-0; 2. McKenzie, Chickasha, 12-2; 3. Swanegan, John Marshall, 11-7; 4. Stanfield, John Marshall, 11-2.

**Triple Jump:** 1. Benefee, John Marshall, 29-1; 2. Roberts, John Marshall, 28-9; 3. Swanegan, John Marshall, 27-6; 4. HNouston, John Marshall, 25-6.

**High Jump:** 1. Slavonic, McGuinness, 4-8; 2. Brown, John Marshall, 4-4.

#### 3A/2A Girls

**55:** 1. Randle, Weatherford, 7.18; 2. Alive, Watonga, 7.21; 3. Morris, Byng, 7.46; 4. King, Watonga, 7.60; 5. Bedford, Anadarko, 7.61; 6. Russree, Tishomingo, 7.94.

**55H:** 1. Schenk, Watonga, 8.68; 2. Randle, Weatherford, 8.71; 3. Bedford, Anadarko, 9.13; 4. Ryan, Tecumseh, 9.22; 5. Wall, Plainview, 9.78; 6. Green, Prague, 10.56.

**400:** 1. Sanford, Plainview, 1:06.06; 2. Campbell, Byng, 1:06.41; 3. Hartfield, Watonga, 1:06.54; 4.

Boone, Weatherford, 1:07.18; 5. Kemp, Tishomingo, 1:07.71; 6. Orr, Plainview, 1:08.58.

**800:** 1. Harvey, Plainview, 2:39.91; 2. Smith, Elk City, 2:43.60; 3. Wagner, Catoosa, 2:45.80; 4. Boone, Weatherford, 2:49.54; 5. Jones, Santa Fe, 2:51.65; 6. Helmes, Plainview, 2:53.13.

**1600:** 1. McCulloh, Plainview, 5:38.28; 2. McKinney, Santa Fe, 6:03.69; 3. Cloud, Elk City, 6:15.01; 4. Lackey, Plainview, 6:19.59; 5. Jones, Catoosa, 6:22.45; 6. Cochran, Little Axe, 6:30.44.

**3000:** 1. Harvey, Plainview, 11:23.83; 2. McKinney, Santa Fe, 12:18; 3. Jones, Catoosa, 12:51.48; 4. Panata, Heritage Hall, 13:07.82; 5. Denson, Plainview, 13:26.62; 6. Parton, Weatherford, 13:29.33.

**4 Lap Relay:** 1. Watonga 1:24.81; 2. Tishomingo 1:27.38; 3. Plainview 1:30.07; 4. Weatherford 1:30.58; 5. Prague 1:30.64; 6. Catoosa 1:31.48.

**8 Lap Relay:** 1. Watonga 3:15.03; 2. Tishomingo 3:15.36; 3. Plainview 3:18.42; 4. Catoosa 3:24.68; 5. Santa Fe 3:34.54.

**20 Lap Relay (3,040 meters):** 1. Plainview 9:59.52; 2. Santa Fe 10:46.60; 3. Catoosa 11:05.12; 4. Konawa 12:06.73.

**Shot:** 1. Prince, Jones, 31-11.5; 2. James, Tishomingo, 31-3; 3. Jones, Watonga, 30-10.5; 4. Curry, Watonga, 30-7; 5. Britene, Tishomingo, 30-6; 6. Ford, Watonga, 28-3.

**Long Jump:** 1. Randle, Weatherford, 15-6.25; 2. Russell, Tishomingo, 14-8.75; 3. Olive, Watonga, 14-2.5; 4. Morris, Byng, 14-1; 5. Richardson, Watonga, 13-10.5; 6. Evans, Mannford, 13-3.25.

**Triple Jump:** 1. Ryan, Prague, 29-9.75; 2. Richardson, Watonga, 28-10.5; 3. Webb, Watonga, 27-8.5; 4. Wright, Santa Fe, 26-3; 5. Green, Prague, 26-1.5; 6. Haynes, Watonga, 23-4.5.

**High Jump:** 1. Sinclair, Watonga, 4-10; 2. Hayes, Santa Fe, 4-10; 3. Bank, Elk City, 4-6; 4. Blackwell, Plainview, 4-6; 5. Anderson, Chandler, 4-6; 6. Brmer, Plainview, 4-6.



# Oklahoma Track Classic at The Myriad

**TEAMS PARTICIPATING:** AB--Abilene Christian, AS--Adams State, ARK--Arkansas, B--Baylor, BLINN--Blinn College, CLE--Clemson, UCO--University of Central Oklahoma, FU--Florida University, H--Houston, NEL--Northeastern Louisiana, NW--Northwestern, OBU--Oklahoma Baptist, OKC--Oklahoma Christian, OU--Oklahoma University, OR--Oral Roberts, PV--Prairie View, Rebok, Rice, SH--Sam Houston, SJ--San Jacinto, SL--Southern Louisiana, SMU--Southern Methodist University, SWK--Southwest Kansas, SWT--SW Texas, SFA--Stephen F. Austin, TA--Texas Arlington, TCU--Texas Christian, TAM--Texas A&M, TSA--Texas-San Antonio, TU--Tulsa, WAY--Wayland Baptist.

## University/Open Men

**55:** 1. Donovan Powell, TCU, 6:20; 2. David Oaks, unatt., 6:22; 3. Garth Robinson, OR, 6:24; 4. Renoward Wells, unatt., 6:26; 5. Clinton Butuka, TA, 6:29.

**55H:** 1. Jett Jackson, B, 7:27; 2. Larry Wade, TAM, 7:30; 3. Duane Ross, CLE, 7:36; 4. Terry Blackshire, OU, 7:42; 5. Kevin Ellis, SFA, 7:54.

**200:** 1. Bryan Bronson, Rice, 21:30; 2. Brashant, TCU, 21:58; 3. Derrick Thompson, ARK, 21:58; 4. Enayat Oliver, CLE, 22:02; 5. Eric Frempong, H, 22:11.

**400:** 1. Rauoul Howard, B, 46:96; 2. Chris Alexander, Rice, 48:42; 3. Winston Sinclair, SL, 48:45; 4. Andrew Kenton, OR, 48:52; 5. Dallas Cowen, TCU, 49:34.

**1-Mile Run:** 1. Phillip Price, ARK, 4:12.39; 2. Artie Huff, ARK, 4:12.97; 3. Gary Hamer, unatt., 4:13.96; 4. Brandon McGuire, ARK, 4:14.66; 5. Jeff Lewis, Rice, 4:15.84.

**1-Mile Run:** 1. Ryan Siler, TU, 4:16.78; 2. Ricky Rivera, SWT, 4:18.56; 3. Jason Larabee, OU, 4:20.38; 4. Ian Linton, SWT, 4:20.95; 5. Jason Barreda, SMU, 4:21.25.

**800:** 1. Brian Klein, Rice, 1:50.94; 2. Chris Caldwell, unatt., 1:52.67; 3. Paul Lupi, H, 1:53.09; 4. John Duffy, OU, 1:53.24; 5. Sean Goetsch, TSA, 1:53.56.

**3,000:** 1. Victor Nembhard, SWT, 8:29.40; 2. Jason Beale, TA, 8:30.96; 3. Daryn Lambooy, SMU, 8:32.73; 4. Pascal Face, ARK, 8:33.18; 5. Andres Gomez, TCU, 8:38.60.

**1600 Relay:** 1. Oklahoma 3:11.66; 2. Clemson 3:11.97; 3. Texas Christian 3:14.74; 4. Oral Roberts 3:15.25; 5. Texas A&M 3:16.09; 6. Baylor 3:16.64.

**Pole Vault:** 1. Chris Duffy, OU, 16-9.25; 2. Eric Boxley, ARK, 16-9.25; 3. P.J. Chadwick, ARK, 16-3.25; 4. Linwood Johnson, NEL, 16-3.25.

**Shot:** 1. Stephen Blossquist, unatt., 57-1; 2. Chris Gonzales, SH, 54-1.5; 3. Alex Tammer, SMU, 54-7.5; 4. Patrick Dukes, B, 53-5.5; 5. Ian Winchester, SMU, 53-3.5; 6. Matt Brotherton, TAM, 52-2.75.

**High Jump:** 1. Edgar Garcia, SL, 7-2.5; 2. Chris O'Neill, SFA, 7-0; 3. John Thorp, CLE, 6-10; 4. Josh Scott, CLE, 6-10; 5. Matt Herzog, SH, 6-10; 6. Kenneth Biggers, SH, 6-10.

**Long Jump:** 1. K. Streete-Thompson, Rice, 26-6.5; 2. Nat Sowell, NEL, 24-6.5; 3. Clement Gabe, SL, 24-6.25; 4. Rodney Black, SFA, 24-5.5; 5. Sidney Montague, NW, 24-3.25; 6. Gordon Mckee, Rebok, 24-2.5.

## Invitational Men

**400:** 1. Danny McFarlane, OU, 47.09; 2. Deon Minor, B, 47.31; 3. Chris Jones, Rice, 47.35; 4. Tony Wheeler, CLE, 47.45.

