

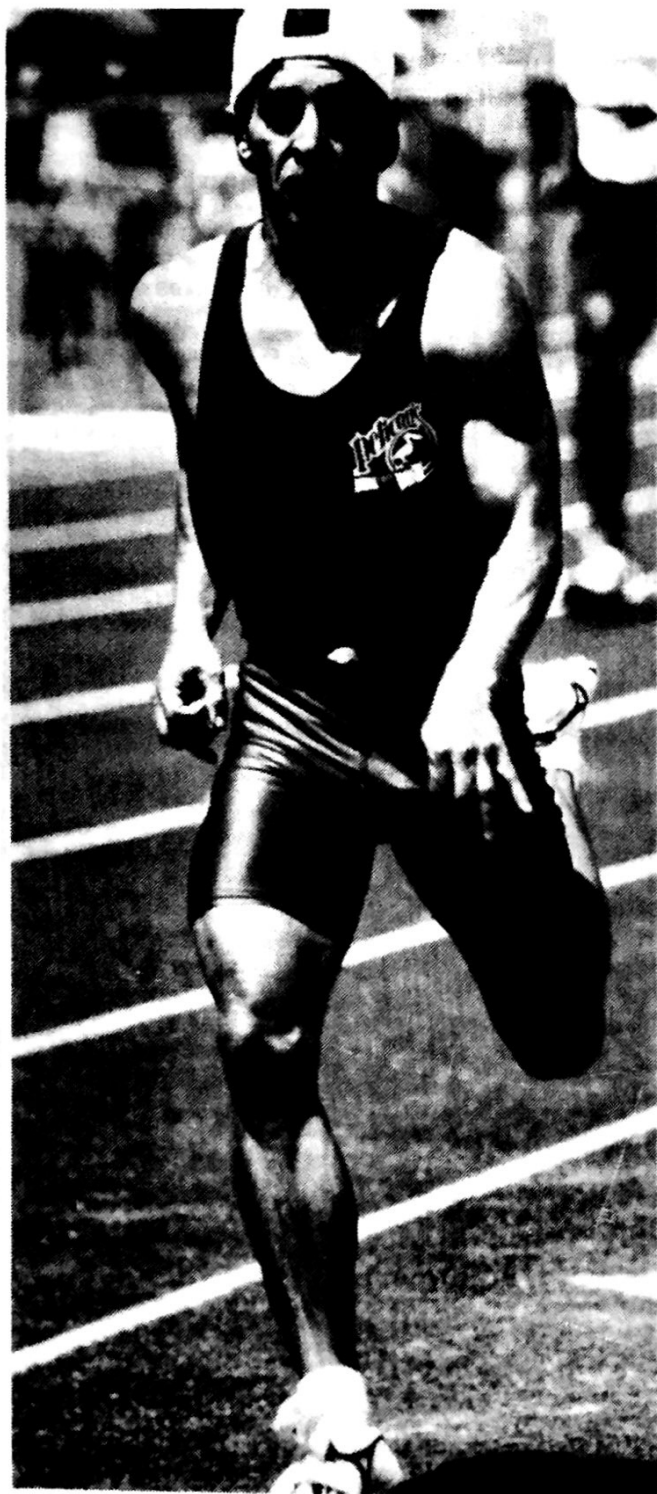
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Special Summer Issue

\$4.00

August 31, 1995



Oklahoma U.S.A. Track & Field Junior Olympic Championships Stillwater June 16-18, 1995

Bantam Boys

100: 1. Patrick Weaver, OKC, 13.79; 2. Kit Garrett, OKC, 14.46; 3. Aaron Maters, Ponca City, 14.55; 4. Antwon Moore, Ponca City, 14.66. 200: 1. Patrick Weaver, OKC, 29.10; 2. Vincent Moore, OKC, 30.47; 3. Caleb Barnwell, Stilwell, 30.73; 4. Keith Craven, OKC, 31.65. 400: 1. Vincent Moore, OKC, 1:08.54; 2. Caleb Barnwell, Stilwell, 1:10.03; 3. Cedric Brown, OKC, 1:11.53; 4. Keith Craven, OKC, 1:13.21. 800: 1. Darie Adair, Sapulpa, 2:54.87; 2. Cedric Brown, OKC, 2:58.59; 3. Bryan Gibson, Jenks, 3:13.07; 4. Chris Spurrier, Tulsa, 3:15.87. 1500: 1. Darie Adair, Sapulpa, 5:46.66; 2. Kenneth Baker, OKC, 6:15.09; 3. Bryan Gibson, Jenks, 6:23.84; 4. Case Barnwell, Stilwell, 7:04.29. High Jump: 1. Louis Dailey, Tulsa, 1.42m; 2. Tyulor Lampkin, Plainview, 1.15m; 3. Patrick Powers, Ponca City, 1.06m. Long Jump: 1. Louis Dailey, Tulsa, 4.32m; 2. Aaron Masters, Ponca City, 3.78m; 3. Antwon Moore, Ponca City, 3.37m; 4. Collton Maly, Enid, 3.28m. Shot: 1. Louis Dailey, Tulsa, 7.53m; 3. Joshua Bookout, Tahlequah, 7.04m; 3. Matrin Madewell, Stilwell, 6.35m; 4. Brad Tanner, Pawnee, 6.06. 400 Relay: 1. Northwest OKC Express TC (Weaver, Garrett, Gordon, Wilson), 1:01.12; 2. Ponca City TC (Anderson, Masters, Parker, Moore), 1:02.25; 3. North Tulsa Striders (Bailey, Allen, Scott, Gilliam), 1:10.33. 1600 Relay: 1. Eastside Steppers (Bruner, Brown, Moore, Baker), 6:05.91.

Bantam Girls

100: 1. Yolanda Goff, Tulsa, 14.17; 2. Arin Scott, OKC, 14.97; 3. Justin Flenory, Plainview, 15.25; 4. Margaret Taylor, Enid, 15.41. 200: 1. Arin Scott, OKC, 31.31; 2. Justin Flenory, Plainview, 31.41; 3. Jamly Jackson, Tulsa, 31.55; 4. Brittney Davis, Tulsa, 32.34. 400: 1. Ashley Holland, Tulsa, 1:13.76; 2. Chrissy Headrick, Turpin, 1:14.46; 3. Lacy Monroe, OKC, 1:15.23; 4. Courtney Henry, Plainview, 1:15.50. 800: 1. Chrissy Griffin, Tulsa, 2:51.82; 2. Miranda Boeckman, OKC, 2:56.85; 3. Brooke Hastings, Jenks, 2:59.24; 4. Courtney Henry, Plainview, 3:04.02. 1500: 1. Chrissy Griffin, Tulsa, 6:00.02; 2. Kacey McCulley, Grove, 6:15.85; 3. Morgan Sjulin, Plainview, 6:19.34; 4. Amanda McBride, Tulsa, 6:42.03. High Jump: 1. Chrissy Headrick, Turpin, 1.22m; 2. Tina Edwards, Tulsa, 1.01m; 3. Traci Bair, Pryor, 1.01m; 4. Kacey McCulley, Grove, 0.91m. Long Jump: 1. Jamly Jackson, Tulsa, 3.52m; 2. Chrissy Griffin, Tulsa, 3.48m; 3. Miranda Boeckman, OKC, 3.48m; 4. Adriana Carson, Stilwell, 3.38m. Shot: 1. Page Ballou, Ponca City, 3.61m; 2. Shandi Parn, Ponca City, 3.16m; 3. Krisha Foster, Pryor, 2.62m. Triathlon: 1. Maggie Taylor, Enid, 586*. 400 Relay: 1. North Tulsa Striders (Ebony, Jackson, Davis, Goff), 1:00.15; 2. OKC Blazers (Renebrown, Perry, Scott, Blaylock), 1:04.16; 3. Eastside Steppers (Wigley, Willis, Walker, Wigley), 1:06.52; 4. North Tulsa Striders (Mims, Holland, Wimberly, Stone), 1:06.55. 1600 Relay: 1. Eastside Steppers (Walker, Willis, Wigley, Monroe), 5:33.65; 2. North Tulsa Striders (Holland, Robinson, Goff, Thompson), 5:39.29.

