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PUTNAM CITY INVITATIONAL--The hot heat of the boys 110 hurdles clears the first hurdle in here March 10th in the Pirates' stadium. Northeast's Mike Braddy (right) won the gold medal with a time of 15.01 while Enid took the team title. Photo by John Hoke

1995 High School Track Preview 2A-A-B

By John Hoke, Editor

This is a difficult group to preview at this time of year, especially as far as team rankings go. I've had a fair selection of TEAM REPORTS returned and talked to as many coaches as I could and I hope we don't miss any returning champions. There have been several class changes this year and I've done my best to get everyone where they belong but even some coaches haven't known for sure.

Most of the smallest schools won't start competition until the end of March so we should have a much better picture by the next issue.

B Girls

Beaver has long dominated this class but they lost some pretty significant scorers and I'm predicting a close battle with panhandle rival Boise City. The Lady Dusters are led by double winner, Megan Gregg, shot/discus, who has signed a basketball letter of intent with Texas A & M and 1600 champion, Sara Kee. The Wildcats return 300 hurdle champ Joannie Wilson.

Cherokee is led by returning two-time 100 hurdles champ Jennifer Whittet and Temple returns the only other double state winner, April Kindred, who took the 100/200 last year. High jump champ Jamie Pyle is back, transferring from Buffalo to Medford.

Pond Creek-Hunter will be a team to watch and Ringwood is back down in B this year led by A high jump champ Kelli Inman.

B Boys

Another battle between Beaver and Boise City with '94 champion Balko looking to replace graduation losses. Buffalo's Mark Levings, twice a double winner, is back for his last season and Ketchum's Brandon Carter will defend his 110/300 hurdle titles.

White Oak's Reggie Skinner returns in the 100 and shot winner Woody Stephenson of Dover is back but may have moved. Medford high jump champ Eddie Gonzalez still has eligibility but had a heart problem and may not be able to compete again.

A Girls

Turpin returns a strong group of sprinters and some quality distance runners from last year's state championship team. After win-

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**Broken Arrow
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Jenks
Norman
Plainview
Putnam City**

On TRACK

By John Hoke, Editor

The first weekend of outdoor track competition all but got wiped out as March came in like a lion with the winter's worst snow and ice storm smashing its way across the Plains and closing virtually every school in the state for two days. Two big meets were scheduled in Ardmore and Jenks but only the Trojan Invitational in Jenks was held and there, only eleven teams showed up in two divisions, compared to over 30 last year.

The second weekend was certainly a bit warmer but the winds were blowing fiercely out of the south and the sun didn't make its presence known very often--Purcell was the only meet to cancel and that was because the Dragons made it into the state basketball tournament. I do hope that we get this stuff out of the way and can look forward to some better conditions down the road.

I'm really excited about welcoming a new writer/editor to the pages of the Oklahoma TRACK & FIELD NEWS--Tulsa's Wesley Brown, the Oklahoma Runner's Runner of the Year in 1991. Brown grew up in the small Arkansas town of Hope where he won the mile and two mile races in the state meet his senior year and went on to attend Arkansas State University. At Arkansas State, Brown roomed with Al Joyner, 1984 Olympic gold medalist in the triple jump. His best event as a college athlete was the steeple chase where he clocked an 8:58 in an event equivalent to two miles, with hurdles and water barriers. He also ran a 3:50 1500 meters and a 14:18 5000 meters.

Brown graduated from Oklahoma Christian University in July of 1991 with a degree in journalism and is on the news staff of the Tulsa World and is a frequent contributor to the Oklahoma Runner. He will be covering the collegiate scene in Oklahoma and keeping track of Oklahoma runners across the country.

This issue has the first listing of season leading performances and is based on results received by March 12th. We actually went to press a little early with this issue--so I could attend the NCAA Division I wrestling tournament in Iowa--but we got results on every meet we had on our schedule. However, there were some glitches in FAX transmissions and some meets didn't report all places so the listings might not be 100% accurate. I hope anyone that sees an error or omission will let me know. We will begin to break the season leaders listings down by class in the next issue.

The next issue will be dated March 31st and will be the last issue out before regional assignments are made. If you want to have an impact on those assignments you need to do two things: first, make sure all the meets you attend are reported promptly and completely to us, and, secondly, contact your representative on the coaches' advisory committee listed at the bottom right hand of this page and let him know how you think the teams stack up against each other. We will publish regional assignments in the April 14 issue.

This will be my last plea for TEAM REPORTS. Coaches, if you have not already done so, please, pretty please, send in your TEAM REPORT or at least a team roster with names and class year. I would like to be able to list first names in the class rankings and it is getting progressively more difficult to dig them out of past results. I would also like to develop a list of senior athletes so that college coaches could see who they are and contact those that they might be interested in recruiting.

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Irish Relays

McGuinness High School
3/11/95

It was a chilly, windy day--with times reflecting the conditions--for the Irish Relays held at Oklahoma City's Bishop McGuinness High School March 11th. The host girls took home most of the hardware, no team scores were kept but the Irish would have easily won the girls title while the Ada boys would have taken the boys division. Holdenville was the second girls team and McGuinness the second boys.

Chisholm's Jason Martin threw the shot 57-10 for the season's best throw to date and less than a foot off last year's season best. Weatherford's Toke Randle turned in a 17-2.75 long jump which is also the season's best.

TEAMS PARTICIPATING (no team scoring): Ada, Casady (Cas), Chisholm (Chl), Douglas (Dou), Durant (Dur), Elk City (EC), El Reno (ER), Holdenville (Hol), MacArthur (Mac), McLain (McL), McGuinness A (McGA), McGuinness B (McGB), Mt. St. Mary's (SM), Prague (Pra), Weatherford (Wea).

Girls

100H: 1. Bell, McL, 15.47; 2. Randall, Wea, 15.69; 3. Patton, Dur, 17.52; 4. Metcalf, Cas, 18.02; 5. Clay, Dur, 18.51; 6. Imel, McG, 18.63.

300H: 1. Adkerson, EC, 52.91; 2. Clay, Dur, 54.81; 3. Keathon, McG, 55.36; 4. Barlett, Wea, 55.94; 5. Imel, McG, 56.43; 6. Metcalf, Cas, 56.89.

800: 1. Hoke, McG, 2:36.96; 2. Miller, Dur, 2:44.90; 3. Maran, SM, 2:45.09; 4. Parekh, Cas, 2:48.76; 5. Boone, Wea, 2:51.66; 6. Vassar, Wea, 2:52.25.

1600: 1. Boothe, McG, 5:56.18; 2. Lawrence, McG, 6:14.78; 3. Kriger, Dur, 6:15.13; 4. Mashburn, SM, 6:42.28; 5. London, Cas, 6:44.78; 6. Alrington, McG, 6:45.

400 Relay: 1. Holdenville, 51.52; 2. Casady, 52.39; 3. McGuinness, 52.56; 4. McLain, 53.39; 5. St. Mary's, 54.6; 6. Elk City, 55.41.

Sprint Medley Relay: 1. Weatherford, 2:02.55; 2. Elk City, 2:04.90; 3. McGuinness A, 2:05.17; 4. Casady, 2:08.78; 5. Prague, 2:08.83; 6. Mt. St. Mary's, 2:11.42.

800 Relay: 1. Holdenville, 1:51.84; 2. Weatherford, 1:56.93; 3. Prague, 1:58.81; 4. McLain, 1:58.92; 5. St. Mary's, 2:00.49; 6. Durant, 2:08.43.

Mile Relay: 1. Holdenville, 4:33.35; 2. McGuinness, 4:42.32; 3. Durant, 4:50.59; 4. St. Mary's, 4:56.17.

3200 Relay: 1. McGuinness A, 10:52.65; 2. McGuinness B, 11:28.03; 3. St. Mary's, 11:48.19; 4. Prague, 12:25.38; 5. Holdenville, 12:39.90.

Distant Medley Relay: 1. McGuinness A, 14:06.54; 2. McGuinness B, 14:44.19; 3. Elk City, 15:00.71; 4. Durant, 15:09.63; 5. Casady, 15:29.35; 6. Holdenville, 16:33.17.

Shot: 1. A. Jones, EC, 36-5.5; 2. M. Jeffries, SM, 29; 3. T. Scott, Dur, 28-6.5; 4. C. Mowles, Dur, 28-5.5; 5. R. Zeler, Hol, 28-1; 6. S. Wilson, McC, 26-6.

Discus: 1. Mowles, Dur, 108-7.5; 2. Zeler, Hol, 92-1; 3. Scott, Dur, 87-2.75; 4. Jeffries, SM, 86-3.5; 5. Brown, Dur, 79-7.75; 6. Jones, EC, 76-11.25.

Long Jump: 1. Randle, Wea, 17-2.75; 2. Curtis, Hol, 15-10.5; 3. Evans, McG, 15-9; 4. Imel, McG, 15-7; 5. Bartlett, Wea, 15-3.5; 6. Adams, Cas, 15-1.75.

High Jump: 1. Slavonic, McG, 5-0; 2. Green, McG, 4-8; 3. Cavin, Pra, 4-8; 4. Woody, Cas, 4-8; 5. Zeler, Hol, 4-8; 6. Metcalf, Cas, 4-6.

Boys

110H: 1. Burdine, Pra, 15.2; 2. Thiel, Wea, 15.39; 3. Massie, Pra, 16.37; 4. Brauer, Pra, 17.37; 5. Conkling, Wea, 17.5.

300H: 1. Burdine, Pra, 43.21; 2. Van Wagner, Pra, 43.69; 3. Massie, Pra, 44.21; 4. Rowland, Dur, 44.73; 5. Smith, Chl, 45.12.

800: 1. Cantrell, Ada, 2:10.02; 2. Wilson, Dur, 2:12.50; 3. Johnston, Wea, 2:14.19; 4. O'Conner,



IRISH RELAYS--McGuinness' Robert McLauchlin clears the bar en route to a first place finish at 6-0 in the high jump in the Irish Relays held at McGuinness High School March 11th. Photo by John Hoke

SM, 2:15.43; 5. Pittman, McG, 2:17.68; 6. Sawyer, Chl, 2:18.49.

1600: 1. Turner, Hol, 4:56.37; 2. Winchester, Ada, 5:03.14; 3. Wilson, Dur, 5:05.73; 4. Rowland,



WEATHERFORD'S Toke Randle, a four-event winner in the Indoor State Meet, clears the first hurdle with her unusual style in the Irish Relays March 11th at McGuinness High School. Randle finished second in the 100 hurdles and captured first in the long jump with a season-leading 17-2.75. Photo by John Hoke

Dur, 5:07.29; 5. Hicks, Pra, 5:07.58; 6. Sexauer, McG, 5:10.46.

400 Relay: 1. Ada, 43.74; 2. MacArthur, 44.28; 3. Weatherford, 44.39; 4. Holdenville, 45.22; 5. McGuinness, 45.52; 6. Casady, 45.83.

Sprint Medley Relay: 1. Ada, 1:36.97; 2. Weatherford, 1:40.40; 3. McGuinness A, 1:41.40; 4. Chisholm, 1:44.29; 5. Douglas, 1:44.86; 6. Holdenville, 1:45.43.

800 Relay: 1. Douglas, 1:35.28; 2. Lawton MacArthur, 1:36.90; 3. McLain, 1:37.17; 4. Prague, 1:37.40; 5. Weatherford, 1:38.88; 6. Holdenville, 1:38.94.

Mile Relay: 1. Ada, 3:37.38; 2. McGuinness, 3:37.53; 3. Weatherford, 3:40.41; 4. Prague A, 3:54.07; 5. McLain, 3:55.62; 6. Durant, 3:56.51.

3200 Relay: 1. McGuinness A, 8:52.79; 2. Elk City, 9:01.27; 3. Prague, 9:13.68; 4. McGuinness B, 9:15.09; 5. Holdenville, 9:15.42; 6. Weatherford, 9:19.60.

Distance Medley Relay: 1. Durant 11:55; 2. McGuinness 12:04; 3. Holdenville 12:07; 4. Prague 12:14; 5. Ada 12:16; 6. Chisholm 12:19.

Shot: 1. J. Martin, Chl, 57-10; 2. C. Cook, Ada, 52-4.5; 3. S. Purinton, Wea, 45-9.5; 4. Quarry, Pra, 42-8; 5. D. Brooks, Wea, 41-10; 6. D. Ward, McG, 41-7.

Discus: 1. Martin, Chl, 162-1.75; 2. Thomas, Ada, 137-6.75; 3. Brooks, Wea, 123; 4. Yoakam, Cas, 121-1.5; 5. Rogers, Wea, 119-5.5; 6. Quarry, Pra, 116-1.5.

Long Jump: 1. Thomas, Ada, 20-11; 2. Guinn, Cas, 20-7.5; 3. McCarty, Dur, 20-6.5; 4. Rogers, Ada, 20-5.75; 5. Harris, Dou, 19-5.75; 6. Stevens, Chl, 19-5.5.

High Jump: 1. Robert McLauchlin, McG, 6; 2. Justin Conkling, Wea, 6; 3. Chad Ballard, Dur, 6; 4. Cotton Dunleavy, McG, 5-10; 5. Coler Yonkham, Cas, 5-6; 6. Richard Blankenship, McG, 5-2.

Pole Vault: 1. Jarrod Heard, EC, 14-3; 2. Aaron Eccard, ER, 12-0; 3. Joe McNulty, McG, 11-6; 4. Eric Grider, Dur, 11-6; 5. Jeremy Brauer, Pra, 11-0.

19th Annual Jenks Trojan Invitational

3/4/95

JENKS—Bad weather—snow, ice, rain and cold—kept all but eight schools home from the first meet of the 1995 track season, the 19th Annual Jenks Trojan Invitational, held here March 4th. Most state schools had been closed the previous two days due to the winter's worst snow storm and roads were still slick and hazardous in many places across the state. Temperatures on race day were in the 30s and 40s with no sun and occasional light rain.