**Pole Vault:** 1. Jeff Hartwick, unatt., 18-4.75; 2. Terry Womack, unatt., 18-0.5; 3. Mike Heath, unatt., 17-7.75; 4. Brandon Blain, B, 17-2.75;

5. Chad Harting, SWT, 16-8.75; 6. Kurt Hanna, B, 16-8.75; 7. Eric Lander, CLE, 16-8.75.

**3,000:** 1. Doug Welch, unatt., 8:04.6; 2. Brian Kelm, B, 8:06.01; 3. Musa Gwanzura, Blinn, 8:07.99; 4. Ben Musfen, SMU, 8:16.68; 5. Shane Mealy, unatt., 8:19.93; 6. Irving Gurry, ARK, 8:20.43.

## College/Juco Men

**55:** 1. Denton Guy-Williams, OBU, 6.46; 2. Rod Washington, OKC, 6.50; 3. Quincy Foster, Blinn, 6.54; 4. Xavier Whitaker, SWK, 6.59; 5. Jermaine Owens, Blinn, 6.61.

**55H:** 1. Jeremichael Williams, Blinn, 7.44; 2. Victor Houston, SJ, 7.49; 3. Larry Tatum, Blinn, 7.66; 4. Mark Milley, Blinn, 7.81; 5. Stephen Bittons, AS, 7.95.

**200:** 1. Damon Sims, OKC, 21.99; 2. Jermaine Owens, Blinn, 22.37; 3. Lary McFarlin, OBU, 22.61; 4. Mario Todman, SJ, 22.85; 5. Sacha Wellenreuther, AS, 22.97.

**400:** 1. Sheldon Edwards, SJ, 47.96; 2. Ray Strauss, OBU, 49.24; 3. Larry McFarlin, OBU, 50.00; 4. Stephen Gittens, AS, 50.03; 5. Lawrence Johnson, Blinn, 50.17.

**1-Mile Run:** 1. Dan Gaufield, AS, 4:05.35; 2. Savieri Ngdhi, AC, 4:06.06; 3. Junior Mitchell, Blinn, 4:12.73; 4. Peter Engelbrecht, AC, 4:12.77; 5. Richie Dikstaal, Blinn, 4:14.19.

**1-Mile Run:** 1. Mike Varva, OKC, 4:37.36; 2. Rey Ysaguirre, Way, 4:41.57; 3. Marcus Edwards, SJ, 4:42.08; 4. Shawn Johnson, UCO, 4:42.66; 5. Wes Gunter, OKC, 4:45.97.

**1600 Relay:** 1. Blinn College 3:15.24; 2. Oklahoma Baptist 3:16.87; 3. San Jacinto 3:18.24; 4. Oklahoma Christian 3:23.95; 5. Adams State 3:24.11; 6. Central Oklahoma 3:24.84.

## Women

**55:** 1. Juliet Campbell, unatt., 6.82; 2. Simone Tomlinson, CLE, 6.85; 3. Toya Brown, TEX, 6.96; 4. Donna Howard, TEX, 7.07; 5. Kelsa Owens, SL, 7.08.

**55H:** 1. Tananilyn Boutte, unatt., 7.87; 2. Lacena Golding, SJ, 7.91; 3. Carmen Banks, TEX, 7.94; 4. Anjanette Kirkland, TAM, 8.02; 5. Kimberly Motley, OU, 8.08.

**200:** 1. Juliet Campbell, unatt., 23.39; 2. Sabrina Kelly, SJ, 23.98; 3. Gwen Clardy, TA, 24.45; 4. Treshell Mayo, CLE, 24.47; 5. Sophia Gordon, OU, 24.73.

**400:** 1. Ellen Grant, SJ, 53.70; 2. Stacy Milligan, B, 55.03; 3. Tanisha Mills, Rice, 55.49; 4. Drexel Long, H, 55.82; 5. Tamy Freeman, OU, 58.10.

**1-Mile:** 1. Mirsada Buric-Adam, AS, 4:48.33; 2. Kay Gooch, unatt., 4:49.38; 3. Bigna Samuel, AC, 4:57.20; 4. Karen Vann, AC, 4:58.91; 5. Leah Rogers, SMU, 4:59.79.

**Distance Medley Relay:** 1. Rice 11:48.39; 2. Baylor 11:53.73; 3. Clemson 11:57.15; 4. Oklahoma 12:06.38; 5. Adams State 12:28.91.

**Long Jump:** 1. Nicole Devonish, TEX, 20-10; 2. Lacena Guldling, SJ, 20-7.25; 3. Oxana Kosyachanko, Russia, 19-7; 4. Cherita Howard, Rice, 19-1.25; 5. Kim Roland, unatt., 18-11.75; 6. Nelma Malone, NW, 18-10.5.

**High Jump:** 1. Victoria Seregvina, Russia, 6-0; 2. Katrina Harris, H, 5-7; 3. (tie) Jenny Bramer, OU, 5-7; Karin Peterson, TA, 5-7; Katia Pettiner, CLE, 5-7; Kim Nece, unatt., 5-7.

**Shot:** 1. Stevanie Ferguson, Texas Christian, 52-2; 2. Nikki Sims, CLE, 49-6; 3. Dede Pargmann, SMU, 48-4; 4. Kristin Heaston, FU, 47-8.25; 5. Michelle Hoage, Way, 47-6.75; 6. Stacey Schroeder, FU, 46-0.

**Triple Jump:** 1. Christine Gray, PV, 42-08.75; 2. Victoria Seregvina, Russia, 42-02; 3. Rena Woodand, unatt., 41-03.75; 4. Tara Coston, NEL, 41-03.25; 5. Emily Rudan, NW, 41-01.75.

**1600 Relay:** 1. San Jacinto 3:42.10; 2. Rice 3:44.20; 3. Oklahoma 3:49.62; 4. S.F. Austin 3:50; 5. Arkansas State 3:51.10; 6. Southern Louisiana 3:52.75.



NCAA DIVISION I--Top Oklahoma placers were University of Oklahoma's Alice Braham (top), sixth, and Oklahoma State's Jon Wild, fifth. Photos by John Hoke

# NCAA Division I Cross Country

Prairie Grove, Ark.  
11/21/95

PRAIRIE GROVE, Ark.--The Villanova women won their sixth straight title here in the NCAA Division I Cross Country Championships while Iowa State unseated four-time winner Arkansas to claim the men's title. All-American honors went to Oklahoma State's Jon Wild, who finished fifth, leading the Cowboys to a very credible 11th and Oklahoma's Alice Braham who took sixth in the women's race.

**MEN'S TOP TEAMS:** 1. Iowa State 65; 2. Colorado 88; 3. Arizona 172; 4. Northern Arizona 181; 5. Wisconsin 185; 6. Stanford 208; 7. Michigan 222; 8. Penn State 250; 9. Villanova 263; 10. Arkansas 266; 11. Oklahoma State 286.

**MEN'S TOP INDIVIDUALS:** 1. Martin Keino, (Ariz) 30:08.7; 2. Adam Goucher (Colo) 30:12.0; 3. Kevin Sullivan (Mich) 30:22.4; 4. Kamel Maase (Tex) 30:28.0; 5. Jon Wild (Exit) 30:29.9; 6. Greg Jimmeron (Stan) 30:35.7; 7. Jason Casiano (Wisc) 30:36.8; 8. James Menon (Wisc) 30:36.9; 9. Ian Robinson (IaSt) 30:37; 10. Jason Bunston (Ark) 30:39.

**WOMEN'S TOP TEAMS:** 1. Villanova 75; 2. Michigan 108; 3. Arkansas 110; 4. Colorado 126; 5. Georgetown 195; 7. Stanford 198; 8. Wisconsin 233; 9. Penn State 250; 10. Arizona 273.

**WOMEN'S TOP INDIVIDUALS:** 1. Jen Rhines (Vill) 16:31.2; 2. Amy Rudolph (Prov) 16:44.88; 3. Becky Spies (Vill) 16:55.8; 4. Megan Flowers (Ark) 17:04.2; 5. Kathy Butler (Wisc) 17:07.8; 6. Alice Braham (Okla) 17:10; 7. Suzanne Castruita (Ariz) 17:10; 8. Christine Stief (Boston U) 17:11; 9. Karen Hecox (UCLA) 17:13; 10. Marcle Homan (Wm&Mary) 17:15.

# University of Arkansas High School Indoor

Fayetteville  
1/28/95

FAYETTEVILLE, Ark.--27 high school teams competed on the University of Arkansas' 200-meter indoor track here January 29th in the annual National High School Indoor Invitational. Six Oklahoma high schools were represented but no team scores were kept.

**TEAMS COMPETING:** Oklahoma--Union, Poteau, Broken Arrow, Sapulpa, Jenks; Webster Grove, Kelly, Russellville, Jessieville, Thunderbolt Track Club, Northside, Crossett, Bentonville, Clarksville, Canyon (Tex), Pinebluff, Sheridan, Southside, Memphis Track Club (Tenn), Binghampton, Laraza Track Club, Athletic International, Osage, Riber City Marrian, Pulaski Academy, Fayetteville.