Midget Boys

100: 1. Josh Scott, OKC, 13.13; 2. Edward Evans, Tulsa, 13.45; 3. Jermaine Hardison, OKC, 13.46; 4. Willie Rogers, Bartlesville, 13.52. 200: 1. Josh Scott, OKC, 27.67; 2. Willie Rogers, Bartlesville, 28.46; 3. Jermaine Hardison, OKC, 28.54; 4. John Kelly, Tulsa, 28.62. 400: 1. John Kelley, Tulsa, 1:01.77; 2. Edward Evans, Tulsa, 1:03.74; 3. Barry Currin, Okmulgee, 1:06.16; 4. Chris Brown, OKC, 1:07.19. 800: 1. Derek Jewell, Jenks, 2:28.66; 2. David Brown, OKC, 2:35.05; 3. Chris Snider, Jenks, 2:35.32; 4. Joffre Lander, Tulsa, 2:45.35. 1500: 1. Tyler Roark, Jenks, 5:05.08; 2. Chris Snider, Jenks, 5:20.49; 3. Zach Edwards, Tulsa, 5:27.08; 4. Joffre Lander, Tulsa, 5:30.71. 3000: 1. Tyler Roark, Jenks, 10:48.38; 2. Chase Hall, Jenks, 10:53.95; 3. Jeff Martin, Tulsa, 12:08.51. 80H: 1. Ryan Day, Turpin, 15.56; 2. Ellis Kyle, El Reno, 15.93; 3. Brian Tanner, Pawnee, 16.05; 4. Brandon Maloy, Enid, 16.12. Discus: 1. Kevin Bookout, Stroud, 32.79m; 2. John Hunt, Chandler, 21.60m; 3. Patrick Ball, Dickson, 20.19m; 4. Cody Davis, Nowata, 16.96m. High Jump: 1. Willie Rogers, Bartlesville, 1.37m; 2. Zach Edwards, Tulsa, 1.37m; 3. Brandon Maloy, Enid, 1.32m; 4. Brian Steers, Turpin, 1.27. Long Jump: 1. Zachary Winters, Tulsa, 4.91m; 2. Brian Steers, Turpin, 4.52m; 3. Zach Edwards, Tulsa, 4.31m; 4. Michael Currin, Okmulgee, 4.27m. Shot: 1. Kevin Bookout, Stroud, 14.76m; 2. Erick Johnson, Okmulgee, 10.40m; 3. Darius George, Plainview, 8.89m; 4. Cody Davis, Nowata, 8.05m. Pentathlon: 1. Brandon Maloy, Enid, 1622; 2. Aaron Brooke, Ponca City, 1098; 3. Patrick Ball, Dickson, 1098. 400 Relay: 1. Northwest OKC Express (Pruitt, Brown, Wilson, Randolph), 54.92; 2. Okmulgee TC (Johnson, Currin, Byrd, Currin), 55.29; 3. Eastside Steppers (Hardison, Hammond, Turner, Cooper), 56.07; 4. North Tulsa Striders (Scott, Owens, Vanzandt, Thompson), 1:02.66. 1600 Relay: 1. Eastside Steppers (Brown, Cooper, Brown, Turner), 4:36.67; 2. Northwest OKC Express TC (Randolph, Wilson, Brown, Pruitt), 4:37.24; 3. Frontrunners of Tulsa (Wade, Thompson, Evans, McClellan), 4:38.21. 3200 Relay: 1. Jenks TC (Jewell, Deck, Snider, Roark), 10:37.61.

Midget Girls

100: 1. Sarah McClain, Stilwell, 12.78; 2. Marie Gordon, OKC, 13.17; 3. Rakia Mustin, IKC, 13.59; 4. Dayon Grundy, Tulsa, 13.70. 200: 1. Sarah McClain, Stilwell,

RECORD SETTER—Masters runner Jim Dolezel of Midwest City set three meet records and two age-group state records at the Sooner State Games in Norman June 24th. Dolezel broke meet marks in the 100 meter dash, 200 meter dash and triple jump and set 45-49 age group records in the 100 and 200 as well. Complete Sooner State Games results in this issue. Photo by John Hoke

Continued on page 5

On TRACK

By John Hoke, Editor

WELCOME BACK--This is the special summer issue that I promised last spring but it also serves to cover the first two weeks of the high school cross country season.

TEAM REPORTS went out a few days ago and I'll share the information gleaned from them in the next issue when we preview the cross country season and begin making individual rankings. Coaches, please take the time to get your TEAM REPORT filled-out promptly and back as soon as possible--they are the backbone of our coverage of high school cross country.

RANKINGS--I have been polling coaches for a weekly team ranking since competition began with meets at Noble and Tishomingo. These rankings are being released to the state newspapers each week and if you are not seeing it in your local paper you should ask them to contact us to get on our media release list. Rankings will be published by Oklahoma TRACK & FIELD NEWS in each issue every two weeks and will be updated and released to the media weekly through the season. Input on these rankings is welcome and earnestly solicited--please feel free to call if you have a suggestion.

NEW PHONE NUMBERS--Speaking of calling--we moved our offices in June and have new phone numbers:

Office: 405-843-9992 FAX: 405-843-8022

Our mailing address stays the same but if you want to drop by we are now located at 6051 N. Brookline, Suite 105.

OKLAHOMA TRACK COACHES ASSOCIATION--The OTCA formally adopted the Oklahoma TRACK & FIELD NEWS as their official publication at their summer meetings and now every member coach receives a subscription as part of their dues. This was an essential move to preserve the existence of OTF&N and I think it will work towards strengthening and enlarging the OTCA as well. There are over 380 schools in the state with track and cross country programs and every coach should be a member. Membership benefits include: Summer Clinic; Winter Clinic; State Indoor Track Meet; Coaches All-Star Awards (seniors); Coaches Service Awards; Coaches of the Year Awards; Hall of Fame; participation as a coach or athlete in the Oklahoma vs. Arkansas cross country and track duals and the Great Southwest Classic. At only \$35.00, this is a bargain and every coach in the state should be a member.

SUMMER STUFF--This issue contains all the results of USATF and AAU meets that I received and photos from the Sooner State Games in June. I had a good summer of training and got to compete on the track at the SSG, on the road in a coupe of 5ks and in a nine-mile trail race in Crested Butte, Colorado. I jumped in a couple of bike races as well and just for good measure I fell out of a raft in a Class IV rapids on the Taylor River north of Gunnison, Colo., with my youngest daughter, Connor. My whole family was rafting with the Early's from Houston, Texas, and the guide remarked how lucky he was to have 'athletes' in his boat for a change. It was all pretty exciting but I'm really ready for my favorite season of the year--cross country.