The host Trojans easily captured both Division 1 titles while Catoosa easily took the Division 2 Boys crown but had to rely on a win in the meet's final event—the 1600 relay—to outpoint runnerup Nathan Hale, 208-204, for the Girls title.

Performances were well off last year's which was held on a balmy, 70-degree day.

Division 1 Girls

TEAM SCORING: 1. Jenks A 260; 2. Bartlesville 96; 3. Jenks B 91; 4. Union A 65; 5. Sapulpa 28; 6. (tie) Ponca City, Owasso 6; 8. Union B 1.

100: 1. Snyder, JeA, 13.02; 2. Suzuki, JeA, 13.16; 3. Wooten, Bart, 13.42; 4. Bullard, JeB, 13.63; 5. Ash, JeB, 13.85; 6. Miller, Bart, 14.17.

200: 1. Snyder, JeA, 27.65; 2. Ray, JeA, 27.7; 3. Bullard, JeB, 28.8; 4. Logsdon, PC, 20.07; 5. Hubbard, JeB, 30.36; 6. Black, Bart, 31.34.

400: 1. Fontenot, Bart, 1:03.26; 2. Sejeck, JeA, 1:04.69; 3. Dearman, Sap, 1:06.3; 4. Hubbard, JeA, 1:08.4; 5. Porter, JeB, 1:09.4; 6. Logsdon, PC, 1:09.45.

800: 1. O'Rourke, JeA, 2:28.3; 2. Dearman, Sap, 2:28.6; 3. Ahlgren, JeA, 2:31.58; 4. Long, Sap, 2:43.93; 5. Allen, JeA, 2:54.9; 6. Sutter, PC, 2:55.

1600: 1. O'Rourke, JeA, 5:35.4; 2. Corbett, Bart, 5:41.5; 3. Smiley, JeA, 6:08.75; 4. Barker, JeB, 6:13.39; 5. Moudry, JeB, 6:16.2; 6. Kremer, Bart, 6:41.9.

3200: 1. Housley, Sap, 12:16.5; 2. Ahlgren, JeA, 12:27.3; 3. Towers, Ow, 12:35.7; 4. Nix, JeA, 13:08.4; 5. Moudry, JeB, 13:14; 6. Jensen, JeB, 13:17.

100H: 1. Malcolm, JeA, 17.42; 2. Miller, Bart, 18.78; 3. Calico, Un, 18.99; 4. Todd, Un, 19.58; 5. Black, Bart, 19.76; 6. Lopez, Un, 20.16.

300H: 1. Nickens, JeA, 51.04; 2. Baughman, Bart, 41.32; 3. Malcom, JeA, 53.31; 4. Wheat, Bart, 53.92; 5. Ash, JeB, 58.6; 6. Black, Bart, 1:02.

400 Relay: 1. Union 51.10; 2. Bartlesville 51.81; 3. Jenks 52.20.

800 Relay: 1. Jenks 1:51; 2. Bartlesville 1:59.

1600 Relay: 1. Jenks A 4:20; 2. Bartlesville 4:32; 3. Jenks B 5:01.

3200 Relay: 1. Jenks A 10:01.99; 2. Jenks B 10:35.20; 3. Union 10:45.67.

Shot: 1. Schlegel, Un, 39.7; 2. Laughrey, JeA, 32.10; 3. Olson, Un, 30.9; 4. Siems, JeA, 27.10; 5. Ericson, Bart, 26.11; 6. Jeremiah, UnB, 21.8.

Discus: 1. Laughrey, JeA, 105.11; 2. Siems, JeA, 91.5; 3. Erickson, Bart, 72.6.

High Jump: 1. Smiley, JeA, 4-0.

Long Jump: 1. Suzuki, JeA, 15.9; 2. Johnston, JeA, 15.8; 3. Malcom, JeB, 14.7.5; 4. Newsome, Un, 14.0.5; 5. Lytle, Un, 13.7.

Division 1 Boys

TEAM SCORING: 1. Jenks A 185; 2. Union A 146; 3. Muskogee 53; 4. Bartlesville 46; 5. Ponca City 40; 6. Sapulpa 12; 7. Union B 10; 8. Owasso 8; 9. (tie) Sand Springs, Jenks B 4.

100: 1. Tyler, Je, 10.94; 2. Bernard, Un, 11.0; 3. Cooper, Un, 11.12; 4. Sensintaffar, SS, 11.26; 5. Green, UnB, 11.33; 6. Humphrey, Sap, 11.48.

200: 1. Tyler, Je, 22.28; 2. Clayborn, Un, 22.68; 3. Dainty, Un, 22.82; 4. Cavitt, Je, 22.98; 5. Wodard, Mus, 23.98; 6. Johnston, JeB, 24.61.

400: 1. Deuvall, Un, 52.04; 2. Wilson, Mus, 52.15; 3. Strickland, Je, 52.29; 4. Patet, PC, 56.07; 5. Stalcup, PC, 58.09; 6. Sukdes, Je, 58.35.

800: 1. Givens, Mus, 2:04.1; 2. Cook, Sap, 2:06.4; 3. Wieman, PC, 2:14.62; 4. Metzger, PC, 2:15.56; 5. Knight, 2:20.12; 6. Leagrande, Je, 2:21.27.

1600: 1. Reid, Je, 4:41; 2. Owens, Ow, 4:46; 3. Pense, Je, 4:52; 4. Cook, Sap, 4:54; 5. James, JeB, 4:55; 6. Helton, Un, 5:00.

3200: 1. Reid, Je, 10:10; 2. James, Je, 10:33; 3. Helton, Un, 10:38; 4. T. Lassiter, JeB, 10:46; 5. Cummings, Un, 10:47; 6. Lassiter, Je, 11.64.

110H: 1. Hallan, Un, 16.10; 2. Gerken, Je, 16.59.

300H: 1. Vann, Sap, 40.75; 2. Carter, Un, 42.46; 3. Gerkin, Je, 42.52; 4. Carson, Je, 42.9; 5. Greer, Un, 45.5; 6. Walker, Mus, 48.5.

400 Relay: 1. Union 43.40; 2. Muskogee 45.98; 3. Bartlesville 46.71.

1600 Relay: 1. Jenks 3:31.73; 2. Union 3:33; 3. Muskogee 3:34.68; 4. Sapulpa 3:36; 5. Bartlesville 3:58; 6. Jenks B 4:08.

3200 Relay: 1. Jenks 8:29.90; 2. Union 8:38.80; 3. Ponca City 3:58.18; 4. Union B 9:23.28; 5. Bartlesville 9:36.60; 6. Muskogee 10:25.97.

Shot: 1. Borchers, Je, 43.3; 2. Hughes, Un, 39.5; 3. Dicus, Je, 39.5; 4. Green, Mus, 39.4; 5. Chapman, PC, 36.10; 6. Ray, Bart, 36.9.

Discus: 1. Dicus, Je, 152.5; 2. Simmons, Je, 113.2; 3. Borchers, Je, 110.0; 4. Caldwell, Un, 106.3; 5. Hughes, Un, 105.0; 6. Ray, Bart, 99.0.

Long Jump: 1. Cavitt, Je, 21.11.25; 2. Bernard, Un, 21.5; 3. Tyler, JeB, 19.7; 4. Biggs, Mus, 18.8; 5. Johnston, Je, 18.2.75; 6. Avery, Un, 18.2.5.

High Jump: 1. Kirby, Bart, 5-10; 2. Smith, Mus, 5-10; 3. McGill, Bart, 5-6; 4. Walker, Mus, 5-4.

Pole Vault: 1. Westfield, PC, 12-6; 2. Rapp, Bart, 12-2; 3. Burdick, Je, 11-6; 4. Green, Un, 11-6; 5. Hassel, Je, 10-6.

Division 2 Girls

TEAM SCORING: 1. Catoosa 208; 2. Nathan Hale 204; 3. Catoosa B 2.

100: 1. Sikes, Hale, 13.75; 2. Myers, Cat, 14.35; 3. Richardson, Cat, 15.16; 4. Buher, Hale, 17.63.

200: 1. Harbin, Hale, 27.36; 2. Shaffer, Cat, 28.19; 3. Sikes, Hale, 29.4; 4. Richardson, Cat, 32.7.

400: 1. Brant, Cat, 1:08.3; 2. Harbin, Hale, 1:09.4; 3. Koss, Hale, 1:11.8; 4. Newton, Cat, 1:17.

800: 1. Bratton, Hale, 2:39.03; 2. Wagner, Cat, 2:43.6; 3. Newton, Cat, 3:01; 4. Bowersock, Hale, 3:18.76.

1600: 1. Bratton, Hale, 6:24.22; 2. Zachariae, Hale, 6:34.87; 3. Newton, Cat, 6:38.8; 4. J. MaGee, Cat, 7:18.05; 5. R. MaGee, Cat, 7:31.27.

3200: 1. Bratton, Hale, 12:35; 2. Zachariae, Hale, 14:19; 3. MaGee, Cat, 16.09.

100H: 1. Anderson, Cat, 18.97; 2. Ash, Cat, 19.14; 3. Caughron, Hale, 21.03; 4. Phillips, Hale, 21.40.

300H: 1. Anderson, Cat, 54.75; 2. Ash, Cat, 55.5; 3. Phillips, Hale, 59.4; 4. Caughron, Hale, 1:01.7.

400 Relay: 1. Catoosa 53.31; 2. Hale 58.42; **800 Relay:** 1. Catoosa 1:58; 2. Hale 2:02.

1600 Relay: 1. Hale 4:28; 2. Catoosa 4:40; **3200 Relay:** 1. Hale 11:23.59; 2. Catoosa 11:56.11.

Shot: 1. White, Cat, 32-0.

Discus: 1. Crittenden, Cat, 76-1.

Long Jump: 1. Bratton, Hale, 11-4.5; 2. Caughron, Hale, 9-11.

High Jump: 1. Johnson, Cat, 4-2.

Division 2 Boys

TEAM SCORING: 1. Catoosa 208; 2. East Central 120; 3. McLain 62; 4. Bixby 14.

100: 1. Brooks, McL, 11.15; 2. Herron, McL, 11.51; 3. Vincent, EC, 11.85; 4. Phillips, EC, 12.05; 5. Pullam, Cat, 12.20.

200: 1. Brooks, McL, 23.63; 2. Vinson, EC, 24.57; 3. Elschen, EC, 24.62; 5. Pullam, Cat, 24.78; 5. Shanks, Cat, 25.81.

400: 1. Ethridge, Cat, 55.34; 2. Shanks, Cat, 56.48; 3. Elschen, EC, 57.7; 4. Bridges, McL, 1:01.5.

800: 1. Chesney, Cat, 2:05.11; 2. Heller, Cat, 2:12.

1600: 1. Shepherd, Cat, 5:32; 2. McGee, 6:00.

3200: 1. Shepherd, Cat, 12:29; 2. Elschen, EC, 14.47.

110H: 1. Widney, Cat, 16.29; 2. Canida, EC, 18.39; 3. McGee, Cat, 19.00; 4. McHenry, EC, 20.28.

300H: 1. Widney, Cat, 44.72; 2. Canida, EC, 45.8; 3. McHenry, EC, 48.8; 4. McGeen, Cat, 50.9.

400 Relay: 1. 1. McLain 44.33; 2. East Central 47.34.

1600 Relay: 1. Catoosa 3:45; 2. East Central 3:58.

3200 Relay: 1. Catoosa 9:14.

Shot: 1. Briggs, Cat, 41-7; 2. Altman, Cat, 33-1; 3. Blair, Btx, 32-1.

Discus: 1. Briggs, Cat, 107-7; 2. Blair, Btx, 107-0; 3. Altman, Cat, 91-7.

Long Jump: 1. Herron, McL, 18-3.5; 2. Canida, EC, 18-1.75; 3. McHenry, EC, 17-3.75; 4. Sanders, Cat, 15-2.75.

High Jump: 1. Heller, Cat, 5-2; 2. Sanders, Cat, 5-0.

Pole Vault: 1. Rainey, Cat, 10-0.



PUTNAM CITY INVITATIONAL—Hot heat of the girls 100 meter hurdles clears the first hurdle here March 10th. Yukon's Cato (left) won the event with a 17.3. Photo by John Hoke

Track Preview

Continued from page 1

ning the 400 and 800 relays, they look like they have the runners to repeat. Velma-Alma returns two champs from their runnerup squad of '94, Brandi Cruse (800), and Mandy Sims (300H) and '93 shot champion Shannon Chapman. With some good distance runners and a few sprinters added they appear ready to challenge for the title.

Others to watch are Oklahoma Christian in the sprints and Carnegie, Laverne and Canton in the distance races.

Kansas' Amy Armer returns to defend her 1600/3200 titles along with Tonkawa's Rhea Watson in the shot and Wyandotte's Marsha Burdge in the discus.

A Boys

Hooker is led by returning high jump champion Shannon Butler and pole vault champion Jordan Honemone. After winning the 1600 and 3200 relays they have the edge in the team race. Laverne will be strong this year and Velma-Alma returns champions Andy McGuire in the discus and Kevin Dickerson in the 200.

Waurika returns Nathan McKelroy in the 110 hurdles.



NORMAN INVITATIONAL 3000--Edmond North junior, Danette Miller, led the entire race here March 9th and won with a time of 11:35.81. Photo by John Hoke

2A Girls

With '94 champion Cascia Hall moving up to 3A, Wynnewood and Watonga look to do fierce battle for the title. The Savages are led by champions Denise Knowles, 200, and Vanessa Williams, long jump while the Eagles have hurdles ace, Lori Schenk, a double winner in '93 and record-setting 300 champ in '94. Purcell is back down from 3A and should make their presence known with '93 shot/discus double winner Julie Clements leading the way.