## Girls

55: 1. Givens, Un. 7:10; 2. Wesley, Ss. 7:16; 3. Butcher, Mar. 7:25; 4. Dawkins, 7:25; 5. Caltron, MTC. 7:34; 6. Jones, MTC. 7:46.

55H: 1. Hill, Un. 8:8; 2. Dean, Osa. 9:39; 3. Harris, RivC. 9:45; 4. Butcher, Mar. 9:5; 5. Hayworth, BA. 9:74; 6. Welch, BA. 10:2.

400: 1. Wisemann, LTC. 1:02.05; 2. A. Butcher, Mar. 1:07.78; 3. J. Butcher, Mar. 1:03.56; 4. Steel, Pot. 1:03.56; 5. Paterson, MTC. 1:04.9; 6. Hampton, RivC. 1:05.57.

600: 1. Gardner, WebG. 1:36.17; 2. Wiseman, 1:38.58; 3. Baldwin, TTC. 1:42.93; 4. Spratt, TTC. 1:42.94; 5. Caywood, TTC. 1:43.68; 6. Sejeck, Jen. 1:51.10.

800: 1. Wiseman, LTC. 2:26.4; 2. Simecka, TTC. 2:31; 3. Nickens, Jen. 3:31.37; 4. Rogers, TTC. 2:31.57; 5. Housley, Sap. 2:40.1; 6. Ahlgren, Jen. 2:42.9.

1 Mile: 1. Ahlgren, Jen. 5:42.28; 2. Dearman, Sap. 5:53.25; 3. McEwen, LTC. 5:55.66; 4. Simecka, TTC. 5:56.24; 5. Caldas, Clar. 5:56.9.

Two Mile: 1. A. Owensby, Ben. 12:59.6; 2. Colden, Clar. 13:14.6; 3. J. Owensby, Ben. 13:17.9; 4. Simecka, TTC. 13:22.5; 5. McCuen, LTC. 13:34.4; 6. Moudrey, Jen. 13:57.9.

1600 Relay: 1. Thunderbolt TC 4:15.94; 2. Athletics International 4:16.47; 3. Memphis TC 4:18.52; 4. Union 4:30.11; 5. Jenks 4:31.21; 6. River City 4:32.95.

High Jump: 1. Roberts. 4-10; 2. Esser, 4-10; 3. Sheahan, 4-6; 4. McBride, 4-4.

Triple Jump: 1. Porter, 35-9.5; 2. Dean, 32-5. Long Jump: 1. Wesley, 17-7.75; 2. Porter, 16-8; 3. Patterson, 15-3; 4. Suzuki, Jen. 14-11; 5. Newsome, 14-6; 6. Carvin, 13-9.

Shot: 1. Schlegel, Un. 41-7.5; 2. Peevy, 36-0; 3. Beachane, 34-7; 4. Olsen, 32-11.5; 5. Warren, 32-9.5; 6. Laughry, 32-9.5.

## Boys

55: 1. Clay, AI. 6:25; 2. Logan, Ns. 6:27; 3. Robinson, Cro. 6:32; 4. Ezell, MTC. 5:33; 5. Cooper, Un. 6:47; 6. Bishop, Ns. 6:48.

55H: 1. Goodman, Rus. 7:54; 2. Lemaster, TTC. 7:57; 3. Lovell, Pot. 7:84; 4. Bob, MTC. 8:10; 5. Dale, Jes. 8:20; 6. Hayes, MTC. 8:74.

300: 1. Logan, Ns. 36.2; 2. Clay, AI. 36.4; 3. Pogue, AI. 36.8; 4. Ezell, MTC. 37.2; 5. Wiley, 37.3; 6. (tie) Cavitt, Jenks, and Green, Cro. 37.8.

400: 1. Williams, MTC. 51.70; 2. Roberts, BA. 52.36; 3. Dewell, Un. 53.41; 4. Dale, Jes. 53.44; 5. Bennett, Jen. 54.38; 6. Harrington, Sher. 54.63.

600: 1. Carvin, MTC 1:22.42; 2. Ollie, AI. 1:26.86; 3. Smith, AI. 1:26.97; 4. Kitchen, TTC. 1:27.44; 5. Roberts, Un. 1:28.16; 6. Gardner, WebG. 1:29.48.

800: 1. Price, Kel. 1:55.09; 2. Wistrand, Rog. 2:03.09; 3. Crook, Sap. 2:06.42; 4. Halsey, Jen. 2:07.41; 5. Wells, Rog. 2:07.74; 6. Deneen, PA. 2:10.43.

1 Mile: 1. Willis, Fay. 4:39.4; 2. Starks, Un. 4:40; 3. Murphy, Can. 4:44.3; 4. Henning, 4:44.48; 5. Reid, Jen. 4:45.55; 6. Dineen, PA. 4:48.24.

Two Mile: 1. McGinn, TTC. 9:53.4; 2. Murphy, Can. 10:03.3; 3. Reid, Jen. 10:07.7; 4. DeRosa, Pot. 10:28.2; 5. Moreno, LTC. 10:28.7; 6. Henderson, MTC. 10:40.5.

1600 Relay: 1. Memphis TC. 3:29.94; 2. Athletics International 3:31.20; 3. Jenks 3:36.76; 4. Russellville 3:37.84; 5. Union 3:37.88; 6. Northside 3:41.76.

Shot: 1. Wright, 55-11.75; 2. Bowens, 54-7; 3. Buschman, 47-3; 4. Dumas, 44-11.5; 5. Odom, 42-6.75; 6. Smith, 39-10.25.

Long Jump: 1. Logan, 21-8; 2. Robinson, 21-7.75; 3. Cavitt, 20-9.25; 4. Green, 20-6; 5. Manita, 20-3.25; 6. Johnson, 19-11.25.

Triple Jump: 1. Dale, 39-5; 2. Johnson, 38-2; 3. Younger, 36-5.

Pole Vault: 1. Sasser, 13-6; 2. Pope, 13-0; 3. Dossey, 13-0; 4. Sawyer, 12-6; 5. Burdick, 11-6; 6. Elmore, 11-6.



STROUD'S Casey Bookout had the State Indoor meet's longest shot put with a throw of 57-5.25 in the 2A boys division. Photo by John Hoke

## 1995 TRACK SCHEDULE

The schedule below was derived from information listed on TEAM REPORTS received by February 24th. Over 100 meets are listed but there are several that were held last year that no information has been received on yet. Since this information comes from reported schedules and not directly from meet directors there are possibilities of errors so it would be prudent to contact the school for a meet schedule if you are interested in attending as a spectator or in participating as a team. If you notice an error or omission, please let us know so we can correct it in the next issue.

### March

4: Jenks, Ardmore, Iowa Park. 9: Norman. 10: Purcell, Putnam City. 11: McGuinness, Plainview, Chandler, Mt. Pleasant, Tex., Broken Arrow. 16: Edmond Memorial. 17: Carl Albert, Union. 18: Ringwood, Burkburnett, Tex., Lone Grove, Catoosa, Liberty Eylan, Tex., Chapel Hill, Tex., Fairview. 23: Bartlesville, Tulsa All-City at Webster. 24: Ada, Claremore Sequoyah, Holdenville. 25: Medford, Velma-Alma, Cascia Hall, Pauls Valley, Enid, Will Rogers. 31: Purcell, Okmulgee, Adair, Moore, Turpin.

### April

1: Medford, Sulphur, Bethany, Altus, Coppell, Tex., Pittsburg, Kan, Texarkana, Ark. OSU Relays. 4: Stephens County at

Velma-Alma, Skeltur Conf., Dewey, Cushing, Buffalo. 5: Waurika, Nashville, Ark. 7: Thomas, Wetumka, Texas Relays in Austin. 8: UCO-Edmond, Owasso, Waynoka, Duncan, Purcell, Little All-City at Bethany, Vinita, Waurika. 11: OBU-Shawnee, South Barber, Kan., Putnam City, Ponca City, Forgan, Temple. 13: Frontier, Tulsa 7 Conf. at Catoosa, Sapulpa. 14: John Jacobs at OU, Watonga, Pryor. 15: Wynnewood, Chandler, Chelsea, Wilburton. 18: Cherokee, Southwest Missouri, Harrah at UCO, Lake Conf., Westmoore, Southern 8 Conf., 66 Conf. 19: Oilfield Conf. at Velma-Alma. 20: Commerce. 21: Elk City, Carl Albert, Konawa, Kansas Relays-Lawrence, Western Heights, Edison. 22: Ringwood, Marlow, Casady, Tecumseh, Catoosa, Mustang, Beaver. 24: Frontier. 25: Weatherford, Lucky 7 Conf., Northside Conf., Ok All City-Millwood. 27: Suburban Conf. at Carl Albert, Union, Green Country Conf., Oswego, Kan. 28: Southern Conf. at Duncan, Ft. Smith, Ark. 29: McGuinness, Edison, B-A-2A-3A Regionals.

### May

4: Southern Preparatory Conf. in Dallas. 5: B-A State Meet, Moore, 2A-3A State Meet, UCO Edmond. 6: B-A-2A-3A State Meets continued, 4A-5A Regionals. 12-13: 4A-5A State Meet, Choctaw. 20: Oklahoma vs. Arkansas Dual. 27: Great Southwest in Phoenix.