See you at a cross country race.

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 AAU Track & Field Championships 6/9/95

3000 Meter Run

Midget Girls: 1. Rachel Barber, Jenks America TC, 12:22.3; 2. Alayne Thompson, Jenks America, 12:42.7.

Youth Girls: 1. Jennifer Lassiter, Jenks America, 13:29.8; 2. Andi Smith, Tulsa TC, 14:24.6.

Intermediate Girls: 1. Karla Hopkins, Tulsa TC, 11:41.3.

Midget Boys: 1. Tyler Roark, Jenks America, 10:45.3; 2. Chase Hall, Jenks America, 10:48.7; 3. Michael Dixon, Tulsa Track Club, 11:12.2.

Youth Boys: 1. Blake Abshire, OK Champions, 10:03.2; 2. Eric Hopkins, Tulsa TC, 10:15.0.

Intermediate Boys: 1. Jeremy Case, Tulsa TC, 10:01.0; 2. Jason DiMalro, Tulsa TC, 10:49.0.

Young Men: 1. Mike Pense, Jenks America, 9:44.7; 2. Gary Witt, Jenks America, 10:44.9; 3. Greg Carlson, Claremore, 11:13.3.

1500 Meter Run

Bantam Girls: 1. Hillary Dees, Tulsa TC, 6:10.38; 2. Hannah Skotik, Tulsa TC, 6:35.57.

Midget Girls: 1. Alayne Thompson, Jenks America, 5:42.55; 2. Rachel Barber, Jenks America, 5:56.07; 3. Allison Vaughn, Jenks America, 6:09.80.

Youth Girls: 1. Atalie Barber, Jenks America, 5:15.50; 2. Jenny Lof, Tulsa TC, 5:31.17; 3. Julie Vaughn, Jenks America, 5:56.08.

Intermediate Girls: 1. Tasha Lance, Tulsa TC, 5:41.64; 2. Kristi Beckham, OKC Champions, 6:03.7; 3. Karla Hopkins, Tulsa TC, 7:57.08.

Young Women: 1. Chance Wheeler, OKC Champions, 6:08.45.

Bantam Boys: 1. Daric Adair, Easter OK TC, 5:53.52; 2. Paul Thomas, Tulsa TC, 5:57.77; 3. Bryan Gibson, Jenks America, 6:32.57.

Midget Boys: 1. Chase Hall, Jenks America, 5:04.69; 2. Tyler Roark, Jenks America, 5:05.01; 3. Heston Parker, Tulsa TC, 5:19.37.

Youth Boys: 1. Blake Abshire, OKC Champions, 4:35.84; 2. Eric Hopkins, Tulsa TC, 4:51.03; 3. Chris Lopez, North Tulsa Striders, 6:23.59.

Intermediate Boys: 1. Jeremy Case, Tulsa TC, 4:41.84; 2. Ben Lake, Eastern OK, 4:44.70; 3. Chris Brandt, Tulsa TC, 4:47.58.

Young Men: 1. Michael Cliff, Tulsa TC, 4:18.11; 2. Mike Pense, Jenks America, 4:28.68; 3. Glenn Gerrie, Claremore, 4:37.65.

800 Meter Run

Bantam Girls: 1. Jennifer Smith, Tulsa TC, 3:05.44; 2. Brooke Hastings, Jenks America, 3:10.34.

Midget Girls: 1. Sarah Becker, Tulsa Spikes, 2:53.10; 2. Melissa O'Rourke, Jenks America, 3:06.96.

Youth Girls: 1. Jenny Lot, Tulsa TC, 2:39.43; 2. Melissa Munsell, OKC Champions, 2:57.35.

Intermediate Girls: 1. Tasha Lance, Tulsa TC, 2:35.49; 2. Kristi Beckham, OKC Champions, 2:40.91; 3. Sabrina Hurst, unattached, 2:47.01.

Young Women: 1. Debbie Deaman, Eastern OK TC, 2:30.14; 2. Keela Thompson, North Tulsa Striders, 2:31.37; 3. Chance Wheeler, OKC Champions, 2:52.15.

Bantam Boys: 1. Paul Thomas, Tulsa TC, 2:59.68; 2. Daric Adair, Eastern OK, 3:00.14; 3. Brian Gibson, Jenks America, 3:04.56.

Midget Boys: 1. Heston Parker, Tulsa TC, 2:32.81; 2. Derek Jewell, Jenks America, 2:34.05; 3. Jimmy Whitley, Tulsa TC, 2:37.48.

Youth Boys: 1. Blake Abshire, OKC Champions, 2:08.60; 2. Ernest Helaire, OKC Champions, 2:08.79; 3. Jonathan Kosciński, OKC Champions, 2:13.01.

Intermediate Boys: 1. Berthophilus Bailey, North Tulsa Striders, 2:05.57; 2. Scott Gladney, Claremore, 2:12.84; 3. Ben Lake, Eastern OK TC, 2:14.00.

Young Men: 1. Kyle Bennett, unattached, 1:59.68; 2. Glenn Gerrie, Claremore, 2:04.60; 3. Jonathan Brooks, OKC Finest, 2:14.29.

400 Meter Run

Bantam Girls: 1. Ebony Thompson, North Tulsa Striders, 1:18.29; 2. Sally Stull, Tulsa TC, 1:20.64; 3. Jessica Case, Tulsa TC, 1:28.16.

Midget Girls: 1. LaTonya Peel, North Tulsa Striders, 1:10.30; 2. Sarah Becker, Tulsa Spikes, 1:13.00; 3. Darnisha Sellers, North Tulsa Striders, 1:16.13.

Youth Girls: 1. Bertuanette Bailey, North Tulsa

Striders, 1:04.36; 2. Atalie Barber, Jenks America, 1:04.97; 3. Berthophilus Bailey, North Tulsa Striders, 1:06.04.

Intermediate Girls: 1. Candi Mims, North Tulsa Striders, 1:04.28; 2. Ebont Wilson, OKC Finest, 1:07.38; 3. Kristi Beckham, OKC Champions, 1:07.93.

Young Women: 1. Keela Thompson, North Tulsa Striders, 1:02.43; 2. Chance Wheeler, OKC Champions, 1:13.41.

Bantam Boys: 1. Berthophilus Bailey, North Tulsa Striders, 1:19.64; 2. Bryan Gibson, Jenks America, 1:25.04; 3. Dion Berrhill, North Tulsa Striders, 1:38.56.

Midget Boys: 1. John Kelly, Tulsa Spikes, 1:07.88; 2. Jason Deck, Jenks America, 1:10.71; 3. Darnell McLaurin, Jenks America, 1:12.08.

Youth Boys: 1. Ernest Helaire, OKC Champions, 56.74; 2. Laron Alexander, Okmulgee, 59.80; 3. Ronald Brown, Jenks America, 1:05.84.

Intermediate Boys: 1. Berthophilus Bailey, North Tulsa Striders, 53.78; 2. Corey Crenshaw, North Tulsa Striders, 55.51; 3. Ryan Purnell, Tulsa TC, 56.02.