Elgin returns two champions, '93 800 winner Kelleigh Sanders and '94 discus winner Mandy Staggs. Sperry's Amber Crumbo will defend her shot title and Holdenville's Anitra Lacy will be back in the 400.

2A Boys

Stroud will be looking to step back into the winner's circle this year, led by shot/discus double winner Casey Bookout and pole vault champ Scott Wilkinson. They may have their hands full with new 2A teams dropping down from 3A, Jones and Madill, who are both led by 3A defending champs.

This class has the most returning champions with Deer Creek-Edmond's Carl Albright another double winner in the 1600/3200. Albright, a sophomore, broke the 3200 record set in 1973. Other returning champions include Warner's Chris Muskrat, 200; Hominy's Charles Higgins, 400; Watonga's Ike McGee, 100; along with Madill's Steve Elkins, 800 and Jones' Calvin Russell, 300 hurdles from 3A.

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CORNELIUS MASON took off early in the 3200 meter race at the Putnam City Invitational March 10th. Mason held on to win with a season-leading time of 10:00.15. Photo by John Hoke

John R. Smith Named To OBU Hall of Fame

SHAWNEE--John Richard Smith was inducted into the Oklahoma Baptist University Athletic Hall of Fame during the university's homecoming festivities November 11, 1994.

Smith, a 1951 OBU graduate and resident of Tulsa, was voted an outstanding performer at the 1950 conference track meet, winning the 100-yard dash and the 220-yard dash. He is a retired school administrator of the Tulsa Public Schools. The Bison won the conference track title throughout Smith's OBU career.

After graduating from OBU, Smith earned his master's degree from OSU and taught art in the Shawnee Public Schools. He and his wife, Laura Ann, have three grown children.

Intern/Volunteer Position

If there is anyone near the Oklahoma City area that would be interested in learning a bit about journalism and newspaper/magazine publishing by working a few hours a week as an intern/volunteer, we would be happy to hear from you. We do it all here, from typing results and writing stories through processing subscriptions and mailing issues. Call editor John Hoke at 405-524-8551 to set up an interview.

COLLEGE TRACK

By Wesley Brown

Oklahoma collegiate track and field should be exciting this outdoor season. All across the state from Oral Roberts University to Oklahoma Baptist, the collegiate teams are attracting great athletes to their universities, and starting to cultivate the great talent that is already in Oklahoma.

Also, it is exciting to see the two NCAA Division I colleges in Tulsa, hire two world-class and "classy" young coaches to lead their programs.

At the University of Tulsa, former University of Arkansas 800-meter star Stanley Redwine, will take the reins. He will be assisted by Doug Clark, another Razorback alumni who has impressive running and coaching credentials.

Redwine is active as a world-class 800-meter specialist and much-sought after "rabbit" in Europe. The "coach" brought home bronze in last year's Goodwill Games and was the third-ranked two-lapper in the U.S. His duties as a rabbit on European soil, saw him lead the race where Nourredine Morceli set the world-record in the 3,000-meter run.

Clark, who came to TU from the University of Texas El Paso, is a former Razorback coach and coach who has run the marathon in the Olympic Trials.

Across town, ORU is benefitting from the expertise of former U.S. pole vault record-holder, Joe Dial. It is kind of funny that Dial, who once vaulted 19-6.5, is attracting attention for having some of the best collegiate sprinters.

Recruiting Notes: During this time of the year, coaches are scared to reveal who they are trying to recruit, but a few of them talked about some of the prospects they are hoping to sign.

Dial said he hopes to sign some of the top 15 junior-college prospects to run at ORU.

He said those prospects include four 400-meter runners who could immediately take the university to the top of the collegiate 4 x 1 (mile relay) ranks.

"I have one runner who has a 46.5, another with a 46.0, one with a 46.8, and the fastest one has run a 45.2 relay split," Dial said excitedly. "So, I am really hoping that we can get their signatures on the dotted lines."

Also, word from the University of Tulsa is that Cornelius Mason, Oklahoma City prep distance star, is taking his talents to Tulsa. With Redwine's and Clark's Arkansas connections, we could possibly see the beginnings of another great college program.

The two ex-Razorback coaches will certainly benefit from having served under Coach John McDonnell at Arkansas. Arkansas, who has built a track and field dynasty in Fayetteville, has the luxury--like a Notre Dame in football or a North Carolina in basketball--of getting the "cream of the crop" when it comes to recruiting. Many times Arkansas can turn down great talent because everyone wants to come there.

Hopefully, McDonnell will send some of those stars, who don't end up on the hill, toward Redwine's and Clark's way.

In early February, Robinson, a native of Jamaica, qualified with a time of 21 seconds in the 200-meter dash. He ran that time at the Bill Cosby Invitational in Reno, Nevada. Robinson also qualified provisionally in the 55 and 400 meter races.

At OSU, it looks like Coach Dick Wies' distance stars, Jon Wild, Patrick Kiptum, and James Ellis-Smith, will get to go to the RCA Dome in Indianapolis too.

In the Iowa State Track Classic in early February, the big three posted impressive times that were under NCAA provisional standards.

Ellis-Smith ran the best mile time of the Big Eight season with a 4:02.72 win. Kiptum, from Kenya, broke a school record when he ran 14:02.32 in the 5,000-meter run.

Wild also took home a 12-year school record in the 3,000-meter run in a time of 8:03.87.

STATE STARS - In this column, we will also try to keep you abreast of the Oklahoma post-collegiate stars who are making their mark in the track and field world.

Coach Steve Baker, cross country coach at Oklahoma, said one of his former women stars will run in the World Indoor Games later this month.

Kay Gooch, a former Oklahoma star and NCAA 5,000-meter champion, will represent New Zealand in either the 5,000 or 10,000-meter runs. Gooch recently ran the second-fastest women's 5K time (16:28) in a Tulsa race in December.

Look for Gooch at the 1996 Olympics in Atlanta.

Three Oklahoma runners have qualified for the Olympic Trials marathon in January of next year. Former Oklahoma women runners Andrea "Rat" Bowman and Liz Scanlon, have run under the qualifying standard of 2:50.

Former OSU star, Dr. Joe Metcalf, recently qualified for the trials when he ran a 2:18.55 in the Bulldog Marathon in Altus.

Until next time, see ya later.

SAT Scoring Changes Affect 1995 Freshmen Athletes

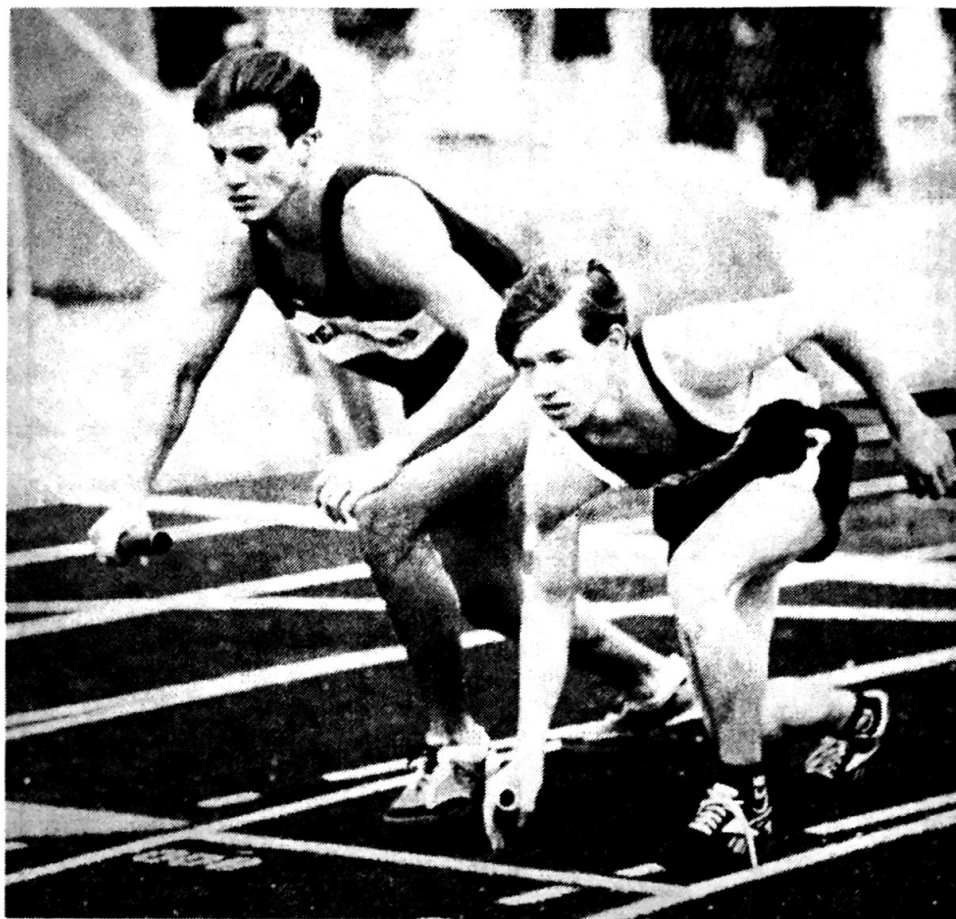
OVERLAND PARK, Kan.—Because of a new scoring system in use by the Educational Testing Service (ETS) for the SAT test, the NCAA announced that prospective student-athletes who take the test in April, May or June will need to achieve an 820 on the SAT in order to be eligible to compete as freshmen at Division I and II institutions this fall. That score is approximately equivalent to a combined math and verbal score of 700 under the old scoring system.

Prospective student-athletes who wish to play sports as freshmen in the 1995-96 school year in Divisions I and II need a 2.000 grade-point average in 13 core academic high school courses plus a 17 on the ACT test or a 700 on the SAT test if taken before April 1 or an 820 on the SAT test if taken April 1 or later. The adoption of the new score of 820 on the new scale, which was approved by the NCAA Administrative Committee, maintains the intent of the 700 score in the previous scoring system.

"Student-athletes will not have to answer any more questions right in order to obtain this score," noted Ursula Walsh, NCAA director of research. "The standard that student-athletes have to reach to be eligible is the same. The only thing that has changed is the number that Educational Testing Service assigns to a particular performance on its test."

The NCAA Initial-Eligibility Clearinghouse, with which all prospective Division I or II student-athletes must register, will convert scores for a student-athlete who has taken at least one test before April 1 and at least one test on April 1 or later. Any student-athlete who is interested in playing sports as a freshmen at an NCAA Division I institution next year is encouraged to register with the clearinghouse as soon as possible. The clearinghouse, which is subsidized by the NCAA, provides certification of eligibility information on individual prospective student-athletes to NCAA member institutions.

The NCAA is a membership organization of colleges and universities that participate in intercollegiate athletics. The primary purpose of the Association is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body. Activities of the NCAA membership include formulating rules of play for NCAA sports, conducting national championships, adopting and enforcing standards of eligibility and studying all phases of intercollegiate activities.



READY, SET--Weatherford and Prague 3200 meter relay first leg runners get ready at the Irish Relays March 11th at Bishop McGuinness High School. McGuinness won with a time of 8:52.79. Photo by John Hoke

Mt. Pleasant Invitational

Mt. Pleasant, Texas
3/11/95

MT. PLEASANT, Texas--The Broken Bow boys team finished fifth out of 13 teams in a meet held here March 11th. The Savages scored 53 points. Kilgore, Texas, won the meet with 106 points followed by Chapel Hill, Texas, at 76 points.

BROKEN BOW PLACEWINNERS: 100--Tryone Thomas, 6th, 10.7; 100H--Michael Boyles, 4th, 15.38; 200--Joe Thomas, 1st, 22.39; 300H--Boyles, 5th, 43.27; 400 Relay--Thomas, Thomas, Butler, Bone, 3rd, 42.45; Shot--Larry Rutherford, 2nd, 53-8 and Jimmy Billy, 5th, 46-8; Discus--Rutherford, 1st, 152-6.



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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Top Teams

A Girls

1. Turpin
2. Velma-Alma
3. Oklahoma Christian
4. Laverne
5. Canton
6. Carnegie
7. Hollis
8. Wyandotte
9. Garber
10. Kansas

2A Girls

1. Wynnewood
2. Watonga
3. Purcell
4. Holdenville
5. Alva
6. Konawa
7. Tishomingo
8. Elgin
9. Adair
10. Prague

4A Girls

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

A Boys

1. Hooker
2. Laverne
3. Velma-Alma
4. Woodland
5. Garber
6. Turpin
7. Quinton
8. Pioneer-Pleasant Vale
9. Rush Springs
10. Hinton

2A Boys

1. Stroud
2. Jones
3. Madill
4. Prague
5. Tishomingo
6. Wynnewood
7. Lindsay
8. Fairview
9. Watonga
10. Hominy

4A Boys

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

B Girls

1. Boise City
2. Beaver
3. Cherokee
4. Pond Creek-Hunter
5. Texhoma
6. Medford
7. Welch
8. Temple
9. Ringwood
10. Forgan

3A Girls

1. Plainview
2. Weatherford
3. Millwood
4. Idabel
5. Grove
6. Marlow
7. Elk City
8. Okmulgee
9. Santa Fe
10. Tecumseh

5A Girls

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

B Boys

1. Beaver
2. Boise City
3. Balko
4. Medford
5. Buffalo
6. Texhoma
7. Ketchum
8. White Oak
9. Ringwood
10. Hydro

3A Boys

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

5A Boys

1. Edmond North
2. Norman
3. Jenks
4. Union
5. Enid
6. Del City
7. Moore
8. Midwest City
9. Muskogee
10. Edmond Memorial

SEASON LEADERS

Girl's Season Leaders

100: Morrow, Northeast, 12.3 (Putnam City); Tucker, Midwest City, 12.5 (Norman); Bigby, Stroud, 12.75 (Chandler); Delaney, Edmond North, 12.78 (Norman); Nichols, Jones, 12.79 (Chandler); Bell, Idabel, 12.93 (Plainview).