# Oklahoma Track Coaches Association

## Indoor State Championships

Shawnee  
2/10-11/95

**SHAWNEE**--The Oklahoma Track Coaches Association held their annual Indoor State Championships here in the Shawnee Exposition Center February 10-11 on a 152-meter banked board track. Over 60 schools scored points in seven divisions.

Norman (5A) and John Marshall (4A) captured dual titles in both the boys and girls division with the awesome Bear girls totalling a meet high 180 points to runnerup McGuinness' 70.

The Tiger boys took four individual titles and the two mile relay, all top performances in the meet while the John Marshall girls waltzed away with seven individual golds and the mile relay.

The Tiger girls won four individual golds and the two mile relay en route to an 89-61 win over Moore while the Bear boys also captured four individual crowns and the mile relay in beating runnerup Claremore, 112-86. In the 3A divisions the Plainview girls notched another title, outscoring Weatherford and Watonga 102-64 while Idabel took the boys title with five individual wins. Prague ran away with the 2A boys crown, outscoring Tishomingo 156-54 with five individual crowns and both relays.

Weatherford's Toke Randle, a junior transfer from Clinton, captured an amazing four individual titles in the 3A girls division with three of them being the top marks in the meet (55 hurdles, 200 and long jump). Moore's Jon Leon had two top marks in the 200 and 400 while Norman's Quentin Turner turned in the top long jump and triple jump of the meet. Other class triple winners were Prague's Roderick Burdine and Idabel's Cole. Double winners included Guthrie's Brandi Woodard; John Marshall's Crystal

Swanegan, Mike Calhoun, Justin Matthews; Northeast's Cornelius Mason; Broken Bow's Joe Thomas; and Davenport's Daniel McKinney.

Stroud's Casey Bookout threw the shot farther than his '94 2A state meet winning toss and less than a foot shy of his '94 season best.

### 5A Girls

**TEAM SCORING:** 1. Norman 89; 2. Moore 61; 3. Jenks 59; 4. Edmond North 49; 5. Edmond Memorial 38; 6. Del City 36; 7. Stillwater 30; 8. Northwest Classen 30; 9. Midwest City 25; 10. Yukon 20; 11. Broken Arrow 12; 12. Putnam City West 7; 13. Shawnee 6; 14. Ponca City 3.

**55:** 1. Northington, DC. 7.11; 2. Sorrells, EM. 7.32; 3. Smith, DC. 7.56; 4. Butler EN. 7.66; 5. Dulancy, EN. 7.72; 6. Blakes, MWC. 7.91.

**55H:** 1. Curtis, Stw. 9.10; 2. Cato, Yuk. 9.13; 3. Stuart, Nor. 9.25; 4. Haworth, BA. 9.65; 5. Langley, Jen. 9.73; 6. Welsh, BA. 9.75.

**400:** 1. Spiller, MWC. 62.11; 2. Burden, NW. 63.18; 3. Singleton, Yuk. 64.13; 4. Reeser, Nor. 64.67; 5. Haley, Stw. 65.18; 6. Trogdon, BA. 65.44.

**200:** 1. Sorrells, EM. 26.46; 2. Northington, DC. 26.50; 3. Speller, MWC. 26.68; 4. Hansen, EM. 27.07; 5. Butler, EN. 27.39; 6. Dulancy, EN. 27.58.

**800:** 1. Delozier, Nor. 2:27.35; 2. Nicken, Jen. 2:31.84; 3. Ahlgren, Jen. 2:41.07; 4. Kirby, BA. 2:41.08; 5. Brownski, PC. 2:45.65; 6. Coaster, PC. 2:46.41.

**1600:** 1. Horton, Nor. 5:39.98; 2. Cardenas, M. 5:48.32; 3. Deall, EN. 5:55.07; 4. Barrus, EN. 6:02.34; 5. Smiley, Jen. 6. Font. M. 6:15.21.

**3000:** 1. Shelters, M. 11:51.04; 2. Miller, EN. 11:53.31; 3. Ramos, M. 11:57.53; 4. Settle, M. 12:00.84; 5. Moudry, Jen. 12:30.91; 6. Jensen, Jen. 12:32.09.

**Mile Relay (1,520 meters):** 1. Northwest Classen 4:08.56; 2. Jenks 4:09.04; 3. Del City 4:15.41; 4. Edmond Memorial 4:15.56; 5. Norman 4:17.18; 6. Broken Arrow 4:18.78.

**Two Mile Relay (3,040 meters):** 1. Norman 10:15.18; 2. Moore 10:33.87; 3. Edmond North 10:54.10; 4. Jenks 11:11.5; 5. Stillwater; 6. Northwest Classen.

**Shot:** 1. Palmer, Nor. 38-9.25; 2. Taylor, Stw. 36-5; 3. Smith, MWC. 33-10; 4. Johnson, Nor. 33-8.25; 5. Hensley, EM. 33-7; 6. Bates, PCW. 32-0.25.

**Long Jump:** 1. Johnson, Jen. 15-6; 2. Halverson, Nor. 15-5; 3. McDonald, PCW. 15-0.5; 4. Suzuki, Jen. 14-7; 5. Hansen, EM. 14-4.5; 6. Payton, Nor. 14-3.5.

**Triple Jump:** 1. Halverson, Nor. 32-0.5; 2. Rhodes, M. 31-6.5; 3. Ly, Stw. 31-0; 4. Hansen, EM. 30-8; 5. Robinson, MWC. 28-9; 6. Payton, Nor. 28-0.25.

**High Jump:** 1. Toole, EN. 5-0; 2. (tie) Combs, Sha; and Parrish, M. 4-10; 4. (tie) Wilhite, Yuk; Rhodes, Mo; and Curry, Nor. 4-10.

### 4A Girls

**TEAM SCORING:** 1. John Marshall 180; 2. McGuinness 70; 3. Hale 63; 4. Guthrie 52; 5. Northeast 47; 6. Noble 13; 7. Claremore 4; 8. U.S. Grant 1.

**55:** 1. Benefee, JM. 7.37; 2. M. Kelley, Mc. 7.39; 3. Weatherall, NE. 7.50; 4. Smith, JM. 7.56; 5. Harbin, Hale. 7.57; 6. Housley, USG. 7.69.

**55H:** 1. Brown, JM. 8.94; 2. Swanegan, JM. 9.28; 3. Phillips, Hale. 10.91.

**200:** 1. Stimpkins, JM. 27.92; 2. Smith, JM. 28.0; 3. Weatherall, NE. 28.01; 4. Harbin, Hale. 28.84; 5. Sikes, Hale. 28.94; 6. Coleman, NE. 30.09.

**400:** 1. Swanegan, JM. 1:03.40; 2. E. Kelley, Mc. 1:06.58; 3. Johnson, JM. 1:06.69; 4. Burke, Mc. 1:10.94; 5. Harbin, Hale. 1:10.95; 6. Koss, Hale. 1:14.34.

**800:** 1. Roberts, JM. 2:26.38; 2. Bratton, Hale. 2:28.35; 3. Houston, JM. 2:41.01; 4. Cowan, Gut. 2:42.52; 5. Matthews, JM. 3:10.14; 6. Miller, Hale. 3:10.29.

**1600:** 1. Woodard, Gut. 5:31.81; 2. Boothe, Mc. 5:33.19; 3. Bratton, Hale. 6:03.38; 4. Airington, Mc. 6:11; 5. John Marshall. 6:32.94; 6. Hale. 6:54.

**3000:** 1. Woodard, Gut. 12:08.63; 2. Lawrence, Mc. 12:48.13; 3. Cobb, Noble. 13:34.09; 4. Bickerstaff, Cla. 13:44.34; 5. Marak, Hale. 14:17.50.

**Mile Relay (1,520 meters):** 1. John Marshall 4:09.36; 2. Hale. 4:27.75; 3. Guthrie 4:33.5; 4. Northeast 5:05.22.

**Two Mile Relay (3,040 meters):** 1. McGuinness 9:55.75; 2. Guthrie 10:12.69; 3. Hale 10:48.5; 4. John Marshall 11:26.98.

**Shot:** 1. Smith, NE. 33-1; 2. Gilbert, NE. 33-0; 3. Middleton, JM. 32-6.5; 4. Heller, Nob. 30-11; 5. Martin, Nob. 19-9.5; 6. Merrell, Nob. 18-8.

**Long Jump:** 1. Wisby, JM. 14-9; 2. Brown, JM. 14-1; 3. Williams, NE. 13-6.5; 4. Stanfield, JM. 12-3; 5. Coleman, NE. 9-9.

**Triple Jump:** 1. Swanegan, JM. 29-0.25; 2. Houston, JM. 25-11; 3. Roberts, JM. 21-11.

**High Jump:** 1. Slavonic, Mc. 4-10; 2. Birdson, JM. 4-8; 3. Brown, JM. 4-6.

### 3A Girls

**TEAM SCORING:** 1. Plainview 102; 2. (tie) Weatherford, Watonga 64; 4. Poteau 54; 5. Santa F3 32; 6. Tishomingo 27; 7. Prague 18; 8. (tie) Catoosa, Elk City 16; 10. (tie) Marlow, Purcell 15; 12. (tie) Byng, Jones 12; 14. Davis 10; 15. Tecumseh 8; 16. Velma-Alma 6.