Young Men: 1. Kino Roberts, North Tulsa Striders, 51.33; 2. Bertrian Bailey, North Tulsa Striders, 51.75; 3. Ronnie Rich, Okmulgee, 52.97.

200 Meter Dash

Bantam Girls: 1. Sara Jackson, North Tulsa Striders, 34.00; 2. Brittney Davis, North Tulsa Striders, 34.88; 3. Amaris Powell, North Tulsa Striders, 36.17.

Midget Girls: 1. Stephanie Madden, OKC Finest, 28.37; 2. Amanda Abshire, OKC Champions, 30.93; 3. Vanessa Reed, North Tulsa Striders, 31.43.

Youth Girls: 1. Rosa Pickins, North Tulsa Striders, 27.56; 2. Kristen Dunning, unattached, 29.11; 3. Cletha Graham, North Tulsa Striders, 29.75.

Intermediate Girls: 1. Shanira Stone, North Tulsa Striders, 28.33; 2. Shawna Reed, North Tulsa Striders, 29.29; 3. Tiffany Golsen, OKC Finest, 29.65.

Young Women: 1. Andrea Bell, North Tulsa Striders, 26.46; 2. Sheleah Taylor, North Tulsa Striders, 28.37; 3. Heather Epps, Dewey Track Club, 28.58.

Bantam Boys: 1. Louis Dalley, Tulsa Spikes, 32.21; 2. Albert McClure, Tulsa TC, 34.58; 3. Adrian Gilliam, North Tulsa Striders, 37.14.

Midget Boys: 1. Josh Scott, OKC Champions, 28.81; 2. John Kelly, Tulsa Spikes, 29.20; 3. Michael Currin, Okmulgee, 29.47.

Youth Boys: 1. Anthony Gilliam, North Tulsa Striders, 25.11; 2. Laron Alexander, Okmulgee, 25.18; 3. Elgie Hill, OKC Finest, 29.28.

Intermediate Boys: 1. Rudy Bidges, North Tulsa Striders, 25.12; 2. Christopher Jelinek, unattached, 26.34; 3. Brandon Snell, North Tulsa Striders, 27.09.

Young Men: 1. Michael Brooks, OKC Finest, 23.48; 2. Kevin Mallard, North Tulsa Striders, 23.53; 3. Ronnie Rich, unattached, 23.94.

100 Meter Dash

Bantam Girls: 1. Yolanda Goff, North Tulsa Striders, 15.04; 2. Heather Wimberly, North Tulsa Striders, 16.21; 3. Lauren Harris, Jenks America, 16.61.

Midget Girls: 1. Stephanie Madden, OKC Champions, 13.61; 2. Sheona Washington, North Tulsa Striders, 14.07; 3. Dayon Sprundy, North Tulsa Striders, 14.36.

Youth Girls: 1. Logan Womack, OKC Champions, 12.98; 2. Angela Washington, North Tulsa Striders, 13.33; 3. Nicole Brown, North Tulsa Striders, 13.57.

Intermediate Girls: 1. Shanira Stone, North Tulsa Striders, 13.19; 2. Shawnee Reed, North Tulsa Striders, 13.97; 3. Kirstin Munsell, OKC Champions, 13.97.

Young Women: 1. Kvenya Dennis, North Tulsa Striders, 12.71; 2. Heather Epps, unattached, 13.67.

Bantam Boys: 1. Albert McClure, Tulsa TC, 14.58; 2. Joel Gore, unattached, 14.71; 3. Adrian Gilliam, North Tulsa Striders, 16.62.

Midget Boys: 1. Joshua Scott, OKC Champions, 13.54; 2. Darnell McLaurin, Jenks America, 13.69; 3. Michael Currin, Okmulgee, 13.94.

Youth Boys: 1. Keith Williams, North Tulsa Striders, 11.87; 2. Anthony Gilliam, North Tulsa Striders, 12.08; 3. Laron Alexander, Okmulgee, 12.51.

Intermediate Boys: 1. Andre Brooks, North Tulsa Striders, 11.19; 2. Alfred Cayasso, North Tulsa Striders, 11.23; 3. Rudy Bridges, North Tulsa Striders, 11.85.



SOONER BOUND--Putnam City North thrower John Fitzgerald won the Young Men's division in the Sooner State Games in Norman June 24th and will be headed for OU this fall to play football. Photo by John Hoke

Young Men: 1. Kino Roberts, North Tulsa Striders, 11.00; 2. Chris Woodson, North Tulsa Striders, 11.06; 3. Kevin Mallard, North Tulsa Striders, 11.38.

Long Jump

Bantam Girls: 1. Hillary Dees, Tulsa TC, 3.17; 2. Sara Jackson, North Tulsa Striders, 3.02; 3. Sally Stull, Tulsa TC, 2.99.

Midget Girls: 1. Kirby Wilson, Edmond Breeze, 3.92; 2. Lindsay Watkins, Dewey TC, 3.73; 3. Lindsey Crawford, Edmond Breeze, 3.45.

Youth Girls: 1. Kristen Dunning, unattached, 4.42; 2. Logan Womack, OKC Champions, 4.25; 3. Fanci Johnson, unattached, 3.66.

Intermediate Girls: 1. Melissa Montgomery, North Tulsa Striders, 4.39; 2. Jonna Fennell, North Tulsa Striders, 4.03; 3. C. Danae Battle, North Tulsa Striders, 3.73.

Young Women: 1. Candy Siema, Jenks America, 3.77; 2. Chatity Tollefson, unattached, 3.71.

Bantam Boys: 1. Louis Dalley, Tulsa Spikes, 4.02; 2. Joel Gore, unattached, 3.15; 3. John Allen, North Tulsa Striders, 2.59.

Midget Boys: 1. Michael Currin, Okmulgee, 4.23; 2. Chase Cambiano, unattached, 4.00; 3. Zachary Edwards, Tulsa Spikes, 3.99.

Youth Boys: 1. Vince Hall, North Tulsa Striders, 5.05; 2. Emery Thompson, North Tulsa Striders, 4.91; 3. Elgie Hill, OKC Finest, 4.58.

Intermediate Boys: 1. Corey Crenshaw, North Tulsa Striders, 5.35; 2. Hillary Burks, North Tulsa Striders, 4.89; 3. Jeff Bristol, OKC Champions, 4.11.

Young Men: 1. Timothy Walker, Tulsa Spikes, 5.50; 2. Justin Dean, Eastern OK, 5.29.

Triple Jump

Youth Girls: 1. Brianna Cardenas, Jenks America, 9.16; 2. Fanci Johnson, unattached, 8.68; 3. Holly Hughes, OKC Champions, 7.71.

Youth Boys: 1. Dustin Hough, unattached, 8.19; 2. Nick Taylor, OKC Champions, 7.99.

Young Men: 1. Justin Dean, Eastern OK, 10.14; 2. Timothy Walker, Tulsa Spikes, 10.07.

High Jump

Bantam Girls: 1. Christina Edwards, Tulsa Spikes, 3-2.

AAU Championships

Continued from page 4

Midget Girls: 1. Amanda Abshire, OKC Champions, 3:10.

Youth Girls: 1. Brianna Cardenas, Jenks America, 5:2; 2. Fanci Johnson, unattached, 4:4.

Bantam Boys: 1. Louis Dailey, Tulsa Spikes, 4:2; 2. Joel Goree, Bartlesville, 3:10.