200: 1. Tucker, Midwest City, 25.52 (Norman); Jones, Putnam North, 27.1 (Putnam City); Harbin, Hale, 27.36 (Jenks); Fontenot, Bartlesville, 27.55 (Broken Arrow); Snyder, Jenks, 27.65 (Jenks); Speller, Midwest City, 27.69 (Norman).

400: 1. Prescott, Putnam North, 1:01 (Putnam City); Roberts, John Marshall, 1:01.5 (Norman); Fontenot, Bartlesville, 1:02.21 (Broken Arrow); Trogdon, Broken Arrow, 1:02.66 (Broken Arrow); Speller, Midwest City, 1:03.24 (Norman); Reser, Norman, 1:03.90 (Norman); Langford, Beggs, 1:03.90 (Chandler).

800: O'Rourke, Jenks, 2:27.72 (Broken Arrow); DeLozier, Norman, 2:27.88 (Norman); Dearman, Sapulpa, 2:28.6 (Jenks); White, Tahlequah, 2:31.35 (Broken Arrow); Ahlgren, Jenks, 2:31.58 (Jenks); Sesecek, Jenks, 2:32.57 (Jenks).

1600: O'Rourke, Jenks, 5:35.4 (Jenks); Corbett, Bartlesville, 5:40.43 (Broken Arrow); McCulley, Grove, 5:48.77 (Broken Arrow); McClain, Union, 5:50.50 (Broken Arrow); McCulloh, Plainview, 5:50.70 (Plainview); Riddle, Union, 5:54.24 (Broken Arrow).

3200: Harvey, Plainview, 12:03.93 (Plainview); Housley, Sapulpa, 12:16.5 (Jenks); McCulley, 12:18.03 (Broken Arrow); McClain, Union, 12:21.66 (Broken Arrow); Ahlgren, Jenks, 12:27.3 (Jenks); Bratton, Hale, 12:35 (Jenks).

100H: Bell, McLain, 15.47 (McGuinness); Randle, Weatherford, 15.69; Wisby, John Marshall 16.76 (Norman); Darter, Velma-Alma, 17.13 (Plainview); Wilcox, Hominy, 17.24 (Chandler); Cato, Yukon, 17.3 (Putnam City).

300H: Bruner, Northwest Classen, 49.04 (Putnam City); Stuart, Norman, 50.78 (Norman); Swanegan, John Marshall, 50.89 (Norman); Nickens, Jenks, 51.04 (Jenks); Baughman, Bartlesville, 51.32 (Jenks); Adkerson, Elk City, 52.91 (McGuinness).

400 Relay: Midwest City 50.44 (Norman); Northwest Classen 50.8 (Putnam City); Union 51.10 (Jenks) John Marshall 51.14 (Norman); Edmond Memorial 51.5 (Norman); Holdenville 51.52 (McGuinness).

800 Relay: Midwest City 1:48.02 (Norman); Northwest Classen 1:49.7 (Putnam City); Jenks 1:50.12 (Broken Arrow); John Marshall 1:50.79; B.T. Washington 1:51.78 (Broken Arrow); Holdenville 1:51.84 (McGuinness).

1600 Relay: Norman 4:19.66 (Norman); Jenks 4:20 (Broken Arrow); Yukon 4:22.54 (Putnam City); John Marshall 4:24.5 (Norman); Edmond Memorial 4:25.6 (Norman); Bartlesville 4:26.56 (Broken Arrow).

3200 Relay: Jenks 10:01.99 (Jenks); Norman 10:11.58 (Norman); Plainview 10:28.21 (Plainview); Union 10:29.98 (Broken Arrow); Hale 10:37.06 (Broken Arrow); Moore 10:41.74 (Norman).

Shot: Schlegel, Union 41-4 (Broken Arrow); Palmer, Norman, 38-9.5 (Norman); Oliver, Tecumseh, 36-7.5 (Chandler); Jones, Elk City, 36-5.5 (McGuinness); Smith, Midwest City, 36-2 (Norman); Johnson, Norman, 35-6.5 (Norman).

Discus: Schlegel, Union, 126-1 (Broken Arrow); J. Smith, Claremore, 123-0 (Broken Arrow); Palmer, Norman, 117-9.5 (Norman); A. Smith, Claremore, 115-6 (Broken Arrow); Jarvis, Grove, 110-11 (Broken Arrow); Russell, Dickson, 109-1 (Plainview).

Long Jump: Randle, Weatherford, 17-2.75 (McGuinness); Johnston, Jenks, 16-6 (Broken Arrow); Frantz, Enid, 16-6 (Putnam City); Curtis, Holdenville, 15-10.5 (McGuinness); Evans, McGuinness, 15-9 (McGuinness); Suzuki, Jenks, 15-9 (Jenks).

High Jump: Toole, Edmond North, 5-6 (Norman); Blackwell, Plainview, 5-2 (Plainview); Hayes, Santa Fe, 5-2 (Chandler); Anderson, Chandler, 5-0 (Chandler); Slavonic, McGuinness, 5-0 (McGuinness); Burns, Plainview, 5-0 (Plainview).

Boy's Season Leaders

100: Higgins, Hominy, 10.91 (Chandler); Turner, Norman, 10.94 (Norman); Tyler, Jenks, 10.94 (Jenks); Cole, Idabel, 10.95 (Plainview); Gatewood, Jones, 10.96 (Chandler); Johnson, Edmond North, 10.98 (Norman).

200: Birch, Rogers, 21.93 (Broken Arrow); Leon, Moore, 22.16 (Norman); Peace, Idabel, 22.24 (Plainview); Tyler, Jenks, 22.28 (Jenks); Johnson, Edmond North, 22.30 (Norman); Brown, Lone Grove, 22.60 (Plainview).

400: M. Calhoun, John Marshall, 50.19 (Norman); Leon, Moore, 50.42 (Norman); McFarland, Midwest City, 50.72 (Norman); Senquintaffar, Sand Springs, 51.3 (Broken Arrow); Cherry, Moore, 51.76 (Putnam City); Johnson, Moore, 52.0 (Putnam City).

800: Bennett, Norman, 2:00.63 (Norman); Buhl, Edmond Memorial, 2:03.65 (Norman); Givens, Muskogee, 2:03.14 (Broken Arrow); Springer, Norman, 2:03.74 (Norman); Crook, Sapulpa, 2:04.30 (Broken Arrow); Halsey, Jenks, 2:05.6 (Broken Arrow).

1600: Mason, Northeast, 4:34.30 (Putnam City); Wolfe, Enid, 4:37.16 (Putnam City); Owens, Owasso, 4:39.58 (Putnam City); Reid, Jenks, 4:41 (Jenks); Starks, Union, 4:46.46 (Broken Arrow); Pense, Jenks, 4:47.74 (Broken Arrow).

3200: Mason, Northeast, 10:0.15 (Putnam City); Wolfe, Enid, 10:04.34 (Putnam City); Johnson, Velma-Alma, 10:26.38 (Plainview); Cliff, Sand Springs, 10:28.48 (Broken Arrow); James, Jenks, 10:33 (Jenks).

110 Hurdles: Matthews, John Marshall, 14.63 (Norman); Braddy, Northeast, 15.01 (Putnam City); Austin, Idabel, 15.12 (Plainview); Burdine, Prague, 15.2 (McGuinness); Thiel, Weatherford, 15.39 (McGuinness); McElroy, Waurika, 15.42 (Plainview).

300 Hurdles: Matthews, John Marshall, 39.62 (Norman); Russell, Jones, 40.37 (Chandler); Browning, Putnam West, 40.53 (Putnam City); Vann, Sapulpa, 40.75 (Jenks); Braddy, Northeast, 41.47 (Putnam City); Bradley, Stroud, 41.59 (Chandler).

400 Relay: Edmond North 42.75 (Norman); Del City 43.15 (Putnam City); Union 43.40 (Jenks); Moore 43.44 (Norman); Idabel 43.45 (Plainview); Ada 43.74 (McGuinness).

1600 Relay: Edmond North 3:26.89 (Norman); Del City 3:28.65 (Putnam City); Moore 3:28.99 (Norman); Muskogee 3:31.49 (Broken Arrow); Jenks 3:31.73 (Jenks); Midwest City 3:33.58 (Norman).

3200 Relay: Norman 8:23.11 (Norman); Jenks 8:29.90 (Jenks); John Marshall 8:31.30 (Norman); Edmond Memorial 8:31.33 (Norman); Putnam City 8:34.48 (Putnam City); Union 8:38.8 (Jenks).

Shot: Martin, Chisholm, 57-10 (McGuinness); Anderson, Moore, 53-10 (Putnam City); Bookout, Stroud, 52-8.75 (Chandler); Cook, Ada, 52-4.5 (McGuinness); Fitzgerald, Putnam North, 52-4.5 (Putnam City); Bennett, Union, 49-7 (Broken Arrow).

Discus: Fitzgerald, Putnam North, 172-6 (Broken Arrow); Dicus, Jenks, 171-2.5 (Broken Arrow); Martin, Chisholm, 162-1.75 (McGuinness); LeBlanc, Edmond North, 152-11 (Norman); Brown, Tahlequah, 150-0 (Broken Arrow); Edwards, Moore, 143-3 (Putnam City).

Long Jump: Cavitt, Jenks, 21-11.25 (Jenks); Ross, Yukon, 21-11 (Putnam City); Turner, Norman, 21-11 (Norman); Ratliff, B.T. Washington, 21-7.5 (Broken Arrow); Bernard, Union 21-5 (Jenks); Peace, Idabel, 21-5 (Plainview).

High Jump: Fulton, Owasso, 6-6 (Putnam City); Humphrey, Madill, 6-4 (Plainview); Primrose, Moore, 6-4 (Jenks); Smith, Muskogee, 6-4 (Broken Arrow); Bywaters, Claremore, 6-4 (Broken Arrow).

Pole Vault: Wilkinson, Stroud, 14-6 (Chandler); Heard, Elk City, 14-3 (McGuinness); K. Conaway, Edmond North, 13-0 (Norman); Smith, Hominy, 13-0 (Chandler); Bethiea, Claremore, 13-0 (Broken Arrow).

Norman Invitational

3/9/95

NORMAN--The Edmond North boys didn't waste any time getting revenge for their indoor loss to Norman as they beat the Tigers 141-118 in the first outdoor meet of the season for both teams here at Norman High School March 9th.

The Huskies claimed two relay and individual wins but had better team balance to offset the Tigers one relay and five individual titles. Norman's Quentin Turner grabbed three individual wins, taking the 100, long jump and triple jump. John Marshall's Justin Matthews was the only other multiple winner in the 110 and 300 hurdles.

Pat Lenington's girls fared better, smashing runnerup Midwest City 180-115 for the team title with two relay and five individual wins to the Bombers two relay and four individual titles. Norman was led by double winner Candice Palmer who took the shot and discus while Midwest City had double winners in Carrie Tucker, 100/200 and Robinson in the long jump and triple jump.

Temperatures were in the low 60s with moderate southerly winds.

Boys

TEAM SCORING: 1. Edmond North 141; 2. Norman 118; 3. Moore 105; 4. Midwest City 81; 5. John Marshall 78; 6. Edmond Memorial 67; 7. Santa Fe 28; 8. Norman JV 2.

100: 1. Turner, Nor. 10.94; 2. Johnson, EN. 10.98; 3. Thatcher, Nor. 11.01; 4. Roland, Mo. 11.08; 5. Matthews, JM. 11.10; 6. Johnson, Mo. 11.11.

200: 1. Leon, Mo. 22.16; 2. Johnson, EN. 22.30; 3. Wakefield, EN. 23.11; 4. Parks, MWC. 23.45; 5. Johnson, Mo. 23.59; 6. Thatcher, Nor. 23.66.

400: 1. M. Calhoun, JM. 50.19; 2. Leon, Mo. 50.42; 3. McFarland, MWC. 50.72; 4. K. Calhoun, JM. 51.5; 5. Cherry, Mo. 52.15; 6. Moore, 52.74.

800: 1. Bennett, Nor. 2:00.63; 2. Buhl, EM. 2:03.65; 3. Springer, Nor. 2:03.74; 4.

1500: 1. Podoll, EM. 4:22.26; 2. Springer, Nor. 4:23.28; 3. Donnelly, Nor. 4:23.70; 4. Baer, Nor. 4:24.35; 5. Buhl, EM. 4:25.83; 6. Thompson, EM. 4:26.46.

3000: 1. Donnelly, Nor. 9:32.7; 2. Podoll, EM. 9:40.17; 3. Collins, EN. 10:01.1; 4.

110H: 1. Matthews, JM. 14.63; 2. Pettis, MWC. 15.63; 3. Dean, MWC. 15.77; 4. Briscoe, EN. 15.78; 5. Babcock, JM. 16.10; 6. Thompson, JM. 16.10.

300H: 1. Matthews, JM. 39.62; 2. Dean, MWC. 41.60; 3. Babcock, JM. 42.00; 4. George, Mo. 42.08; 5. Briscoe, EN. 42.20; 6. Benson, Nor. 45.27.

400 Relay: 1. Edmond North 42.75; 2. Moore 43.44; 3. Midwest City 44.60; 4. Edmond Memorial 45.28; 5. Santa Fe 45.49; 6. Norman JV 47.25.

1600 Relay: 1. Edmond North 3:26.89; 2. Moore 3:28.99; Midwest City 3:33.58; 4. Santa Fe 3:34.88; 5. John Marshall 3:40.10; 6. Edmond Memorial 3:42.00.

3200 Relay: 1. Norman 8:23.11; 2. John Marshall 8:31.30; 3. Edmond Memorial 8:31.33; 4. Edmond North 8:42.7; 5. Midwest City 8:45.25; 6. Santa Fe 8:56.97.