**55:** 1. Randle, Wea. 7.25; 2. Olive, Wat. 7.43; 3. Stms, VA. 7.44; 4. King, Wat. 7.74; 5. Morris, Byng. 7.75; 6. Steele, Pot. 7.81.

**55H:** 1. Randle, Wea. 8.90; 2. Ryan, Tec. 8.94; 3. Wall, Pla. 9.61; 4. Chessmore, Pur. 9.62; 5. Boker, Pla. 10.11; 6. Grissom, Pra. 10.27.

**200:** 1. Randle, Wea. 26.29; 2. Olive, Wat. 27.16; 3. Steele, Pot. 27.52; 4. Bunch, Pot. 27.71; 5. Patton, Pla. 28.17; 6. King, Wat. 28.33.

**400:** 1. Shirley, Dav. 63.61; 2. Steele, Pot. 64.83; 3. Kemp, Tis. 65.44; 4. Boone, Wea. 65.79; 5. Campbell, Byng. 66.11; 6. Hartfield, Wat. 66.12.

**800:** 1. Sanford, Pla. 2:33.70; 2. Harvey, Pla. 2:37.15; 3. Boon, Wea. 2:43.57; 4. Hopkins, Cat. 2:43.90; 5. Wagner, Cat. 2:44.90; 6. Hodge, Pur. 2:46.90.

**1600:** 1. McCulloh, Pla. 5:44.07; 2. Harvey, Pla. 5:45.36; 3. McKinney, SF. 5:47.11; 4. Baumelster, Jo. 5:52.07; 5. Wagner, Cat. 6:09.05; 6. Smith, EC.

**3000:** 1. Harvey, Pla. 11:34.08; 2. Baumelster, Jo. 11:57.53; 3. McKinney, SF. 12:12.81; 4. Doda, Mar. 12:36.2; 5. Lackey, Pla. 12:44.9; 6. Guild, Mar. 12:56.9.

**Mile Relay (1,520 meters):** 1. Tishomingo 4:12.03; 2. Poteau 4:12.66; 3. Plainview 4:12.97; 4. Watonga 4:17.96; 5. Prague 4:22.72; 6. Santa Fe 4:28.59.

**Two Mile Relay (3,040 meters):** 1. Plainview 9:47.3; 2. Poteau 10:27.6; 3. Santa Fe 10:29.7; 4. Catoosa 10:42; 5. Marlow 10:51.26; 6. Elk City 10:53.

**Shot:** 1. Clements, Pur. 33-10; 2. Jones, Wat. 33-5; 3. Jones, EC. 33-1.5; 4. Easterling, Pla. 33-6.5; 5. Warren, Pot. 30-11.5; 6. Loyd, Pot. 30-8.

**Long Jump:** 1. Randle, Wea. 16-1; 2. Morris, Byng. 15-7; 3. Dial, Mar. 15-5.5; 4. Bartlett, Wea. 15-2; 5. Olive, Wat. 15-0.75; 6. Russell, Tis. 14-3.

**Triple Jump:** 1. Bartlett, Wea. 31-0.25; 2. Richardson, Wat. 30-11.25; 3. Ryan, Pra. 30-0; 4. King, Wat. 27-11; 5. Webb, Wat. 27-6; 6. Green, Pra. 26-11.



## HIGH SCHOOL TRACK 1995

HST'S 37th (!) edition is now available. It has a complete statistical wrap-up of the great 1994 prep season, men & women, indoors and out. National, age and class records. 1994 and all-time performance lists. An indispensable resource for the high school track fan. 68 pages. \$5.00, plus \$1.00 postage/handling per order. Prepared by T&FN HS editor Jack Shepard.

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**High Jump:** 1. Sinclair, Wat. 4-10; 2. Blackwell, Pala. 4-10; 3. Hayes, SF. 4-8; 4. Cavin, Pra. 4-8; 5. Ryan, Pra. 4-8; 6. Bank, EC. 4-8.

#### 5A Boys

**TEAM SCORING:** 1. Norman 85.5; 2. Edmond North 63; 3. Moore 60; 4. Jenks 58; 5. Edmond Memorial 42; 6. Midwest City 41; 7. Putnam City 28; 8. Rogers 16; 9. Putnam West 14; 10. (tie) Stillwater, Del City 13; 12. Broken Arrow 12; 13. Ponca City 10.5; 14. (tie) Muskogee, Northwest Classen 10; 16. (tie) Choctaw, Putnam North 8; 18. Enid 2; 19. Shawnee 1.

**55:** 1. Birch, Rog. 6.32; 2. Hallmon, PutC. 6.41; 3. Johnson, EN. 6.43; 4. Smith, EM. 6.56; 5. Briscoe, EN. 6.58; 6. Tyler, J. 6.65.

**55H:** 1. Pettles, MWC. 7.44; 2. Browning, PCW. 7.95; 3. Jones, Je. 8.10; 4. Briscoe, EN. 8.12; 5. George, Mo. 8.13; 6. Kane, Stw. 8.15.

**200:** 1. Leon, Mo. 22.41; 2. Johnson, EN. 22.42; 3. Birch, Rog. 22.43; 4. Parks, MWC. 23.12; 5. Nolan, PCW. 23.13; 6. Smith, DC. 23.30.

**400:** 1. Leon, Mo. 51.21; 2. McFarlin, MWC. 52.32; 3. Roberts, BA. 52.79; 4. Ashley, EN. 52.58; 5. Browning, PCW. 54.06; 6. Cherry, Mo. 54.64.

**800:** 1. Bennett, Nor. 2:01.22; 2. Ashley, EN. 2:02.81; 3. Givens, Mus. 2:04.57; 4. Springer, Nor. 2:05.44; 5. Miller, PutC. 2:05.78; 6. Buhl, EM. 2:06.

**1600:** 1. Miller, PutC. 4:41.93; 2. Springer, Nor. 4:45.03; 3. Gibson, Je. 4:49.90; 4. Reid, Je. 4:50.53; 5. Buhl, EM. 4:50.76; 6. Baer, Nor. 4:53.83.

**3000:** 1. Donnelly, Nor. 9:27.06; 2. Baer, Nor. 9:33.31; 3. Reid, Je. 9:33.38; 4. Padall, EM. 9:59.44; 5. Harris, EN. 10:01.27; 6. Whitney, Sha. 10:03.91.

**Mile Relay (1,520 meters):** 1. Edmond North 3:24.82; 2. Moore 3:25.50; 3. Jenks 3:26.80; 4. Midwest City 3:33.34; 5. Putnam City 3:35.15; 6. Putnam West 3:35.20.

**Two Mile Relay (3,040 meters):** 1. Norman 8:01.66; 2. Edmond Memorial 8:02.62; 3. Jenks 8:09.27; 4. Moore 8:11.13; 6. Putnam City 8:23.7.

**Shot:** 1. Anderson, Mo. 52-11.25; 2. Fitzgerald, PN. 52-5.5; 3. Harrigter, BA. 51-11.25; 4. Richard, Nor. 48-3; 5. Cornett, PutC. 46-3.5; 6. Light, EM. 46-1.

**Long Jump:** 1. Turner, Nor. 21-7; 2. Cavitz, J. 19-9.5; 3. Rogers, DC. 19-4.5; 4. Dean, MWC. 19-4; 5. Turner, Stw. 19-4; 6. Vince, DC. 18-3.5.

**Triple Jump:** 1. Turner, Nor. 42-3; 2. Kane, Stw. 39-5; 3. Wyant, EM. 38-10; 4. Mims, Mu. 37-4; 5. Rolland, Mo. 34-7.5; 6. Jackson, MWC.

**High Jump:** 1. Modey, NWC. 6-4; 2. Williams, EM. 6-2; 3. (tie) Schadegg, EN; Rogers, DC. 6-0; 5. Dean, MWC. 6-0; 6. Belding, Mo.

**Pole Vault:** 1. Westfield, PonC. 12-6; 2. Lakdn, Cho. 12-0; 3. Benear, EN. 12-0; 4. Burdick, Je. 5. Barnes, Stw. 10-9; 6. (tie) Oblad, PonC; Lamunyon, Nor. 10-9.

#### 4A Boys

**TEAM SCORING:** 1. John Marshall 112; 2. Claremore 86; 3. Broken Bow 82; 4. Ada 54; 5. Pryor 36; 6. McGuinness 34; 7. Northeast 28; 8. Guthrie 24; 9. Durant 16; 10. McAlester 10; 11. U.S. Grant 8; 12. El Reno 3; 13. Noble 1.

**55:** 1. Matthews, JM. 6.41; 2. Daniels, Ada. 6.42; 3. T. Thomas, BB. 6.45; 4. J. Thomas, BB. 6.46; 5. Curtis, McA. 6.57; 6. Braddy, NE. 6.69.