Midget Boys: 1. Willie Rogers, unattached, 4:2; 2. Zachary Edwards, Tulsa Spikes, 4:0; 3. Jason Deck, Jenks America, 4:0.

Youth Boys: 1. Dustin Hough, unattached, 4:6.

Intermediate Boys: 1. Christopher Brandt, Tulsa TC, 5:0; 2. Corey Crenshaw, North Tulsa Striders, 4:8; 3. William Arthur, Tulsa TC, 4:2.

Young Men: 1. Kyle Bennett, unattached, 5:4.

Shot Put

Bantam Girls: 1. Hannah Skocik, Tulsa TC, 10:5.

Midget Girls: 1. Cassandra Randle, North Tulsa Striders, 21:1.75; 2. Angelique Taylor, North Tulsa Striders, 19:6; 3. Stephanie Taylor, North Tulsa Striders, 17:11.

Youth Girls: 1. Amanda Arnall, unattached, 28:10.5; 2. Sylvia Chandler, North Tulsa Striders, 17:0.75.

Intermediate Girls: 1. Joni Fringer, Jenks America, 28:3; 2. C. Danae Battle, North Tulsa Striders, 20:2.5.

Young Women: 1. Chastity Tollefson, unattached, 30:11.5; 2. Candy Siems, Jenks America, 28:0.

Bantam Boys: 1. Albert McClure, Tulsa TC, 23:3.5; 2. Josh Bookout, unattached, 22:8; 3. Tyler Hering, Jenks America, 21:9.

Midget Boys: 1. Kevin Bookout, unattached, 47:3; 2. Drew Brandt, Tulsa TC, 25:11.25.

Youth Boys: 1. Phillip Tabor, Ardmore, 44:3; 2. Nicholas Richardson, Tulsa TC, 30:7; 3. Geron Alexander, Okmulgee, 26:4.

Intermediate Boys: 1. Kyle Bookout, unattached, 48:9; 2. Josh Howk, unattached, 43:9.25; 3. Jeff Bristol, OKC Champions, 38:9.

Young Men: 1. John Fitzgerald, unattached, 51:5.

Discus

Youth Girls: 1. Amanda Arnall, unattached, 54:5.5; 2. Kristin Dunning, unattached, 51:11.

Intermediate Girls: 1. Joni Fringer, Jenks America, 83:4.

Young Women: 1. Chastity Tollefson, unattached, 113:6; 2. Candy Siems, Jenks America, 102:5.5.

Midget Boys: 1. Kevin Bookout, unattached, 108:5; 2. Drew Brandt, Tulsa TC, 80:11.75; 3. Jimmy Whitley, Tulsa TC, 68:11.

Youth Boys: 1. Phillip Tabor, Ardmore, 87:4.5; 2. Geron Alexander, Okmulgee, 81:7.

Intermediate Boys: 1. Kyle Bookout, unattached, 153:4; 2. Josh Howk, 109:0.25; 3. Jeff Bristol, OKC Champions, 100:10.25.

Young Men: 1. John Fitzgerald, unattached, 157:9.25.

Javelin

Youth Girls: 1. Fanci Johnson, unattached, 47:2.

Intermediate Girls: 1. Joni Fringer, Jenks America, 52:7.

Young Women: 1. Chastity Tollefson, unattached, 64:5.

Youth Boys: 1. Phillip Tabor, Ardmore, 105:7; 2. Jason Hartog, Jenks America, 103:9; 3. Nicholas Richardson, Tulsa TC, 92:10.

Intermediate Boys: 1. Jeff Bristol, OKC Champions, 62:4.

Young Men: 1. Timothy Walker, Tulsa Spikes, 65:1.

Pole Vault

Young Men: 1. Scott Wilkison, unattached, 13:0.

80 Meter Hurdles

Midget Girls: 1. Sarah Walker, North Tulsa Striders, 17:04; 2. Lindsay Watkins, Dewey TC, 17:31.

Midget Boys: 1. Cody Johnson, unattached, 15:53; 2. Michael Curin, Okmulgee, 15:87.

400 Meter Hurdles

Intermediate Girls (30-inch): 1. LaCresha Lopez, North Tulsa Striders, 1:18.21.

Young Women: 1. Andrea Bell, North Tulsa Striders, 1:14.97.

Intermediate Boys (36-inch): 1. Steven Scott, North Tulsa Striders, 1:03.96.

Young Men: 1. Timothy Walker, Tulsa Spikes, 1:08.03.

200 Meter Hurdles

Youth Girls: 1. Holly Hodges, OKC Champions, 32.62.

Youth Boys: 1. Kris Ross, Okmulgee, 28.34; 2. Ryan Jones, unattached, 29.64; 3. Nicholas Richardson, Tulsa TC, 32.36.

110 Meter Hurdles

Intermediate Boys: 1. Christopher Brandt, Tulsa TC, 21.6.

100 Meter Hurdles

Youth Girls: 1. Brianna Cardenas, Jenks America, 17.27; 2. Holly Hodges, OKC Champions, 18.55.

Intermediate Girls: 1. Daina Davis, North Tulsa Striders, 20.38; 2. Angela Van Zandt, North Tulsa Striders, 20.51.

Young Women: 1. Alesha Peel, North Tulsa Striders, 15.41.

Youth Boys: 1. Kris Ross, Okmulgee, 16.43; 2. Ryan Jones, unattached, 16.90.

3200 Meter Relay

Midget Girls: 1. Jenks America TC (Alayne Thompson, Jenna James, Alison Vaughn, Rachel Barber) 11:57.2.

Midget Boys: 1. Jenks America TC (Chase Hall, Tyler Roark, Chris Snyder, Derek Jewell) 10:49.1.

1600 Meter Relay

Bantam Girls: 1. North Tulsa Striders (Britany Davis, Yolanda Goff, Ebony Thompson, Andrea Robinson) 5:27.65; 2. Tulsa TC.

Midget Girls: 1. North Tulsa Striders (Sheona Washington, Daynon Grindy, Trina Logan, Vanessa Reed) 5:11.84; 2. North Tulsa Striders, 6:04.88.

Youth Girls: 1. Jenks America (Atalie Barber, Brianna Cardenas, Jessica Talton, Katie Collier) 4:28.50; 2. North Tulsa Striders, 4:29.13; 3. North Tulsa Striders, 4:53.22.

Intermediate Girls: 1. North Tulsa Striders (Daina Davis, LaCresha Lopez, Jonna Fennell, Candi Mims) 4:38.11.

Young Women: 1. North Tulsa Striders (Keela Thompson, Sheleah Taylor, Alesha Peel, Andrea Bell) 4:19.73.

Bantam Boys: 1. North Tulsa Striders, 5:11.84; 2. North Tulsa Striders, 6:04.88.

Youth Boys: 1. North Tulsa Striders (Brandon Hill, Emery Thompson, Vince Hall, Keith Williams) 4:25.68.

Intermediate Boys: 1. North Tulsa Striders (Berthophilus Bailey, Steven Scott, Rudy Bridges, Andre Brooks) 3:47.10.

Young Men: 1. North Tulsa Striders (Joel Moss, Bertrian Bailey, Kevin Mallard, Kino Roberts) 3:25.47; 2. OKC Finest.

400 Meter Relay

Bantam Girls: 1. North Tulsa Striders (Sarah Jackson, Ebony Thompson, Brittany Davis, Yolanda Goff) 1:03.36; 2. Jenks America, 1:07.51; 3. North Tulsa Striders, 1:11.53.