Shot: 1. Anderson, Mo. 51-5; 2. LeBlanc, EN. 47-3; 3. Ridgeway, Nor. 46-2.5; 4. Little, Mo. 44-3.5; 5. Casey, Nor. 44-2.75; 6. Edwards, Mo. 44-2.5.

Discus: 1. LeBlanc, EN. 152-11; 2. Orvis, EM. 140-3; 3. Edwards, Mo. 134-4; 4. Casey, Nor. 128-5; 5. Payne, Mo. 122-8; 6. EM. 117-2.

Long Jump: 1. Turner, Nor. 21-11; 2. Shadegg, EN. 21-2; 3. Weary, JM. 20-10; 4. Hannah, JM. 20-9; 5. Young, MWC. 20-8.5; 6. Dean, MWC. 20-8.

Triple Jump: 1. Turner, Nor. 44-11.5; 2. Mitchell, MWC. 41-7; 3. Schadegg, EN. 41-6; 4. Ruso, SF. 38-6; 5. Wyant, EM. 37-4; 6. Hannah, JM. 36-8.

High Jump: 1. Dean, MWC. 6-2; 2. Primrose, Mo. 6-2; 3. Schadegg, EN. 6-0; 4. Belding, Mo. 5-8; 5. Harris, JM. 5-8; 6. Williams, EM. 5-8.

Pole Vault: 1. K. Conaway, EN. 13-0; 2. Benear, EN. 12-6; 3. Ward, SF. 12-6; 4. Satterlee, Mo. 10-0; 5. S. Conaway, EN. 10-0.

Girls

TEAM SCORING: 1. Norman 180; 2. Midwest City 115; 3. John Marshall 103; 4. Edmond Memorial 96; 5. Edmond North 91; 6. Moore 55; 7. (tie) Norman JV, Edmond North JV 2.

100: 1. Tucker, MWC. 12.50; 2. Delaney, EN. 12.78; 3. Smith, JM. 13.27; 4. Kastle, EM. 13.42; 5. Orr, Nor. 13.47; 6. Sinclair, EM. 13.56.

200: 1. Tucker, MWC. 25.52; 2. Speller, MWC. 27.69; 3. Jackson, MWC. 28.15; 4. Smith, JM. 28.18; 5. Orr, Nor. 28.72; 6. Henshaw, Nor. 29.10.

400: 1. Roberts, JM. 1:01.5; 2. Speller, MWC. 1:03.24; 3. Reser, Nor. 1:03.90; 4.

800: 1. Delozier, Nor. 2:27.88; 2. Clarkson, EN. 2:43.80; 3. Arrington, EM. 2:44.10; 4.

1500: 1. Horton, Nor. 5:22; 2. Beall, EN. 5:27; 3. Toole, EN. 5:29.76; 4. Barrus, EN. 5:30.75; 5. Minor, Nor. 5:35.48; 6. Cardenas, Mo. 5:36.6.

3000: 1. Miller, EN. 11:35.81; 2. Settle, Mo. 12:16.45; 3. Ramos, Mo. 12:29; 4. Garland, EM. 12:33; 5. Stiglets, EN. 12:44.19; 6. Morris, EN. 12:55.

100H: 1. Wisby, JM. 16.76; 2. King, EM. 17.32; 3. Coles, Nor. 17.55; 4. Stuart, Nor. 17.60; 5. Brown, JM. 18.0; 6. Davis, Nor. 18.63.

300H: 1. Stuart, Nor. 50.78; 2. Swanegan, JM. 50.89; 3. King, EM. 52.22; 4. Coles, Nor. 53.80; 5. Davis, Nor. 54.34; 6. Austin, EM. 56.45.

400 Relay: 1. Midwest City 50.44; 2. John Marshall 51.14; 3. Edmond Memorial 51.50; 4. Norman 51.91; 5. Edmond North 53.61; 6. Norman JV 56.80.

800 Relay: 1. Midwest City 1:48.02; 2. John Marshall 1:50.79; 3. Edmond Memorial 1:52.11; 4. Norman 1:52.13; 5. Edmond North 1:56.69; 6. Moore 2:05.10.

1600 Relay: 1. Norman 4:19.66; 2. John Marshall 4:24.5; 3. Edmond Memorial 4:25.60; 4. Edmond North 4:38.95; 5. Moore 4:53.50; 6. Edmond North JV 5:05.08.

3200 Relay: 1. Norman 10:11.58; 2. Moore 10:41.74; 3. Edmond North 10:45.92; 4. Edmond Memorial 11:16.92.

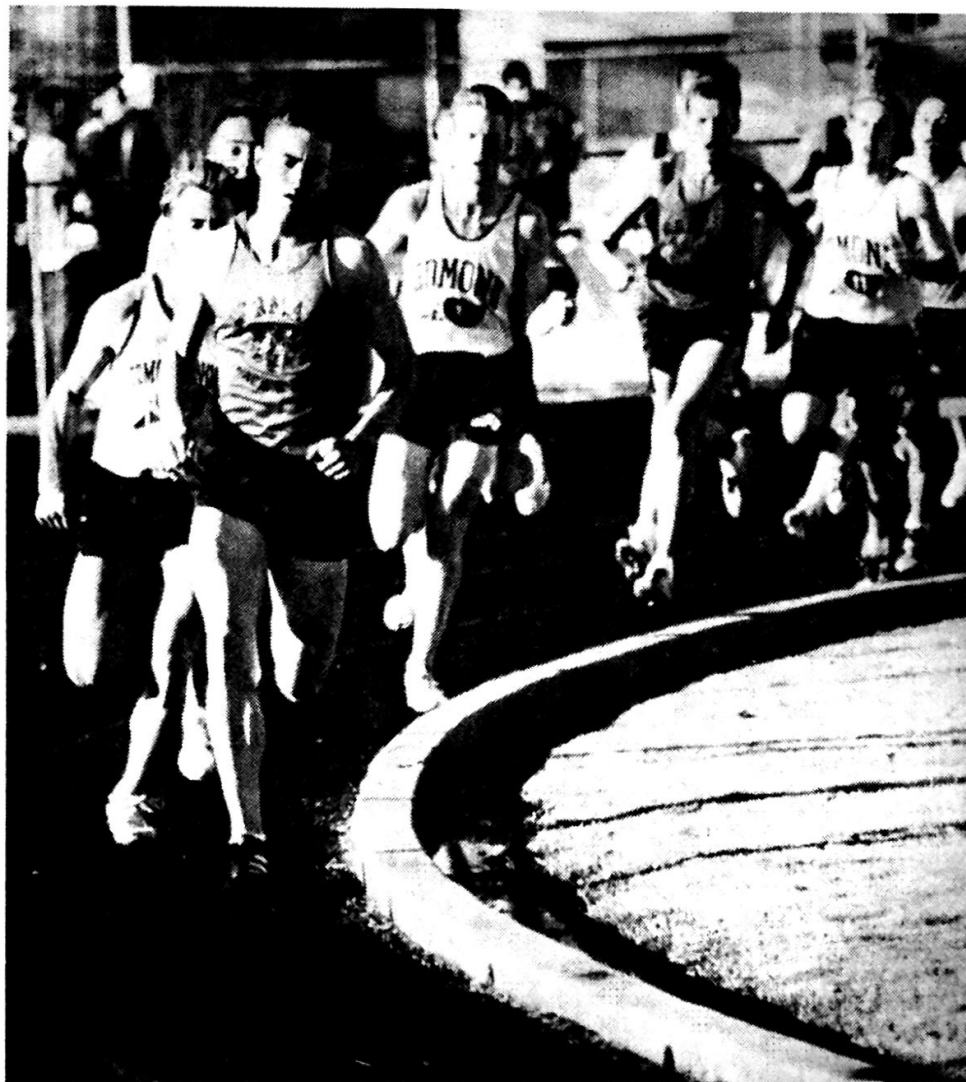
Shot: 1. Palmer, Nor. 38-9.5; 2. Smith, MWC. 36-2; 3. Johnson, Nor. 35-6.5; 4. Holt, Nor. 34-5; 5. Hensley, EM. 33-11; 6. Gordin, EN. 30-9.5.

Discus: 1. Candi Palmer, Nor. 117-9.5; 2. Carl Palmer, Nor. 104-0; 3. Pfell, Mo. 94-7.5; 4. Holt, Nor. 92-11; 5. Hensley, EM. 89-6; 6. Smith, MWC. 87-3.

Long Jump: 1. Robinson, MWC. 15-8.5; 2. Austin, EM. 15-3; 3. Halverson, Nor. 15-2; 4. Wisby, JM. 15-0; 5. Brown, JM. 14-1; 6. Bischoff, EN. 14-5.

Triple Jump: 1. Robinson, MWC. 32-2; 2. Halverson, Nor. 31-3; 3. Houston, JM. 29-2.5; 4. Austin, EM. 28-5; 5. Gannick, EN. 28-5.5; 6. Stanfield, JM. 27-0.

High Jump: 1. Toole, EN. 5-6; 2. Parrish, Mo. 4-8; 3. Jones, JM. 4-8; 4. Burkhart, MWC. 4-8; 5. Curry, Nor. 4-8; 6. Beall, Nor. 4-0.



800 METER RACE at the Norman Invitational March 9th was won by Norman's Kyle Bennet (leading) in a season-leading time of 2:00.63. Photo by John Hoke

Red Meat: To Eat or Not To Eat

by Nancy Clark, MS, RD

Fifty-plus years ago, most athletes were meat-eaters who believed that beef was the best foundation for a sports diet; steak at dinner converted into bigger biceps by breakfast; red meat instilled toughness and aggressiveness. Today, athletes recite numerous reasons for avoiding meat, including: I'm repulsed by the thought of eating an animal; I want to eat less fat and cholesterol; Meat is fattening; I don't cook meat - it leaves a mess to clean up; I don't like to kill animals; I don't like the taste; I'd rather eat more carbs to fuel my muscles; I want to avoid the hormones added to meats.

Despite these reasons, red meat is undisputably an excellent source of high quality protein. It is rich in iron and zinc, two minerals important for optimal health and athletic performance. Hence, confusion abounds regarding the pros and cons of eating beef, pork and lamb.

Perhaps you have wondered if you should avoid red meat. The answer is not a simple yes or no, but rather a weighing of nutrition facts, ethical concerns, personal values and dedication to making appropriate food choices. Yes, you can get the nutrients needed to support your sports program from vegetarian food sources...but are you? The following facts can help you decide if eating three-to-four-ounce portions of red meats two to four times per week would enhance your sports diet.

Heart-health: Cholesterol is a part of animal cells and is found in all animal products. Beef, pork and lamb have cholesterol similar to chicken, fish or turkey: 70-80 mg cholesterol/4 oz. serving. Given that the American Heart Association recommends less than 300 mg chol/day, small portions of red meat can certainly fit those requirements.

Fatty meats such as greasy hamburgers, pepperoni, juicy steaks and sausage are the dietary no-nos. But lean meats (London broil, extra-lean hamburgers, top round roast beef) have only six to 12 grams fat/4 oz. and can appropriately fit into a heart-healthy 25-30% fat diet (with a total of about 45-70 grams fat per day for most athletes.)

Protein: Beef, pork and lamb are excellent sources of high quality protein. But so are chicken, turkey, fish, tuna and lowfat dairy foods such as yogurt, cheese and milk. Vegetarian sources of protein in proper combinations can also offer the protein needed to build and repair muscles. But, you have to be sure to eat enough beans, peanut butter and tofu. Men with big appetites can do this more easily than calorie-conscious women. A skimming of peanut butter on a lunchtime sandwich and a sprinkling of garbanzo beans on a dinner salad fall short of meeting the -50-70 gms protein needed by female athletes, -70-90 gms protein needed by males.

Animal protein	grams
Chicken breast (5oz)	40
Tuna, 6 oz can	40
Deli Roast beef, 4 oz	32

Vegetable Protein	grams
Peanut butter, 2 Tbsp	9
Tofu, 1/2 cake	18
Garbanzo beans, 1/2 cup	6

Iron: Adequate iron in your sports diet is important to prevent anemia. Without question, the iron in red meats is more easily absorbed than that in popular vegetarian sources of iron (i.e., beans, raisins, spinach). Even 50 mg iron from pills is less effective than 15 mg iron from meat. In a study of 18 women runners, eight of the nine who ate no red meat (but did eat chicken and fish) had depleted iron stores as compared to only two of the nine red meat-eaters. All the women consumed the RDA for iron, but the animal iron was better absorbed.

Zinc: Important for healing minor damage that occurs with daily training as well as major injuries and ailments, zinc is best found

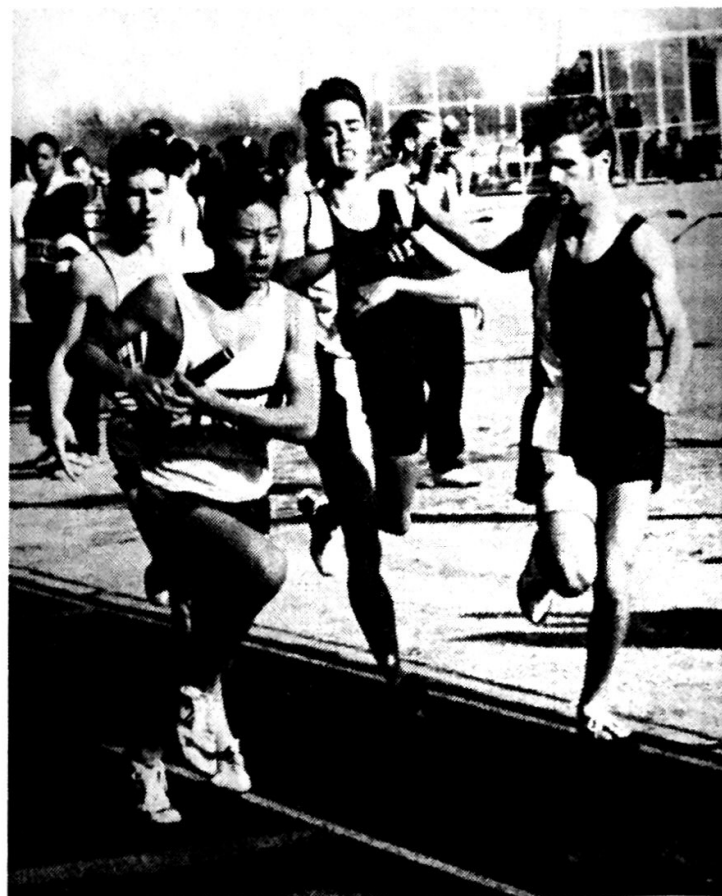
in iron-rich foods (i.e. red meats). Diets deficient in iron are probably deficient in zinc. The zinc in animal products is absorbed better than that in vegetable foods or supplements.