**55H:** 1. Matthews, JM. 7.32; 2. Smpkins, USG. 7.53; 3. Braddy, NE. 7.61; 4. Babcock, JM. 7.84; 5. Boyles, BB. 8.04; 6. Weary, JM. 9.01.

**200:** 1. J. Thomas, BB. 22.92; 2. Butler, BB. 23.64; 3. Thweatt, BB. 24.09; 4. Thomas, Ada. 24.32; 5. Eccard, ER. 24.55; 6. Braddy, NE. 24.62.

**400:** 1. M. Calhoun, JM. 52.35; 2. Odem, Ada. 54.10; 3. Babcock, JM. 55.13; 4. Bone, BB. 55.43; 5. Pitman, McG. 55.88; 6. Meddock, BB. 56.38.

**800:** 1. Birkenfeld, Pry. 2:04.24; 2. K. Calhoun, JM. 2:05.25; 3. Moses, McG. 2:06.16; 4. Wilson, Dur. 2:06.17; 5. Gary, Cla. 2:09.62; 6. Butler, ER. 2:19.18.

**1600:** 1. Mason, NE. 4:48.41; 2. Shortbull, Cla. 4:55.25; 3. Dameron, Gut. 4:59.61; 4. Wilson, Dur. 5:06.42; 5. Roland, Dur. 5:06.84; 6. John Marshall. 5:30.26.

**3000:** 1. Mason, NE. 9:30.61; 2. Styron, McG. 9:54.13; 3. Ford, Cla. 10:05.11; 4. Mize, Gut. 10:09.59; 5. Corley, Dur. 10:19.49; 6. Sexauer, McG. 10:20.65.

**Mile Relay (1,520 meters):** 1. Ada 3:30.98; 2. Pryor 3:32.95; 3. John Marshall 3:34.69; 4. Broken

Bow 3:38.49; 5. Claremore 3:45.21; 6. Guthrie 3:46.15.

**Two Mile Relay (3,040 meters):** 1. John Marshall 8:16.5; 2. Claremore 8:19.25; 3. Guthrie 8:23.27; 4. McGuinness 8:25.16; 5. Ada 8:36.11.

**Shot:** 1. Cook, Ada. 51-2.5; 2. Brown, McA. 49-5.75; 3. Billy, BB. 47-1.5; 4. (tie) Wooten, BB; McClosky, Cla. 48-1; 6. Martin, Nob. 40-4.

**Long Jump:** 1. J. Thomas, BB. 21-0; 2. Williams, Cla. 19-6; 3. Thweatt, BB. 19-4; 4. Hannah, JM. 19-3; 5. Butler, BB. 19-1; 6. Bywater, Cla. 18-11.5.

**Triple Jump:** 1. M. Calhoun, JM. 40-8; 2. Williams, Cla. 39-3; 3. Thweatt, BB. 37-8; 4. Weary, JM. 35-6; 5. Bird, JM. 35-5.

**High Jump:** 1. Bywaters, Cla. 6-4; 2. McLaughlin, McG. 6-4; 3. Hannah, JM. 5-10; 4. Bird, JM. 5-8.

**Pole Vault:** 1. Betha, Cla. 13-9; 2. Novskl, Cla. 12-0; 3. Cordett, Pry. 12-0; 4. Grider, Dur. 11-6; 5. Smith, Cla. 11-0; 6. McNulty, McG. 11-0.

#### 3A Boys

**TEAM SCORING:** 1. Idabel 111; 2. Weatherford 87; 3. Catoosa 78; 4. Marlow 47; 5. Plainview 33; 6. Little Axe 23; 7. Santa Fe 21; 8. Elk City 20; 9. Poteau 19; 10. Tuttle 15; 11. Sprto 11; 12. Vinita 12; 13. Byng 7.

**55:** 1. Cole, Id. 6.36; 2. Peare, Id. 6.49; 3. Scott, Sp. 6.50; 4. Austin, Id. 6.76; 5. Matherly, Wea. 6.79.

**55H:** 1. Austin, Id. 7.56; 2. Merritt, Tut. 7.62; 3. Lovill, Pot. 7.74; 4. Thiel, Wea. 8.08; 5. Degrie, Wea. 8.1; 6. Conkler, Wea. 8.7.

**200:** 1. Peace, Id. 22.78; 2. Scotts, Sp. 23.21; 3. Methenl, Wea. 23.95; 4. (tie) Thael, Wea. and Sehl, Wea. 23.98; 6. Merritt, Tut. 23.99.

**400:** 1. Cole, Wea. 53.86; 2. Austin, Id. 54.77; 3. Shatwell, Tut. 55.64; 4. Etheridge, Cat. 55.96; 5. Shanks, Cat. 56.79; 6. Hammon, Wea. 57.16.

**800:** 1. Chesney, Cat. 2:07.73; 2. Johnston, Wea. 2:12.08; 3. Heller, Cat. 2:13.88; 4. Connley, Mar. 2:17.36; 5. Printis, SF. 2:18.25; 6. Minson, Mar. 2:18.80.

**1600:** 1. Clark, Pla. 4:50.61; 2. Womack, Pla. 4:57.31; 3. Lewis, LA. 4:58.72; 5. Minson, Mar. 5:06.84; 5. Murray, Cat. 5:08.52; 6. Swearingner, LA. 5:08.87.

**3000:** 1. Murray, Cat. 10:09.9; 2. Landtroop, Mar. 10:11.54; 3. Riddle, Byng. 10:21.56; 4. Johnson, LA 10:32.3; 5. Rackler, Mar. 10:34.8; 6. Romo, Pla. 10:36.10.

**Mile Relay (1,520 meters):** 1. Weatherford 3:31.03; 2. Catoosa 3:32.79; 3. Santa Fe 3:34.95; 4. Idabel 3:41.42.

**Two Mile Relay (3,040 meters):** 1. Marlow 8:18.5; 2. Catoosa 8:19.4; 3. Little Axe 8:24.8; 4. Weatherford 8:39.6; 5. Plainview 8:40.5; 6. Santa Fe 8:48.09.

**Shot:** 1. Odem, Pot. 44-3; 2. Briggs, Cat. 43-1.5; 3. Purrington, Wea. 43-0.25; 4. Sutton, SF. 42-3.5; 5. Brooks, Wea. 41-5.5; 6. Williams, Id. 41-2.

**Long Jump:** 1. Cole, Id. 20-10; 2. Peace, Id. 20-8.75; 3. Moore, Id. 19-7.75; 4. Allen, Vin. 19-4; 5. Price, Pot. 18-6.5; 6. James, Byng. 18-1.25.

**Triple Jump:** 1. Cole, Id. 40-8; 2. Moore, Id. 39-0.5; 3. Washington, Wea. 37-10.5; 4. Johnson, Id. 36-5.5; 5. Cole, Wea. 34-6.5; 6. Walters, SF. 32-10.5.

**High Jump:** 1. Mitchell, Pla. 5-10; 2. Allen, Vin. 5-8; 3. Moore, Id. 5-8; 4. Syrbouth, EC. 5-8; 5. Sprinkle, Wea. 5-6; 6. Conelino, Wea. 5-4.

**Pole Vault:** 1. Heard, EC. 14-0; 2. Black, Mar. 12-8; 3. Syrbouth, EC. 11-6; 4. Rainey, Cat. 11-0.

#### 2A Boys

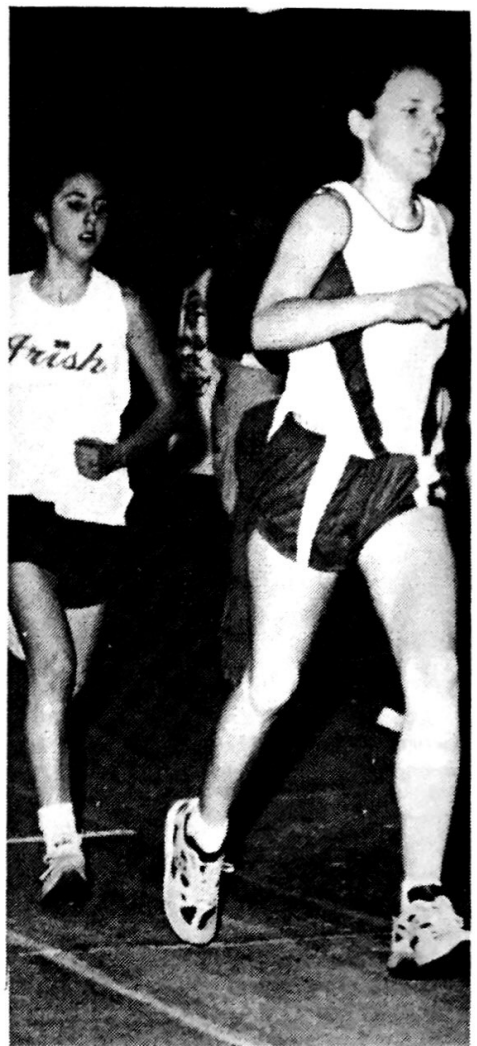
**TEAM SCORING:** 1. Prague 156; 2. Tishomingo 54; 3. Stroud 35; 4. Konawa 33; 5. Velm-Alma 28; 6. Warner 27; 7. (tie) Watonga, Fairview 25; 9. (tie) Davenport, Holdenville 20; 11. Wynnewood 15; 12. (tie) Wewoka, Claremore Sequoyah 10; 14. Chisholm 8; 15. Lindsay 7; 16. (tie) Canton, Okmah 4.