Midget Girls: 1. North Tulsa Striders (Sheona Washington, Sarah Walker, Tiffani Johnson, LaTonya Peel) 56.38; 2. North Tulsa Striders, 59.40; 3. Edmond Breeze, 59.71.

Youth Girls: 1. North Tulsa Striders (Nicole Brown, Rosa Pickens, Bertuanette Bailey, Angela Washington) 53.33; 2. OKC Champions, 54.91; 3. North Tulsa Striders, 1:01.21.

Intermediate Girls: 1. North Tulsa Striders (LaCresha Lopez, Candi Mims, Osmonda Bangura, Sharita Stone) 52.66; 2. North Tulsa Striders, 56.22.

Young Women: 1. North Tulsa Striders (Andrea Bell, Sheleah Taylor, Alesha Peel, Kenya Dennis) 50.53.

Bantam Boys: 1. North Tulsa Striders (Sheldon Washington, Adrian Gilliam, Bertholomew Bailey, Dion Berryhill) 1:16.29.

Youth Boys: 1. North Tulsa Striders (Anthony Gilliam, Aric Gaines, Brandon Hill, Keith Williams) 48.86; 2. North Tulsa Striders, 1:02.72.

Intermediate Boys: 1. North Tulsa Striders (Alfred Catasso, Steven Scott, Rudy Bridges, Andre Brooks) 44.32.

Young Men: 1. North Tulsa Striders (Joel Moss, Kevin Mallard, Chris Woodson, Kino Roberts) 43.14; 2. OKC Finest, 44.18; 3. North Tulsa Striders, 45.98.

1500 Meter Racewalk

Midget Girls: 1. Tiffany Dixon, Tulsa TC, 9:47.87.

Midget Boys: 1. Cody Johnson, unattached, 10:39.7.

3000 Meter Racewalk

Youth Boys: 1. Corey Watkins, Dewey TC, 19:08.0.

Daniels Kickoff Classic Tishomingo High School 8/19/95

TISHOMINGO—The Moore boys captured the 4A-5A team title while the host Indians took the 4A-5A girls honors in the annual Daniels Cross Country Kickoff Classic held here at Tishomingo High School August 19th. Velma-Alma shocked Plainview, winning the 2A-3A girls title by two points, 34-36, while the Plainview boys easily won the 2A-3A boys division over Dickson, 49-67.

The top girls time of the day was turned in by defending 3A champ Sarah Harvey of Plainview with an 8:20 clocking while Velma-Alma's Miller had the best boy's time with a 12:53. Courtney Moody of Durant won the 4A-5A girls race while Tishomingo's Scott Hutchings took the 4A-5A boys race.

2A-3A Girls (1.44 miles)

TEAM SCORING: 1. Velma-Alma 34; 2. Plainview 36; 3. Jones 97; 4. Elgin 127; 5. Dickson 142; 6. Holdenville 175; 7. Madill 178; 8. Lindsay 184.

INDIVIDUALS: 1. S. Harvey, Plain, 8:20; 2. McCulloh, Plain, 8:37; 3. Sanders, Elgin, 8:42; 4. Fuller, VA, 8:49; 5. Fuller, VA, 9:00; 6. McCurry, VA, 9:02; 7. B. Harvey, Plain, 9:08; 8. Linke, VA, 9:13; 9. Thacker, VA, 9:13; 10. Norton, Plain, 9:24; 11. C. Baumeister, Jones, 9:25; 12. K. Baumeister, Jones, 9:26; 13. Treadwell, Hold, 9:27; 14. Lackey, Plain, 9:31; 15. Hurst, Elgin, 9:43; 16. Johnston, Jones, 9:47; 17. Dodson, Lindsay, 10:02; 18. Kiser, Mad, 10:10; 19. Jones, Jones, 10:12; 20. Frank, Mad, 10:13; 21. Denman, Elgin, 10:17; 22. Lanford, Jones, 10:23; 23. Autry, Lindsay, 10:28; 24. Brennan, Elgin, 10:31; 25. Fldco, Konawa, 10:38.

2A-3A Boys (2.37 miles)

TEAM SCORING: 1. Plainview 49; 2. Dickson 67; 3. Velma-Alma 101; 4. Prague 113; 5. Lindsay 122; 6. Elgin 129.

INDIVIDUALS: 1. Miller, VA, 12:53; 2. Clark, Plain, 13:20; 3. Conley, Marlow, 13:28; 4. Smith, Elgin, 13:32; 5. Womack, Plain, 13:37; 6. Lampkin, Dick, 13:46; 7. Romo, Plainview, 13:54; 8. Racklen, Mar, 13:56; 9. Blake, Dick, 13:58; 10. Ryan, Dick, 13:59; 11. Merlyn, Plain, 14:09; 12. Wiles, Pra, 14:10; 13. Lampkin, Dick, 14:12; 14. Laird, Elgin, 14:19; 15. Jennings, VA, 14:25; 16. Kirkpatrick, VA, 14:27; 17. Hoyle, Lind, 14:29; 18. Graham, Pra, 14:30; 19. Stowe, Pra, 14:43; 20. Cunningham, Plain, 14:50; 21. Taylor, Lind, 14:56; 22. Cameron, Lind, 15:21; 23. Bennett, Lind, 15:27; 24. Hill, Pra, 15:35; 25. Branch, Lind, 15:36.

4A-5A Girls (1.44 miles)

TEAM SCORING: 1. Tishomingo 27; 2. Durant 3. McAlester.

INDIVIDUALS: 1. Moody, Dur, 9:09; 2. Krieger, Dur, 9:15; 3. Utley, Tish, 9:24; 4. Landrith, Tish, 9:44; 5. Heffington, Tish, 9:48; 6. Cliff, Tish, 10:11; 7. Jackson, McA, 10:22; 8. Mullins, Dur, 10:27; 9. Houser, Tish, 10:40; 10. Lubdale, McA, 11:08; 11. Randel, McA, 12:18.

4A-5A Boys (2.37 miles)

TEAM SCORING: 1. Moore 32; 2. Midwest City 59; 3. Tishomingo 86; 4. John Marshall.

INDIVIDUALS: 1. Hutchings, Tish, 13:43; 2. McCoy, Moore, 13:56; 3. Starkus, Dur, 13:59; 4. Corley, Dur, 14:13; 5. Walker, Moore, 14:21; 6. Leon, Moore, 14:33; 7. White, MWC, 14:37; 8. Gander, MWC, 14:38; 9. Patel, Moore, 14:39; 10. Boberg, Moore, 14:46; 11. McWalters, Moore, 14:52; 12. Butler, Moore, 14:53; 13. Smith, MWC, 15:07; 14. Harcrow, Tish, 15:11; 15. Davis, MWC, 15:13; 16. Allen, MWC, 15:18; 17. Ayeth, JM, 15:20; 18. Boom, JM, 15:23; 19. Smith, JM, 15:25; 20. Stallings, Tish, 15:31; 21. Jackson, MWC, 15:36; 21. Detels, McAlester, 15:57; 23. Thompson, JM, 15:59; 24. Layton, Tish, 16:00; 25. Sullivan, McAlester, 16:05.