Amenorrhea: Athletic women who have stopped getting menstrual periods commonly eat no red meat. In one study, 100 percent of the amenorrheic runners ate no red meat as compared to 44 percent of runners with regular menses. The question remains: Are these amenorrheic athletes simply protein deficient or is there a meat factor that affects the hormones involved with menstruation? Given that amenorrhea is a sign of poor internal health, athletes who do not menstruate should carefully evaluate the adequacy of their diets and acknowledge that red meat may reduce the higher risk of stress fractures that coincides with the loss of menses.

Hormones in meats: Fears abound regarding hormones given to cattle to enhance their growth. The USDA claims the amount of hormones used is far less than one might get in the birth control pill-- or even in a cup of cole slaw, for that matter. You can always buy all natural meats to be on the safe side.

Conclusion: Athletes who carefully select a vegetarian diet (as compared to those who simply abstain from eating meat and make no effort to include alternate sources of protein, iron and zinc) can satisfy their nutritional needs. However, athletes who grab hit-or-miss meals without thinking about nutritional value may benefit from the convenient nutrition found in small portions of lean meats: a thin roast beef sandwich, flank steak stir-fried with broccoli, extra-lean hamburger added to spaghetti sauce. The fat in meat, not the meat itself, is the health culprit.

Nancy Clark is a nutritionist at Boston-area's Sports Medicine Brookline.



FIRST EXCHANGE in the 3200 meter relay at the Putnam City Invitational March 10th between Putnam City and Enid. The Pirates went on to take the race with a time of 8:34.48. Photo by John Hoke

Putnam City Invitational

Oklahoma City

3/10/95

Enid edged Del City for the boys title and Northwest Classen scratched by Northeast for the girls title in the Putnam City Invitational March 10th. Northeast's Cornelius Mason was the only boys double winner, taking the 1600/3200 while Enid's Andrea Frantz was the only girls double winner, taking the long jump and high jump. Complete results had not been received by press time.

Boys

TEAM SCORING: 1. Enid 95; 2. Del City 83; 3. Moore 68; 4. Yukon 56; 5. Putnam West 51; 6. Putnam City 47; 7. Northeast 38; 8. Putnam North 24; 9. Owasso 20; 10. (tie) Del City B, Western Heights 16; 12. Carl Albert 14; 13. Moore B 10; 14. Grant 8; 15. Edmond North 6; 16. Ponca City 5; 17. Northwest Classen 1.

100: 1. Hollman, PuC, 11.06; 2. Glover, WH, 11.15; 3. Stelle, DC, 11.24.

200: 1. Ross, Yu, 22.65; 2. Smith, DC, 22.84; 3. Brown, DC, 23.01.

400: 1. Cherry, MoB, 51.76; 2. Johnson, Mo, 52.0; 3. Wolf, Yu, 52.69.

800: 1. Wolfe, En, 2:03.72; 2. Rodgers, En, 2:04; 3. Martinez, Mo, 2:06.11.

1600: 1. Mason, NE, 4:34.30; 2. Wolfe, En, 4:37.16; 3. Owens, Ow, 4:39.58.

3200: 1. Mason, NE, 10:00.15; 2. Wolfe, En, 10:04.34; 3. Lowery, CA, 11:01.78.

110H: 1. Braddy, NE, 15.01; 2. Simpkins, Gr, 15.9; 3. Brownling, PW, 16.28.

300H: 1. Brownling, PW, 40.53; 2. Braddy, NE, 41.47; 3. Zimmerman, Yu, 42.74.

400 Relay: 1. 1. Del City 43.15; 2. Del City B 43.31; 3. Moore 44.25.

1600 Relay: 1. Del City 3:28.65; 2. Enid 3:34.60; 3. Yukon 3:34.96.

3200 Relay: 1. Putnam City 8:34.48; 2. Enid 8:45.38; 3. Moore 8:56.47.

Shot: 1. Anderson, Mo, 53-10; 2. Fitzgerald, PN, 52-4.5; 3. Butler, DC, 49-0.

Discus: 1. Fitzgerald, PN, 175-4; 2. Edwards, Mo, 143-3; 3. Orvis, EN, 141-11.

Long Jump: 1. Ross, Yu, 21-11; 2. Brown, DC, 21-0; 3. Sakonlaphoun, En, 20-9.5.

High Jump: 1. Fulton, Ow, 6-6; 2. Primrose, Mo, 6-4; 3. (tie) Sakonlaphoun, En, and Rodgers, DC, 6-2.

Girls

TEAM SCORING: 1. Northwest 107; 2. Northeast 98; 3. Yukon 96; 4. Enid 86; 5. Putnam North 67; 6. Mustang 53; 7. Putnam West 30; 8. Ponca City 23; 9. Owasso 17; 10. Western Heights 14; 11. Carl Albert 10; 12. Noble 8; 13. Northeast B 6; 14. Putnam City 4.

100: 1. Morrow, NE, 12.3.

200: 1. Jones, PN, 27.1.

400: 1. Prescott, PN, 1:01.

800: 1. Bradshaw, NW, 2:39.

1600: 1. Olsa, PN, 6:27.

3200: 1. Hussar, Mu, 13:19.

100H: 1. Cato, Yu, 17.3.

300H: 1. Bruner, NW, 49.04.

400 Relay: 1. Northwest 50.8.

800 Relay: 1. Northwest 1:49.7.

1600 Relay: 1. Yukon 4:22.54.

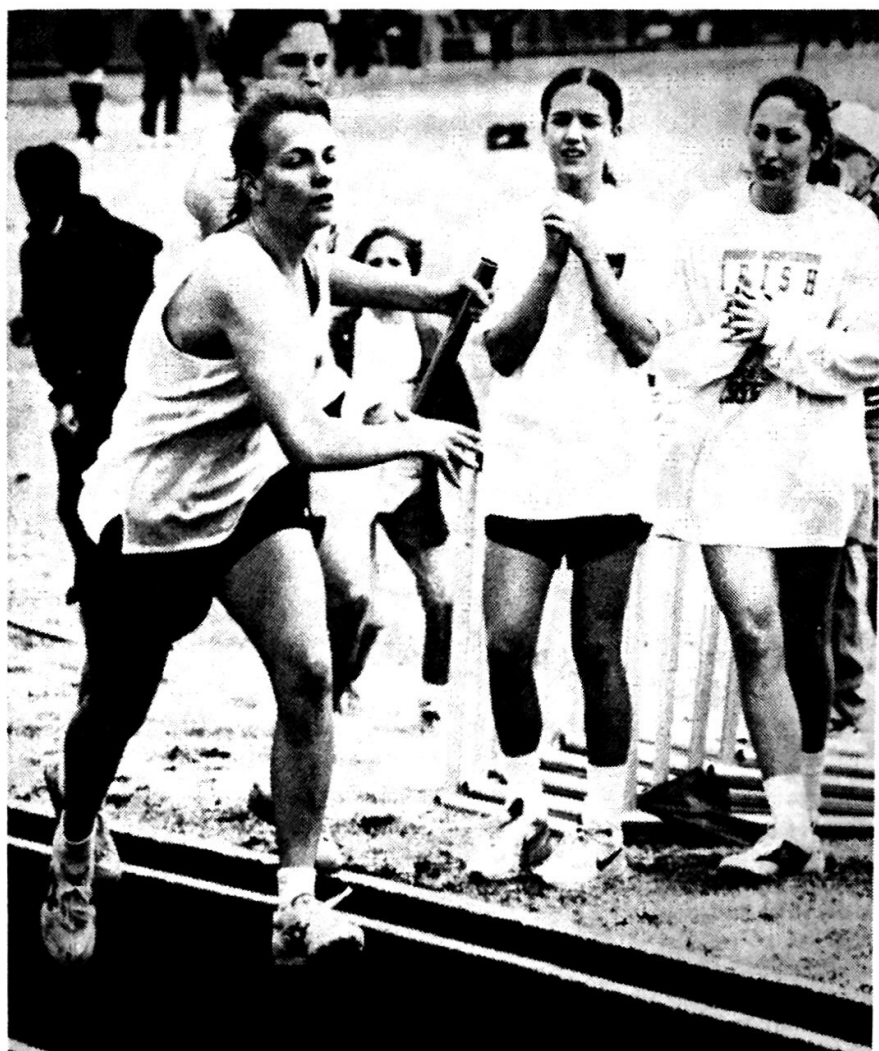
3200 Relay: 1. Mustang 10:56.

Shot: 1. Smith, NE, 33-8.

Discus: 1. Ward, Yu, 106-11.

Long Jump: 1. Frantz, En, 16-6.

High Jump: 1. Frantz, En, 5-0.



IRISH RELAYS—McGuinness' Ashley Boothe hands off to Jessica Hoke as teammates Kelly Long and Kim Keaton look on. The Irish girls went on to win the relay and Boothe took the mile run and Hoke the 800. Photo by John Hoke

Keys to Buying a Running Shoe

By Chade Martin, The Runner

There are many different styles of running shoes on the market today. Keeping up with the many new styles that are flooding the market, as well as keeping up with new technology can be very difficult when trying to select a pair of running shoes. Here are a few tips for buying a new pair of shoes.

The best time to buy a pair of shoes is late in the afternoon. The reason for this is your feet have swelled in the afternoon and the shoes need to fit loose enough where they do not bind in the toe box.

Another key to proper shoe fit is the length of the shoe. When buying your new shoes, there needs to be at least a thumbs width between the longest toe and the end of the shoe. This can help prevent black toenail plus ingrown toenails.

When going to purchase a pair of running shoes, try to find a specialty store that has many different styles and knowledgeable sales staff. At a specialty store, try on many styles and see if they will allow you to take them for a test run. At minimum, walk around the store with the shoes on to test their comfort level. Compare different brands, styles and prices to ensure you are getting the right shoe for you. If you have any questions do not hesitate to ask the sales people. Don't rush into buying the first pair you try on, or let the sales people pressure you into buying a pair that is not right for you. Take your time in finding the proper fitting shoe for you.

The final key to buying a new pair of running shoes, is to buy them because they fit properly, not because they look good. If they do not feel good in the store, they will not feel good while you're running.

Follow these simple tips and there shouldn't be any problems.

Chandler Invitational

3/11/95

CHANDLER--The Catoosa girls held off a strong Jones team, going into the final event with a slim, one-point lead, but pulling out a victory to preserve the team championship 134-129 in the Chandler Invitational held here March 11th. The Indians didn't win a single individual event but captured all four relays en route to the title. Double winners were Stroud's Bigby in the 100/200 and Schuknecht in the 800/1600.

It was almost as close in the boys division with number-one ranked Stroud using individual strength to top Jones 119-111 for the team trophy. Double winners were Hominy's Higgins in the 100/200 and Stroud's Casey Bookout in the shot/discus.

Girls

TEAM SCORING: 1. Catoosa 134; 2. Jones 129.5; 3. Stroud 80; 4. Santa Fe 50; 5. Beggs 44; 6. Little Axe 38; 7. (tie) Hominy, Seminole 28; 9. Ripley 26; 10. Davenport 20; 11. Chandler 15.5; 12. Tecumseh 14; 13. Okemah 8; 14. Berryhill 4.

100: 1. Bigby, Str. 12.75; 2. Nichols, Jo. 12.79; 3. Langford, Be. 13.03; 4. Shafer, Cat. 13.04; 5. Antwine, Be. 13.34; 6. Higgins, Hom. 13.43.

200: 1. Bigby, Str. 28.16; 2. Landford, Be. 28.26; 3. Nichols, Jo. 28.68; 4. Rosser, SF. 29.25; 5. Hall, Rip. 30.19; 6. Shaffer, Cat. 30.22.

400: 1. Langford, Be. 1:03.90; 2. Bigby, Str. 1:04.37; 3. Brant, Cat. 1:08.72; 4. McGee, Cat. 1:08.78; 5. White, Cat. 1:10.31; 6. Trammell, Tec. 1:10.35.

800: 1. Schuknecht, Str. 2:40.5; 2. Wagoner, Cat. 2:42.92; 3. Roulston, LA. 2:43.03; 4. Crawford, Be. 2:43.09; 5. Fuqua, Be. 2:52.22; 6. Wurtzbacher, SF. 2:53.05.

1600: 1. Schuknecht, Str. 6:09.50; 2. Wagoner, Cat. 6:10.70; 3. Cochran, LA. 6:10.78; 4. Scott, Ber. 6:10.90; 5. White Cat. 6:20.34; 6. Newton, Cat. 6:35.90.

3200: 1. Thompson, SF. 14:07.25; 2. Delonals, LA. 14:13.27; 3. Crawford, Be. 14:19.28; 4. Fuqua, Be. 14:24.90; 5. Branscomb, Sem. 15:30.72; 6. Siddiqui, Jo. 15:43.02.

100H: 1. Wilcox, Hom. 17.24; 2. Higgins, Hom. 17.82; 3. Anderson, Cat. 18.06; 4. Dolzal, Sem. 18.63; 5. Stoughton, Sem. 18.87; 6. Sayre, Sem. 19.13.