**55:** 1. Robison, Fa. 6.58; 2. Muskrat, War. 6.61; 3. Smith, Hol. 6.65; 4. Groff, Oke. 6.74; 5. Randall, Wat. 6.83; 6. Hays, Wyn. 6.91.

**55H:** 1. Burdine, Pra. 7.77; 2. Massie, Pra. 8.10; 3. Inman, Tis. 8.11; 4. Hornbeck, Str. 8.23; 5. Benway, Wat. 8.37; 6. Ethridge, Kon. 8.54.

**200:** 1. Burdine, Pra. 23.52; 2. Muskrat, War. 24.13; 3. Robison, Fa. 24.21; 4. Jordan, Pra. 25.46; 5. Richardson, Wat. 25.65; 6. Williams, Tis. 26.08.

**400:** 1. Burdine, Pra. 52.34; 2. Ethridge, Kon. 53.96; 3. Cloud, Kon. 54.16; 4. VanWagner, Pra. 55.29; 5. Schielsen, CS. 56.53; 6. McElreath, Lin.



**DOUBLE WINNER**--Guthrie's Brandi Woodard (right) leads second place finisher, McGuinness' Nicole Lawrence, in the 4A Girls 3000 meter event in the State Indoor meet. Woodard won both the 1600 and 3000. Photo by John Hoke

**800:** 1. Hicks, Pra. 2:10.92; 2. Inman, Tis. 2:11.56; 3. Turner, Hol. 2:11.78; 4. Webster, Pra. 2:12.48; 5. Terell, War. 2:17.47; 6. Mims, Str. 2:17.66.

**1600:** 1. McKinney, Dav. 4:48.27; 2. Johnson, VA. 4:49.36; 3. Hicks, Pra. 5:08.33; 4. Hutchings, Tis. 4:14.54; 5. Webster, Pra. 5:15.53; 6. Edsol, Wat. 5:17.30.

**3000:** 1. McKinney, Dav. 9:39.6; 2. Johnson, VA. 9:39.7; 3. Cameron, Lin. 10:42.8; 4. Herndon, War. 10:43.07; 5. Johnson, Fa. 10:56.5; 6. Cauthon, War. 11:34.5.

**Mile Relay (1,520 meters):** 1. Prague 3:32.07; 2. Tishomingo 3:34.19; 3. Konawa 3:37.44; 4. Watonga 3:51.58.

**Two Mile Relay (3,040 meters):** 1. Prague 8:36.5; 2. Tishomingo 8:47.7; 3. Velm-Alma 8:47.9; 4. Holdenville 9:04.5; 5. Warner 9:04.2.

**Shot:** 1. C. Bookout, Str. 57-5.25; 2. Martin, Chi. 56-1.5; 3. K. Bookout, Str. 48-11; 4. Kay, Wyn. 44-10.75; 5. Gastineau, Tis. 42-6.25; 6. Briscoe, Tis. 40-11.

**Long Jump:** 1. Kelley, Wew. 19-0; 2. Randle, Wat. 18-1.75; 3. Ethridge, Kon. 17-10.5; 4. Jordan, Pra. 17-4.5; 5. Massie, Pra. 16-4; 6. Martens, Fa. 16-4.

**Triple Jump:** 1. Cordon, Pra. 36-11.5; 2. Jordan, Pra. 35-5; 3. Martens, Fa. 34-9; 4. Teape, Pra. 34-7.5.

**High Jump:** 1. Harris, Wyn. 6-6; 2. Wiles, Pr. 5-4; 3. Massie, Pra. 5-0; 4. Hornbeck, Str. 5-0.

**Pole Vault:** 1. Wilkinson, Str. 13-0; 2. Walters, CS. 13-0; 3. Brauer, Pra. 12-0; 4. Evans, Can. 10-0; 5. McMinn, Wat. 10-0.

## 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 OS-SAA 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.

## Dickson's Blake Jackson Competes in England

Dickson junior, Blake Jackson, travelled to England over the Christmas holidays, competing in two cross country races sponsored by the World Sports Exchange.. Jackson is a two-time All-Stater and a member of Dickson's Academic State Championship team of 1994 and is coached by Ron Love.

While in England he competed in two races. The first was a 5K England vs. U.S.A. at Cockfoster Park where he finished 8th of 108 runners. The second was a 3K at Hyde Park and included runners from England, Spain, Wales, Ireland, Kenya and the U.S.A. Jackson finished 5th of 76 competitors in this race.



2A BOYS 800 METER field sprints from the start in the State Indoor meet Jan. 28th. Prague's Shawn Hicks won the gold medal. Photo by John Hoke



2A BOYS 55 METER FINALS in the State Indoor meet--Fairview's Brock Robison won the gold with a time of 6.58. Photo by John Hoke

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## Coaches' Corner

### TEAM REPORTS

TEAM REPORT forms were mailed to all Oklahoma high schools with track teams (about 385) in January. These forms need to be completed and returned to OTF&N as soon as possible, either by mail or FAX. The TEAM REPORT is one of our main sources of information concerning correct spelling, class year, schedules, coaches, phone numbers, etc. If you haven't sent your's in yet, please do so. If you didn't receive one or have lost it, please call 405-52408551 and we will mail or FAX another immediately.

### RESULTS

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

### SEASON LEADERS

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

## AAU Cross Country

Hammond, Indiana  
12/10/95

The Tulsa Spikes crowned a trio of All-Americans and the Midget Girls team finished third in the AAU National Cross Country Championships held in Hammond, Ind., December 10th.

Midget Girls Carrie McFall and Michelle Ahlgren earned All-American honors with 9th and 11th place finishes respectively as did Ryan Starr finished 16th in Youth Boys. The top 25 runners in each division earn All-American status.

Every member of the Spikes' delegation posted a personal record time.

### TULSA SPIKES RESULTS:

Bantam Girls (3k): Christina Griffin, 12:23; Amanda McBride, 13:12; Shannon Williams, 13:16; Rachel Harrison, 16:17.

Bantam Boys (3k): Seth Harrison, 12:45; Alex Blazer, 12:53; Jimmy Kmetz, 14:26; Louts Dalley, 15:32.

Midget Girls (3k): Carrie McFall, 10:42; Michelle Ahlgren, 10:45; Jennifer Ahlgren 11:08; Mary Creel, 11:27; Lara Jacobs, 11:33; Angela Kmetz, 11:33; Cody Williams, 12:09; Rhiannon Nutt, 13:14.

Midget Boys (3k): Andy Kmetz, 10:27; John Kelly, 10:55; Jeff Martin, 11:00; Jonathan Broussard, 12:04; Geordy Walker, 13:05.

Youth Girls (4k): Nikki Pippert, 16:22; Hillary Jacobson, 16:46.

Youth Boys (4k): Ryan Starr, 13:08; Ed Wallace, 14:26; Matt Dunham, 15:00; Chris Curtis, 17:26.

Intermediate Girls (5k) Jenny Nemeec, 20:29.

Intermediate Boys (5k): Lucas Groom, 17:15; Jeremy Dudduth, 17:21; David Pennington, 17:44; Joey Sexauer, 20:20.

## Top Teams

### 3A Boys

1. Idabel
1. Okmulgee
3. Weatherford
4. Catoosa
5. Marlow
6. Grove
7. Little Axe
8. Madill
9. Elk City
10. Santa Fe

### 3A Girls

1. Plainview
2. Millwood
3. Weatherford
4. Watonga
5. Marlow
6. Okmulgee
7. Grove
8. Poteau
9. Santa Fe
10. Tishomingo

### 4A Boys

1. John Marshall
2. Douglas
3. Claremore
4. Broken Bow
5. Duncan
6. Ada
7. Pryor
8. McGuinness
9. Northeast
10. Guthrie

### 4A Girls

1. Ardmore
2. John Marshall
3. McGuinness
4. Nathan Hale
5. Guthrie
6. Northeast
7. Douglas
8. Tulsa Central
9. Noble
10. Claremore

### 5A Boys

1. Norman
2. Edmond North
3. Moore
4. B.T. Washington
5. Jenks
6. Enid
7. Edmond Memorial
8. Midwest City
9. Putnam City
10. Will Rogers

### 5A Girls

1. B.T. Washington
2. Union
3. Norman
4. Jenks
5. Moore
6. Edmond North
7. Edmond Memorial
8. Del City
9. Stillwater
10. Northwest Classen



# Sports Nutrition for Moms and Dads

By John Hoke  
Editor

In general, teenage athletes should follow a high carbohydrate, low fat diet with adequate protein (as we all should). Emphasis should be on quality, complex carbohydrates (minimally processed foods, i.e. fresh fruits, whole grains, pastas, potatoes, rice, bread, vegetables, etc.) accounting for 60% or more of the total calories daily (see note below for determining daily calorie requirements). The new food pyramid calls for at least five servings a day of fruits or vegetables.