Junior Olympics

Continued from page 1

27.48; 2. Marie Gordon, OKC, 27.83; 3. Jackie Schumpert, Tulsa, 28.40; 4. Sheona Washington, Tulsa, 29.71. **400:** 1. Latonya Peel, Tulsa, 1:05.76; 2. Bethanie Bentz, Enid, 1:05.83; 3. Sarah Becker, Tulsa, 1:07.74; 4. Erin Jackson, Ponca City, 1:08.45. **800:** 1. Jennifer Ahlgren, Tulsa, 2:36.93; 2. Sarah Becker, Tulsa, 2:41.76; 3. Amber Maloy, Enid, 2:47.74; 4. Charla George, Plainview, 2:49.08. **1500:** 1. Rachel Barber, Jenks, 5:32.17; 2. Alayne Thompson, Jenks, 5:33.21; 3. Allison Vaughn, Jenks, 5:49.91; 4. Jessie Gordan, Plainview, 6:06.95. **3000:** 1. Rachel Barber, Jenks, 12:22.63; 2. Alayne Thompson, Jenks, 12:43.68; 3. Jena James, Jenks, 13:54.31. **800H:** 1. Bethanie Bentz, Enid, 13.83; 2. Charla George, Plainview, 14.11; 3. Heather Coleman, Watonga, 15.51; 4. Amber Maloy, Enid, 15.52. **400 Relay:** 1. North Tulsa Strider (Logan, Walker, Johnson, Peel), 55.32; 2. Eastside Steppers (Gray, Martin, Potts, Williams), 55.81; 3. North Tulsa Strider (Sellers, Reed, Washington, Grundy), 55.83; 4. Edmond TC (Crawford, Bellinger, England, Wilson), 57.93. **1600 Relay:** 1. North Tulsa Striders (Walker, Johnson, Logan, Peel), 4:56.02; 2. North Tulsa Striders (Grundy, Washington, Reed, Sellers), 5:00.35; 3. Plainview TC (Lampkin, Weaver, Cox, Merlyn), 5:21.25. **3200 Relay:** 1. Jenks TC (James, Thompson, Barber, Vaughn), 11:36.93; 2. Plainview TC (Merlyn, George, George, Weaver), 12:14.05. **Pentathlon:** 1. Bethanie Bentz, Enid, 2223; 2. Amber Maloy, Enid, 1827; 3. Jennifer Martin, Unatt, 990. **Shot:** 1. Courtney Jones, Dickson, 8.01m; 2. Kayla Kaiser, Stillwater, 7.82m; 3. Jennifer Bogle, Enid, 7.54m; 4. Angelique Taylor, 6.32m. **Discus:** 1. Mackenzie McCulley, Grove, 19.77m; 2. Courtney Jones, Dickson, 17.57m; 3. Lauren Chaney, Plainview, 17.17m; 4. Kayla Kaiser, Stillwater, 16.76m. **High Jump:** 1. Mackenzie McCulley, Grove, 1.32m; 2. Jennifer Bogle, Enid, 1.22m; 3. Amber Maloy, Enid, 1.22m; 4. Andrea McGinn, Plainview, 1.17m. **Long Jump:** 1. Jackie Schumpert, Tulsa, 4.14m; 2. Mindy Headrick, Turpin, 4.10m; 3. Kirby Wilson, Edmond, 3.98m; 4. Bethanie Bentz, Enid, 3.97m.

Youth Boys

100: 1. Larron Alexander, Okmulgee, 11.81; 2. Dave Williams, OKC, 12.22; 3. Renoldo Works, Tulsa, 12.26; 4. Kris Ross, Okmulgee, 12.32. **200:** 1. Larron Alexander, Okmulgee, 25.10; 2. Justin Moore, OKC, 25.96; 3. Dave Williams, OKC, 26.14; 4. Joel Stow, OKC, 26.93. **400:** 1. Ernest Helaire, OKC, 54.13; 2. Larron Alexander, Okmulgee, 55.17; 3. Renoldo Works, Tulsa, 56.40; 4. Warren Headrick, Turpin, 1:00.82. **800:** 1. Ernest Helaire, OKC, 2:05.98; 2. Johnathan Kosciński, OKC, 2:12.68; 3. Nick Cox, Unatt, 2:23.21; 4. Justin Moore, OKC, 2:23.97. **1500:** 1. Bean Brown, Tulsa, 4:50.56; 2. Tyson Sjuln, Plainview, 4:50.77; 3. Jim Coleman, Watonga, 5:00.73; 4. Ed Wallace, Tulsa, 5:01.07. **3000:** 1. Chris McWatters, OKC, 9:58.09; 2. Eric Hopkins, Tulsa, 10:01.91; 3. Tyson Sjuln, Plainview, 10:56.43; 4. Ed Wallace, Tulsa, 11:39.80. **5000 Race Walk:** 1. Corey Watkins, Dewey, 19:00.83. **400 Relay:** 1. Ponca City TC (Webynt, Dewberry, Dewberry, Moore), 51.51; 2. American Flyers (Maly, Smith, Hicks, Marshall), 53.02; 3. North Tulsa Striders (Works, Williams, Gaines, Gilliam), 54.52. **1600 Relay:** 1. Oklahoma Champions (Kosciński, Moore, Helaire, McWatters), 4:00.20; 2. Plainview TC (Wall, McCaskill, Sjuln, Jackson), 4:44.67. **3200 Relay:** 1. Oklahoma Champions (Helaire, McWatters, Kosciński, Taylor), 9:42.43; 2. Plainview TC (Sjuln, Wall, Jackson, McCaskill), 10:26.81. **100H:** 1. Rick Smith, Enid, 15.29; 2. Kris Ross, Okmulgee, 16.04; 3. Ryan Jones, Bartlesville, 16.87; 4. Brad Mixon, OKC, 17.73. **200H:** 1. Kris Ross, Okmulgee, 29.65; 2. Rick Smith, Enid, 29.75; 3. Brad Mixon, OKC, 29.83; 4. Bryan Mixon, OKC, 29.84. **Shot:** 1. Phillip Tabor, Ardmore, 14.68m; 2. Chris Talbott, Kingfisher, 10.23m; 3. Bryant Cubit, OKC, 9.35m; 4. Geron Alexander, Okmulgee, 8.40m. **Discus:** 1. Phillip Tabor, Ardmore, 46.69m; 2. Chris Talbott, Kingfisher, 34.08m; 3. Bart Walker, Okmulgee, 22.93m; 4. Lennis Hicks, Enid, 22.93m. **Javelin:** 1. Phillip Tabor, Ardmore, 37.20m; 2. Bart Walker, Okmulgee, 25.08m. **Long Jump:** 1. Vince Hall, Tulsa, 5.49m; 2. Emery Thompson, Tulsa, 5.33m; 3. Gary Wehant, Ponca

City, 4.68m; 4. Elgie Hill, OKC, 4.44m. **Triple Jump:** 1. Joel Stow, OKC, 10.93m. **High Jump:** 1. Rick Smith, Enid, 1.57m; 2. Jarrod Maly, Enid, 1.52m; 3. Cole Marshall, Enid, 1.47m; 4. Lance Lang, Pryor, 1.42m. **Pole Vault:** 1. Jim Coleman, Watonga, 2.44m. **Pentathlon:** 1. Travis Burdine, Prague, 2106.