300H: 1. Johnston, Jo. 52.78; 2. Anderson, Cat. 54.51; 3. Higgins, Hom. 56.19; 4. Alexander, Dav. 57.47; 5. Lawson, Sem. 57.95; 6. Sayre, Sem. 58.06.

400 Relay: 1. Catoosa 54.54; 2. Jones 55.0; 3. Stroud 55.10; 4. Ripley 56.38; 5. Santa Fe 57.63; 6. Beggs 58.41.

800 Relay: 1. Catoosa 1:57.65; 2. Jones 2:00.02; 3. Ripley 2:00.32; 4. Santa Fe 2:01.47; 5. Davenport 2:03.66; 6. Chandler 2:04.58.

1600 Relay: 1. Catoosa 4:35; 2. Jones 4:40.21; 3. Santa Fe 4:44.88; 4. Seminole 4:52.53; 5. Davenport 4:59.19; 6. Ripley 5:06.11.

3200 Relay: 1. Catoosa 11:28.45; 2. Jones 11:37.08; 3. Little Axe 11:42.13; 4. Davenport 11:58.10; 5. Seminole 12:05.07; 6. Santa Fe 12:07.88.

Shot: 1. Oliver, Tec. 36-7.5; 2. Prince, Jo. 32-9.5; 3. Leathers, Str. 32-5.25; 4. Mincher, Sem. 31-9; 5. Tracy, Hom. 29-6.75; 6. Lawrence, Jo. 27-5.5.

Discus: 1. Prince, Jo. 94-1.5; 2. Leathers, Str. 89-11; 3. Lawrence, Jo. 84-4.5; 4. Crittenden, Cat. 80-1.5; 5. Cazzelle, Rip. 79-7.5; 6. Oliver, Tec. 77-11.

Long Jump: 1. Shirwood, Jo. 15-9; 2. Walker, Ok. 14-10.5; 3. Roulston, LA. 14-9.75; 4. Langford, Jo. 14-7.75; 5. Loon, Tec. 14-4.25; 6. Higgins, Hom. 14-2.75.

High Jump: 1. Hayes, SF. 5-2; 2. Andersen, Ch. 5-0; 3. Gordon, Str. 4-8; 4. Childers, Ch. 4-8; 5. (tie) Kerr, Jo. and Greenfield, Ch. 4-6.

Boys

TEAM SCORING: 1. Stroud 119; 2. Jones 111; 3. Hominy 71; 4. Catoosa 66; 5. Okemah 44; 6. Davenport 27; 7. Little Axe 26; 8. (tie) Ripley, Seminole 22; 10. Chandler 20; 11. Tecumseh 18; 12. Harrah 17; 13. Beggs 15; 14. Wewoka 9; 15. Cushing 8; 16. Cleveland 5.

100: 1. Higgins, Hom. 10.91; 2. Gatewood, Jo. 10.96; 3. Goff, Ok. 11.06; 4. Degluti, Har. 11.16; 5. Billey, Cat. 11.22; 6. Dunn, Dav. 11.31.

200: 1. Higgins, Hom. 23.19; 2. Gatewood, Jo. 23.51; 3. Goff, Ok. 23.75; 4. Lonie, Sem. 23.85; 5. Wright, Str. 24.09; 6. Rich, Be. 24.43.

400: 1. Jackson, Ok. 52.81; 2. Chesney, Cat. 53.71; 3. Rich, Be. 54.28; 4. Neven, Cl. 54.37; 5. Ethridge, Cat. 57.22; 6. Munson, Str. 57.28.

800: 1. Cazzelle, Rip. 2:04.76; 2. Chesney, Cat. 2:05.97; 3. Lucas, Jo. 2:08.34; 4. Lewis, LA. 2:09.53; 5. Dumas, LA. 2:11.16; 6. Heller, Cat. 2:11.38.

1600: 1. Lewis, LA. 4:53.06; 2. Dumas, LA. 4:54.39; 3. Cazzelle, Rip. 4:56.88; 4. McKinney, Dav. 4:57.19; 5. Martinez, a Tec. 5:11.97; 6. Johnston, Ok. 5:13.77.

3200: 1. McKinney, Dav. 10:57.13; 2. Holmes, Cha. 11:11.26; 3. Budd, Rip. 11:16.84; 4. Murray, Cat. 11:24.58; 5. Myers, LA. 11:44.12; 6. Hammock, Ok. 11:46.49.

110H: 1. Bradley, Str. 14.23; 2. Russell, 14.82; 3. Hornbeck, Str. 15.84; 4. Haskins, Jo. 16.28; 5. Widney, Cat. 16.47; 6. Hardy, Har. 16.57.

300H: 1. Russell, Jo. 40.37; 2. Bradley, Str. 41.59; 3. Hornbeck, Str. 42.31; 4. Haskins, Jo. 43.44; 5. Rosete, Tec. 44.78; 6. Loveless, Jo. 44.96.

400 Relay: 1. Jones 44.95; 2. Seminole 45.72; 3. Davenport 45.91; 4. Wewoka 45.97; 5. Stroud 46.28; 6. Catoosa 46.52.

1600 Relay: 1. Jones 3:36; 2. Stroud 3:40.18; 3. Hominy 3:43.31; 4. Okemah 3:43.75; 5. Catoosa 3:43.97; 6. Seminole 3:55.55.

3200 Relay: 1. Catoosa 8:57.54; 2. Stroud 9:01.09; 3. Okemah 9:03.87; 4. Jones 9:05.22; 5. Tecumseh 9:09.79; 6. Beggs 9:33.78.

Shot: 1. C. Bookout, Str. 52-8.75; 2. Oldham, Har. 48-5; 3. Cordell, Jo. 45-7.5; 4. Willis, Str. 45-4.5; 5. K. Bookout, Str. 44-0; 6. Briggs, Cat. 43-4.

Discus: 1. C. Bookout, Str. 161-8; 2. K. Bookout, Str. 155-4.5; 3. Johnson, Be. 133-2; 4. Stokes, Hom. 128-2; 5. Brazil, Har. 118-1.5; 6. King, Hom. 115-11.

Long Jump: 1. Anderson, Ch. 21-10.75; 2. Haskins, Jo. 21-7.5; 3. Higgins, Hom. 21-7.5; 4. Brown, Hom. 21-6.75; 5. Degluti, Har. 19-11; 6. Kelley, Wew. 19-11.

High Jump: 1. Lookout, Hom. 6-2; 2. Cook, Cus. 6-2; 3. Brown, Hom. 6-2; 4. Whistance, Cat. 6-0; 5. Austin, Ch. 6-0; 6. McGehee, Cat. 5-10.

Pole Vault: 1. Wilkinson, Str. 14-6; 2. Smith, Hom. 13-0; 3. Willis, Str. 12-6; 4. Widney, Cat. 11-6; 5. Rainey, Cat. 10-0; 6. Bear, Cat. 10-0.

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400 METER RELAY--Ada has the edge at the first exchange in the Irish Relays March 11th at Bishop McGuinness High School. Ada went on to win with a time of 43.74. Photo by John Hoke

Plainview Invitational

Ardmore
3/11/95

BOYS

TEAM SCORING: 1. Idabel (Id), 116; 2. Plainview (Pl), 82; 3. Fox (Fox), 71; 4. Madill (Ma), 62; 5. Velma-Alma (VA), 48; 6. Dickson (Dic), 47; 7. Van Alstyne (VanA), 37; 8. Waurika (Wau), 35; 9. Marlow (Mar), 34; 10. Lone Grove (LG), 31; 11. Sulphur (Su), 16; 12. Davis (Da), 5; 13. Marietta (Marietta), 2.

110H: 1. Charles Austin, Id, 15.12; 2. Nathan McElroy, Wau, 15.42; 3. Gary Pittmon, Su, 16.38; 4. Pierre LeBron, LG, 16.73; 5. Greg Merlyn, Pl, 17.01; 6. Micah Wallace, Wau, 18.11.

100: 1. Adrian Cole, Id, 10.95; 2. Corey Brown, LG, 11.18; 3. Nathan McElroy, Wau, 11.27; 4. Tyrone Jackson, Fox, 11.65; 5. Patrick Moore, Id, 11.73; 6. Kyle Odell, LG, 11.89.

200: 1. Derbert Peace, Id, 22.24; 2. Cory Brown, LG, 22.60; 3. McElroy, Wau, 23.35; 4. Clay Cayce, VanA, 23.86; 5. Seneca Battles, LG, 24.24; 6. Chris Hickson, VanA, 24.41.

400: 1. Levar Swindall, Fox, 53.14; 2. Laron Faulks, Id, 54.03; 3. Johnny Dawson, VanA, 54.91; 4. Andy Brown, Mar, 55.14; 5. Josh Wilson, Mar, 55.18; 6. Donyal Petties, Fox, 56.10.

800: 1. Steve Elkins, Ma, 2:08.46; 2. Destre Pickens, Ma, 2:10.74; 3. Martin Salas, Marietta, 2:11.94; 4. Wes Womack, Pl, 2:13.43; 5. Eric Andrews, Id, 2:19.55; 6. Mark Lampkin, Dic, 2:20.08.

1600: 1. Zack Johnson, VA, 4:50.67; 2. Cory Clark, Pl, 4:52.07; 3. Wes Womack, Pl, 4:58.22; 4. David Lampkin, Dic, 5:13.63; 5. OJ Rackler, Mar, 5:19.01; 6. Kip Jennings, VA, 5:27.99.

3200: 1. Zack Johnson, VA, 10:26.38; 2. David Lampkin, Dic, 10:45.37; 3. T.J. Poage, Wau, 10:47.94; 4. OJ Rackler, Mar, 11:10.41; 5. Danny Romo, Pl, 11:17.56; 6. Bobby Shelley, LG, 11:42.59.

400 Relay: 1. Idabel 43.45; 2. Fox 46.10; 3. Van Alstyne 46.37; 4. Plainview 47.22; 5. Davis 47.52; 6. Madill 47.74.

1600 Relay: 1. Idabel 3:40.16; 2. Fox 3:40.53; 3. Plainview 3:43.76; 4. Madill 3:43.98.

3200 Relay: 1. Marlow 8:54.72; 2. Madill 8:56.55; 3. Velma Alma 9:04.22; 4. Plainview 9:06.56; 5. Idabel 9:20.96; 6. Dickson 9:28.70.

Shot: 1. Owens, Su, 48-8.25; 2. Knight, Dic, 43-3.5; 3. Robinson, Fox, 41-7.5; 4. Crook, VA, 41-4.25; 5. Williams, Id, 40-4.5; 6. Jennings, Da, 39-9.

Discus: 1. McGuire, VanA, 135; 2. Jones, Ma, 117-6; 3. Breath, Fox, 116-7; 4. Bartgis, Pl, 116-4.25; 5. Robinson, Fox, 114-3.25; 6. Lassen, LG, 111-11.25.

Long Jump: 1. Peace, Id, 21-5; 2. Dawson, VanA, 20-5; 3. Mitchell, Pl, 19-0.5; 4. Moore, Id, 18-11; 5. Black, Mar, 18-10.15; 6. Hickson, VanA, 18-4.25.

High Jump: 1. Humphrey, Ma, 6-4; 2. McElroy, Wau, 6-2; 3. Barker, Pl, 6-2; 4. Faulks, Id, 6-0; 5. Mitchell, Pl, 6-0; 6. Aldridge, VA, 6-0.

Pole Vault: 1. Payne, Dic, 10-6; 2. McWilliams, Dic, 10; 3. Shirley, Dic, 10.

GIRLS

TEAM SCORING: 1. Plainview (Pl), 181; 2. Velma Alma (VA), 119; 3. Van Alstyne (VanA), 95; 4. Idabel (Id), 85; 5. Marlow (Mar), 60; 6. Madill (Ma), 37; 7. Dickson (Dic), 22; 8. Bennington (Ben), 7; 9. Marietta (Marietta), 4; 10. Lone Grove (LG), 2.

100H: 1. Sara Darter, VA, 17.13; 2. Erica Davis, VA, 17.66; 3. Lora Wade, VanA, 17.76; 4. LaToya Banks, Pl, 17.82; 5. Larissa Morrow, VA, 18.57; 6. Amberly Brasher, VanA, 18.70.

100: 1. Stanesha Bell, Id, 12.93; 2. Monica Patton, PlA, 13.27; 3. Shawanna Beard, Id, 13.52; 4. Hubbard, Marietta, 14.01; 5. LaToya Banks, PlB, 14.08; 6. Dana Sutton, VA, 14.13.

400: 1. Lacey Stanford, Pl, 1:04.75; 2. KeeKee Forshee, Id, 1:07.09; 3. Brandi Cruise, VA, 1:08.24; 4. Amy Hinds, VanA, 1:08.78; 5. Nicole Orr, VanA, 1:09.19; 6. Jennifer Woodall, VanA, 1:11.93.

800: 1. Emily McCulloh, Pl, 2:33.68; 2. Becky Harvey, Pl, 2:33.72; 3. Natalie McNeal, Ben, 2:36.28; 4. Katie He'ley, VanA, 2:44.64; 5. Crissy Guild, Mar, 2:48.75; 6. Amy Humphrey, Ma, 2:51.08.

1600: 1. Emily McCulloh, Pl, 5:50.70; 2. Crystal Fuller, VA, 6:09.04; 3. Crissy Guild, Mar, 6:15.50; 4. Rikki Hazen, Mar, 6:19.36; 5. Amy Humphrey, Ma, 6:25.55; 6. Halee Lackey, Pl, 6:26.09.

3200: 1. Sarah Harvey, PlA, 12:03.93; 2. Crystal Fuller, VA, 12:56.69; 3. Halee Lackey, PlA, 13:25.75; 4. Chris Linke, VA, 13:48.34; 5. Amie Denson, PlA, 13:48.40; 6. Natalie McNeal, Ben, 13:50.10.