Protein requirements for heavily training athletes are only slightly higher than anyone else and can easily be satisfied by one or two servings of protein-rich foods daily—meat, fish, poultry, eggs, beans. Excess protein is actually hard on the body since its by-product, nitrogen, must be processed through the kidneys. There is definitely no need for artificial protein supplementation by anyone, even heavyweight throwers. One of the other potential problems of excess protein consumption is that fat usually accompanies protein in the average American diet high in animal protein. You can alleviate this problem by trimming visible fat from beef and pork, serving poultry without the skin and eliminating one egg yolk for every two eggs.

Fat should be limited to 25% or less of daily calories and this is much harder to do than you think. There are many insidious ways that fat creeps into our diet and the best way to watch for it is to read the new food labels and pay attention to how you

cook. My rule of thumb is to limit packaged and processed (i.e. convenience and fast) foods to three or less fat grams per 100 calories. This means that if a serving is listed as 300 calories it should not contain more than nine fat grams (one fat gram equals nine calories). This is an area to watch for no fat or low fat alternatives to traditional high fat foods like cookies, snack cakes, mayonnaise, margarine, ice cream, cheeses, milk, chips, crackers, salad dressings, etc.

It is important to spread food intake throughout the day (three meals and a couple healthy snacks) which is another way of saying that breakfast is important since it is the most likely meal to be skipped. It is also very important to eat a high carbohydrate meal or snack as soon as possible after working out or competing. For those that work out in the mornings this means bringing an adequate breakfast (this is a good spot for sports bars like Power Bar or Exceed) and for those that work out in the afternoon it means eating a good dinner shortly after finishing your work out. When an athlete works out they deplete their muscle energy stores (glycogen) which must be replenished by carbohydrate intake. Tests have shown that replenishment occurs best when a meal is eaten as soon as possible after finishing the workout and the longer they wait the less efficient energy replacement is. When adequate energy replacement does not occur it has a cumulative effect and causes the athlete to be unable to perform up to their best in workouts or competition.

The average American diet is loaded with sugar, fat and over-processed foods (white flour, for one) that are all acquired tastes. We can't change our tastes overnight but you can gradually re-train your taste buds to enjoy a diet with less fat, sugar and over-processed foods a little bit at a time, which will result in not only a healthier teenage athlete but a healthier you. Diets are a waste of time—change the way you eat for the rest of your life.

**VITAMINS:** There is a lot of conflicting information regarding the need for vitamin supplementation these days and the current wisdom seems to lean towards a multiple vitamin with minerals and maybe the antioxidant group (C, E, and beta-carotene) taken three to five times a week. Female athletes, especially those that don't eat much red meat, should take a daily iron supplement and should pay close attention to their calcium intake. There are no magic bullets in spite of the fabulous claims made in advertisements seeking to sell various products on their ability to make you run faster or jump higher. Nothing will make you able to perform above your ability but proper nutrition will allow you to get the maximum from your body.

**DAILY CALORIE NEEDS:** this is tough to estimate but can be approximated by multiplying the athlete's weight by a number between 14 and 20 with 14 being a female sprinter or thrower and 20 being a male distance runner. Monitoring the athlete's weight during training will help keep intake at the proper level. A pound of fat weighs 3500 calories so if you want to lose weight subtract 500 to 1000 calories from your daily intake which will result in a one or two pound a week loss ( $500 \times 7 = 3500$ ). Don't drop below 1200 calories for girls or 1500 for boys.

**WATER:** it is very important to drink plenty of fluids and water is without a doubt the very best choice—you can't drink too much and you can't train your body to do without it.

**PRE-EVENT MEALS:** before any competition, the general rule is to eat a high carbohydrate, low fat, moderate protein meal at least three hours before the event. Small meals are best and bulky, high fiber foods should be avoided as should excess fat and protein. For competitions that last all day it is tough but it is better to send healthy food and snacks rather than deal with the inevitable trip to McDonalds for a burger and fries. This is an excellent place to use one of the numerous sports bars and drinks—just be sure to try them out to see if they are tolerated, well before the actual competition. The athlete will actually be utilizing energy stores built from several days prior to the day of competition so it is important to pay attention to what is eaten the day or two before as well.



STROUD'S Scott Wilkinson cleared 13-0 in the 2A pole vault in the State Indoor meet which was good for first place. Photo by John Hoke

**EATING OUT:** it's hard to eat healthy at most fast food restaurants and usually you're with a heard of hungry teenagers in a hurry. Go for the baked, broiled or grilled entrees if you have a choice. Many fast food places are beginning to offer 'light' versions of their regular fare. Salads are good but not recommended for competition days, especially with high fat dressings. Try to avoid the mega-meat pizzas, go for green peppers, onions, or plain cheese and a salad bar, if it's on the way home. Chicken is usually better than beef if it's not fried but fish is almost always deep fried so is not a healthy alternative. Baked potatoes without high fat toppings are marvelous. Oriental is usually good but watch for hidden fat in sauces and stir-fry. Mexican tastes great but doesn't usually make it into the low fat category though I have heard that Taco Bell is coming out with a full menu of items with 30% or less fat calories—watch for it. You can't be obsessed with ultimate nutrition at these times so it is best to relax and enjoy your fries. Be an informed consumer, read up on the composition of the various fast food meals—they all provide nutritional analysis for the asking—get to know what you're eating and try to choose the restaurants with the most healthy options.

**RECOMMENDED READING:** Jane Brody's Nutrition Book and Good Food Cookbook and any of Nancy Clark's books—these are the most accurate and easy to understand books I've found.

### TIPS

pasta with low fat tomato sauce  
dried beans  
rice  
water-packed tuna  
no fat mayonnaise and salad dressing  
frozen no fat yogurt  
baked tortilla chips  
no fat dairy products:  
cottage cheese  
sour cream  
yogurt  
cream cheese  
skim milk  
low fat cheese  
bagels  
fig bars  
dried fruits  
low fat snack cakes  
olive oil  
reduced fat margarine  
egg substitutes  
low fat hot dogs  
lots broccoli and carrots  
bananas, apples and oranges  
low fat cereals:  
Grapenuts  
Cheerios  
Raisin Bran  
Corn Flakes  
Rice Crispies  
Wheaties  
oatmeal  
pretzels  
100% fruit juices  
baked potatoes  
Romaine lettuce  
whole wheat bread  
no fat gravy  
soup with meals



**TRIO OF CROSS COUNTRY ALL-STATERS** head into the first turn in the 3200 meter relay in the Prague-Little Axe Indoor meet Jan. 27th. Hale's Amy Bratton, Guthrie's Brandi Woodard and McGuinness' Ashley Boothe battle for position. Guthrie won the gold here McGuinness came back two weeks later to win the State Indoor 3200 meter relay. Photo by John Hoke

## Winter Track Clinic

The Oklahoma Track Coaches Association held their annual Winter Track Clinic at the Ramada Inn in Norman, February 3rd and 4th. Close to 150 coaches attended the two days of meetings, clinics and lectures.

Speakers covered all areas of track and field and the coaches voted to accept the All-State policy (elsewhere in this issue) worked out by the association. The coaches also voted to adopt the Oklahoma TRACK & FIELD NEWS as their official publication and include a one-year subscription in their dues starting next school year.

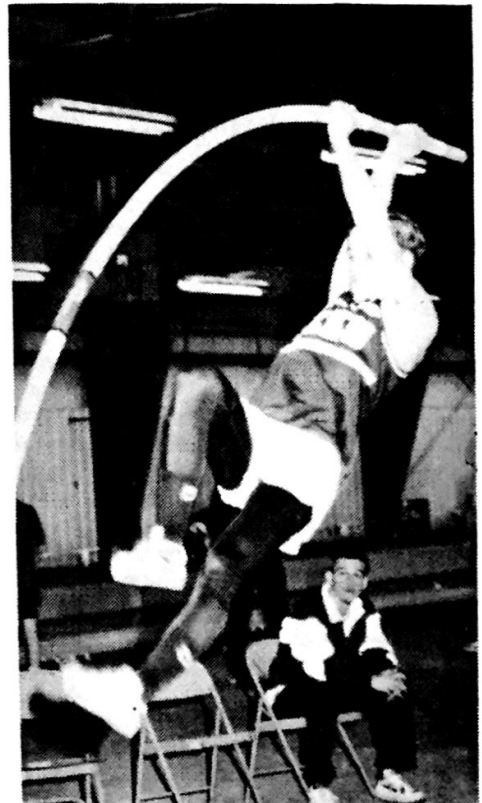
The 1994 Cross Country Coaches of the Year were voted on with the winners being Lindsay's Claud Cameron for the boys and Marlow's Jimmy Brackeen for the girls.



Jimmy Brackeen



Claud Cameron



**ELK CITY'S Jarrod Heard** had the best vault of the State Indoor meet, clearing 14-0 in the 3A boys division. Photo by John Hoke