400 Relay: 1. Idabel 51.92; 2. Van Alstyne 53.93; 3. Madill 54.01; 5. Plainview B 56.51; 6. Velma Alma 56.90.

800 Relay: 1. Idabel 1:51.57; 2. Plainview 1:53.68; 3. Van Alstyne 1:54.73; 4. Marlow 1:55.17; 5. Velma Alma 1:56.45; 6. Madill 1:57.45.

3200 Relay: 1. Plainview 10:28.21; 2. Velma Alma 11:03.32; 3. Madill 11:07.15; 4. Marlow 11:15.21; 5. Van Alstyne 11:26.04.

Discus: 1. Ann Russel, Dic, 109-1; 2. Kelly Smith, Pl, 106-2; 3. Erica Christenson, VanA, 101-2.5; 4. Andie Crow, Mar, 92-10; 5. Brewer, VA, 91-9; 6. Jenny Simpler, Dic, 81-0.5.

Long Jump: 1. Dial, Mar, 15-6; 2. Kiser, Ma, 15-0.5; 3. Sims, VanA, 14-10.5; 4. Sikes, VanA, 14-10; 5. Malone, VanA, 13-11; 6. Brown, Pl, 13-6.

High Jump: 1. Blackwell, Pl, 5-2; 2. Burns, Pl, 5-0; 3. Parker, Mar, 4-10; 4. Holley, Mar, 4-10; 5. Sikes, VanA, 4-8; 6. Britner, Pl, 4-6.

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 our main sources of information concerning correct spelling, first names, class year, schedules, coaches, phone numbers, etc. We would like to list first names and class year on all season leader listings and we can only get this information from a TEAM REPORT. If you haven't sent your's in yet, please do so. If you didn't receive one or have lost it, please call 405-524-8551 and we will mail or FAX another immediately.

RESULTS

Please send the results (six deep 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. Don't 'short-change' the athletes by reporting only winners or a few placemen—we will print six deep whenever possible. Photos are also welcome, be sure to properly identify with names, schools, events, times/distances and the name of the photographer.

SEASON LEADERS

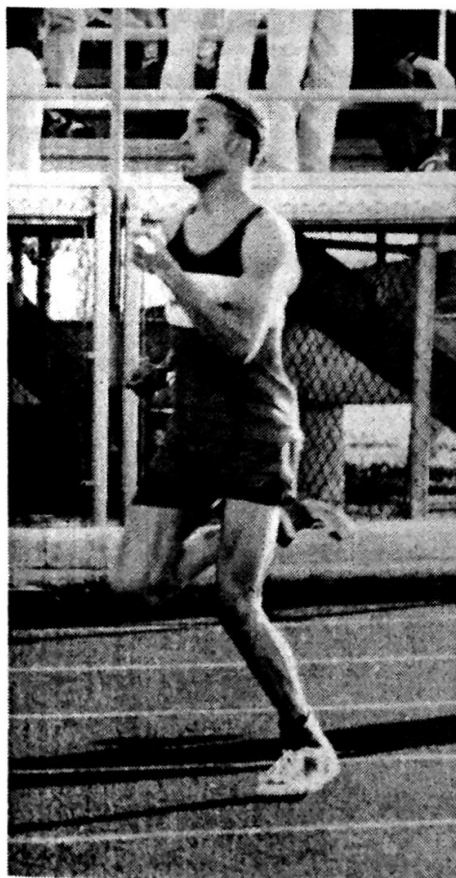
We begin our listing of season leading performances in this issue with an overall listing. If enough results are received we will break the listings down by class in the next issue. In order for a performance to be considered we must have the full results of the meet in our office for verification. Preliminary times qualify only if the meet director certifies them in writing.

OKLAHOMA/ARKANSAS DUAL

Slots on the Oklahoma team for the 2nd annual Oklahoma vs. Arkansas track dual 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. The meet is scheduled for May 20th in Ft. Smith, Ark. If you are not a member of the OTCA, contact coach Pat Lenington at Norman High School to join.

RANKINGS

Team rankings—as well as season leader listings—are being released early and FAXed to state newspapers that are Oklahoma TRACK & FIELD NEWS subscribers at no extra cost. If you would like to see your local newspaper use these rankings, encourage them to become a subscriber.



JOHN MARSHALL'S Mike Calhoun streaks home in the 400 meter race at the Norman Invitational March 9th with a season-leading time of 50.19. Photo by John Hoke

Broken Arrow Classic

3/11/95

BROKEN ARROW--Jenks turned in strong performances in both divisions and captured two team titles in the Broken Arrow Classic held here March 11th. The Trojans outscored Union for both trophies with the girls capturing three relays and three individual titles and the boys one each.

The Union girls had two double winners in Leslie Schlegel, shot/discus, and Danielle Hill, 100H/300H. Jenks had Kellie O'Rourke, 800/1600 and Bartlesville Jennifer Fontenot, 200/400.

For the boys, Rogers Demetius Birch captured the 100/200 double and Putnam City North's John Fitzgerald took the shot and discus.

Boys

TEAM SCORING: 1. Jenks 142; 2. Union 115; 3. Muskogee 67; 4. Claremore 56; 5. Sapulpa 30; 6. (tie) Broken Arrow, Rogers 24. Other teams participating: Sand Springs, Grove, East Central, Webster, Cascia Hall, Tulsa Central, Holland Hall, Victory Christian, Putnam North, Tahlequah, Shawnee.

100: 1. Birch, Rog. 11.06; 2. Dainty, Un. 11.55; 3. Claybon, Un. 11.58; 4. Tyler, Je. 11.72; 5. Parker, BTW. 11.77; 6. Sensintaffar, SS. 11.9.

200: 1. Birch, Rog. 21.93; 2. Bernard, Un. 23.25; 3. Claybon, Un. 23.24; 4. June, Mus. 24.44; 5. Howard, BTW. 24.81; 6. Dean, Sap. 24.87.

400: 1. Sensintaffar, SS. 51.3; 2. Cavitt, Je. 52.35; 3. Wilson, Mus. 52.56; 4. Bailey, TC. 52.87; 5. Strickland, Je. 54.06; 6. Walker, Mus. 54.52.

800: 1. Givens, Mus. 2:03.14; 2. Crook, Sap. 2:04.30; 3. Halsey, Je. 2:05.60; 4. Gerrie, Cl. 2:07.81; 5. Becker, Je. 2:11.11; 6. Gibson, Je. 2:12.75.

1600: 1. Starks, Un. 4:46.46; 2. Pense, Je. 4:47.73; 3. Shortbull, Cl. 4:48.14; 4. Gibson, Je. 4:48.56; 5. Ford, Cl. 4:52.09; 6. McDonald, BA. 4:55.82.

3200: 1. Cliff, SS. 10:28.48; 2. Reid, Je. 10:28.86; 3. James, Je. 10:35.56; 4. Commis, Un. 10:36.49; 5. Bakke, HH. 10:44.01; 6. Fahler, VC. 10:46.35.

110H: 1. Jones, Je. 16.63; 2. Johnson, BA. 17.39; 3. Short, Gr. 18.11; 4. Teal, Cl. 19.00; 5. Pouncil, Web. 19.29; 6. Crowder, Gr. 19.45.

300H: no results.

400 Relay: 1. Bartlesville; 2. B.T. Washington; 3. Muskogee; 4. Jenks; 5. Union; 6. Union B.

1600 Relay: 1. Muskogee 3:31.49; 2. Jenks 3:32.59; 3. Union 3:37.40; 4. Sapulpa 3:38.85; 5. Broken Arrow 3:39.28; 6. Bartlesville 3:46.48.

3200 Relay: 1. Jenks 8:31.22; 2. Union 8:40.75; 3. Claremore 8:44.48; 4. Muskogee 8:53.24; 5. Broken Arrow 8:54.94; 6. Central 9:01.55.

Shot: 1. Fitzgerald, PN. 51-5.5; 2. Bennett, Un. 49-7; 3. Griggs, Bar. 47-6; 4. Istre, Sh. 44-2; 5. Smittick, Sap. 43-9; 6. Dicus, Je. 43-6.5.

Discus: 1. Fitzgerald, PN. 172-6; 2. Dicus, Je. 171-2.5; 3. Brown, Tah. 150-0; 4. Rakes, Web. 142-6; 5. Bennett, Un. 137-3.5; 6. Smittick, Sap. 132-11.

Long Jump: 1. Ratliff, BTW. 21-7.5; 2. Bernard, Un. 21-3.5; 3. Cavitt, Je. 20-1; 4. Carroll, TC. 19-10; 5. Tyler, Je. 19-9.5; 6. Winfrey, Un. 19-8.5.

High Jump: 1. Smith, Mus. 6-4; 2. Bywaters, Cl. 6-4; 3. Kirby, Bar. 6-2; 4. Orr, Un. 6-2; 5. Murphy, BA. 6-0; 6. Crawford, Tah. 5-10.

Pole Vault: 1. Bethia, Cl. 13-0; 2. (tie) Doviski, Cl. and Gullett, BA. 12-0; 4. Ropp, Var. 12-0; 5. Dunaway, Cl. 11-6; 6. Chesley, Cl. 11-0.

Girls

TEAM SCORING: 1. Jenks 153; 2. Union 133; 3. Bartlesville 50; 4. B.T. Washington 40; 5. Grove 32; 6. Broken Arrow 26. Other teams participating: Holland Hall, Rogers, Shawnee, Tahlequah, Kelly, Sapulpa, Hale, East Central.

100: 1. Givens, Un. 13.49; 2. Butler, HH. 13.87; 3. Latuala, Un. 13.99; 4. Schumpert, BTW. 14.03; 5. Banqura, BTW. 14.07; 6. Snyder, Je. 14.22.

200: 1. Fontenot, Bar. 27.55; 2. Harbin, Hale. 28.33; 3. Schumpert, BTW. 28.69; 4. Banqura,

BTW. 29.28; 5. Tate, Sha. 29.40; 6. Alexander, Un. 29.70.

400: 1. Fontenot, Bar. 1:02.21; 2. Trogon, BA. 1:02.66; 3. Manga, HH. 1:03.37; 4. Thompson, BTW. 1:04.43; 5. Mims, BTW. 1:05.00; 6. Mange, HH. 1:05.09.

800: 1. O'Rourke, Je. 2:27.73; 2. White, Tah. 2:31.35; 3. Dearman, Sap. 2:31.87; 4. Seacek, Je. 2:32.57; 5. Nickens, Je. 2:33.20; 6. Hogan, Ke. 2:35.74.

1600: 1. O'Rourke, Je. 5:38.33; 2. Corbett, Bar. 5:40.54; 3. McCulley, Gr. 5:48.77; 4. McClain, Un. 5:50.50; 5. Riddle, Un. 5:54.24; 6. Ahlgren, Je. 5:55.95.

3200: 1. McCulley, Gr. 12:18.03; 2. Housley, Sap. 12:19.36; 3. McClain, Un. 12:21.68; 4. Ahlgren, Je. 12:42.12; 5. Riddle, Un. 12:44.24; 6. Gibson, Sh. 12:49.88.

100H: 1. Hill, Un. 17.25; 2. Haywort, BA. 18.29; 3. Calico, Un. 18.71; 4. Malcolm, Je. 18.91; 5. Walker, Rog. 19.14; 6. Cool, Rog. 19.30.

300H: 1. Hill, Un. 2. Laughry, Je. 3. Nickens, Je. 4. Hannah, Tah. 5. Baughman, Bar. 6. Malcolm, Je.

400 Relay: no results.

800 Relay: 1. Jenks 1:50.12; 2. B.T. Washington 1:51.78; 3. Union 1:52.19; 4. Holland Hall 1:52.19; 5. Tahlequah 1:52.24; 6. Union B 1:54.06.

1600 Relay: 1. Jenks 4:20.63; 2. Bartlesville 4:26.56; 3. Holland Hall 4:27.60; 4. Hale 4:31.51; 5. Tahlequah 4:32.73; 6. Broken Arrow 4:33.01.

3200 Relay: 1. Jenks 10:12.55; 2. Union 10:29.98; 3. Hale 10:37.06; 4. Grove 10:54.80; 5. Sapulpa 10:57.74; 6. Kelly 11:05.47.

Shot: 1. Schlegel, Un. 41-4; 2. Smith, Cl. 34-4; 3. Olson, Un. 32-7; 4. Jarvis, Gr. 32-3; 5. Laughry, Je. 31-6; 6. Walters, Rog. 31-5.

Discus: 1. Schlegel, Un. 126-1; 2. J. Smith, Cl. 123-0; 3. A. Smith, Tah. 115-6; 4. Jarvis, Gr. 110-11; 5. Siems, Je. 104-10; 6. Ashley, EC. 103-0.

Long Jump: 1. Johnston, Je. 16-6; 2. Suzuki, Je. 15-2.75; 3. Wade, Mus. 15-1; 4. Sejek, Je. 14-9; 5. Gaines, Sh. 14-7.75; 6. Tomblin, Tah. 14-7.25.

High Jump: 1. Combs, Sh. 5-0; 2. Chapman, BA. 4-10; 3. Campbell, Cl. 4-8; 4. (tie) Montgomery, Un. McDaniel, HH. Mason, Tah. 4-6.

1995 TRACK SCHEDULE

The schedule below was derived from information listed on TEAM REPORTS received by March 10th. 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

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. 28: Byng. 31: Purcell, Okmulgee, Adair, Moore, Turpin.

April

1: Medford, Sulphur, Bethany, Altus, Coppell, Tex., Pittsburgh, Kan, Texarkana, Ark. OSU Relays. 4: Stephens County at Velma-Alma, Skeltor Conf., Cushing, Buffalo. 5: Waurika, Nashville, Ark. 6: Dewey. 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: Wynnwood, 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. Vinita. 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.



NORMAN'S Andrea DeLozier cruises to the win in the 800 meter race at the Norman Invitational March 9th in a time of 2:27.88. Photo by John Hoke