Youth Girls

100: 1. Logan Womack, OKC, 12.38; 2. Nicole Brown, Tulsa, 13.19; 3. Rosa Pickens, Tulsa, 13.35; 4. Ashley Cantwell, Claremore, 13.42. **200:** 1. Rosa Pickens, Tulsa, 26.75; 2. Ashley Cantwell, Claremore, 27.53; 3. Stacie Davis, Nowata, Unatt, 28.23; 4. Jennifer Johnson, OKC, 28.30. **400:** 1. Lekia Knauls, Tulsa, 1:02.40; 2. Jennifer Johnson, OKC, 1:05.31; 3. Lyricisha Lampkin, Plainview, 1:06.23; 4. Shantice Williams, Sapulpa, 1:06.14. **800:** 1. Atalie Barber, Jenks, 2:27.71; 2. Meghan Patrizi, Ada, 2:36.19; 3. Melissa Munsell, OKC, 2:48.05; 4. Tielcha Packer, OKC, 2:55.23. **1500:** 1. Michelle Ahlgren, Tulsa, 5:15.79; 2. Meghan Patrizi, Ada, 5:28.45; 3. Tawni Wanamaker, Tahlequah, 5:49.05; 4. Melissa Munsell, OKC, 5:59.72. **3000:** 1. Jennifer Lassiter, Jenks, 13:05.90; 2. Shauna Kruger, OKC, 13:36.45. **100H:** 1. Jamie Lillie, Stillwater, 17.43; 2. Alicia Cole, Plainview, 18.02; 3. Holly Hodges, OKC, 18.31; 4. Nikki Igo, OKC, 18.85. **200H:** 1. Jamie Lillie, Stillwater, 31.79; 2. Stacie Davis, Nowata, 32.12; 3. Holly Hodges, OKC, 32.84; 4. Alicia Cole, Plainview, 33.18. **400 Relay:** 1. Northwest OKC Express TC (Brewer, Houston, Thompson, Cooper), 51.77; 2. Oklahoma Champions (Johnson, Hodges, Womack, Andrews), 52.14; 3. North Tulsa Striders (Bailey, Pickens, Brown, Washington), 53.30; 4. Northwest OKC Express TC (Brown, Porter, Crutchfield, Brown), 53.99. **1600 Relay:** 1. Jenks TC (Cardenia, Gomez, Collier, Barber), 4:25.04; 2. North Tulsa Striders (Graham, Goff, Bailey, Bailey), 4:30.05; 3. Northwest OKC Express TC (Wilson, Houston, Crutchfield, Porter), 4:41.52; 4. Oklahoma Champions (Andrews, Munsell, Breathitt, Lewis), 4:50.00. **3200 Relay:** 1. Plainview TC (Latham, Lampkin, Norman, George), 11:35.35. **Shot:** 1. Jamie Lillie, Stillwater, 10.14m; 2. Marci Pollan,

Grove, 9.49m; 3. Carrie Kaiser, OKC, 9.32m; 4. Libby Russell, Sapulpa, 8.95m. **Discus:** 1. Kristel Gray, Plainview, 27.25m; 2. Jamie Lillie, Stillwater, 24.0m; 3. Libby Russell, Sapulpa, 21.33m; 4. Marci Pollan, Grove, 21.33m. **Javelin:** 1. Fanci Johnson, OKC, 18.94m. **Long Jump:** 1. Kristen Dunning, Hulbert, 4.74m; 2. Katrina Brewer, OKC, 4.41m; 3. Lindsey Trent, Claremore, 4.34m; 4. Jill Ireland, OKC, 4.34m. **Triple Jump:** 1. Fanci Johnson, OKC, 8.79m; 2. Holly Hodges, OKC, 7.85m. **High Jump:** 1. Jessica Lingor, Tahlequah, 1.52m; 2. Kristen Bellman, OKC, 1.42m; 3. Fanci Johnson, OKC, 1.42m; 4. Kristen Foster, Pryor, 1.37m. **Pentathlon:** 1. Jamie Lillie, Stillwater, 2042; 2. Amanda Hightower, Prague, 1376.

Intermediate Boys

100: 1. Andre Brooks, Tulsa, 10.64; 2. Alfred Cayasso, Tulsa, 11.27; 3. Rudy Bridges, Tulsa, 11.36; 4. Steven Scott, Tulsa, 11.52. **200:** 1. Andre Brooks, Tulsa, 23.74; 2. Jerry Amsler, Enid, 23.98; 4. Rudy Bridges, Tulsa, 24.95. **400:** 1. David Phillips, Tulsa, 51.24; 2. Bert Bailey, Tulsa, 52.14; 3. J.C. Hendricks, Enid, 54.66; 4. Montelle Knauls, Tulsa, 55.87. **800:** 1. Scotti Gladney, Claremore, 2:09.50; 2. Ben Lake, Sapulpa, 2:14.56; 3. Ricky Peoples, OKC, 2:17.76; 4. Chad Headrick, Turpin, 2:18.65. **1500:** 1. Kevin Connolly, Edmond, 4:33.23; 2. Matthew Garey, OKC, 4:48.39; 3. Stanley Lyons, Tulsa, 4:54.60; 4. Chad Headrick, Turpin, 4:58.82. **3000:** 1. David Metzger, Ponca City, 10:56.93; 2. Adam Pierson, Tulsa, 11:26.90; 3. Joshua Chatham, Turpin, 11:49.85. **110H:** 1. Jason Maloy, Enid, 15.57; 2. Kevin Easterwood, Edmond, 16.59; 3. Xavier Brown, Stillwater, 19.30; 4. Levi Rains, Stillwater, 19.46. **400H:** 1. Steve Scott, Tulsa, 59.47; 2. Jason Maloy, Enid, 1:01.81; 3. Jaime Scheffe, Turpin, 1:07.12; 4. Levi Rains, Stillwater, 1:10.53. **2000 Steeple Chase:** 1. Ben Lake, Sapulpa, 8:30.75. **400 Relay:** 1. North Tulsa Strider (Brooks, Cayasso, Bridges, McKnight), 44.05; 2. Dickinson TC, 46.68. **1600 Relay:** 1. North Tulsa Strider (Scott, Brooks,

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THE JENKS AMERICA TRACK CLUB left its mark as 24 of its elite Oklahoma Athletes participated in the USA Track & Field Youth National Championships in Joplin, Missouri, June 27-July 1, and won 23 national medals. The two-year-old local running club is independent of the Jenks school system and attracts athletes from children through adults from the surrounding communities of Tulsa, Bixby, Broken Arrow, Verdigris and Claremore. The club's young athlete's hard work resulted in the Jenks America name ringing through the loud speakers at the national meet along with such national powers as the L.S. Jets, Cornhusker Flyers, New York City Zodiacs and the St. Louis Blazers.

Pictured above, front row (from the left): Rachel Barber, Alayne Thompson, Brooke Hastings, Atalie Barber, Chase Hall, Tyler Roark, Chris Snider, Tyler Herring. Second row: Coach Mike Barber, Elena Gomez, Jessica Talton, Mike Pense, Erin Hartog, Brianna Cardenas, Jason Hartog and Coach George Hall. National Meet participants not pictured are Jenna James, Alison Vaughn, Joni Fringer, Scott Caldwell, Derrick Jewell, Gary Witt, Jason Deck, Katie Collier and Candice Siems. Photo by Julia Barber

Junior Olympics

Continued from page 5

Crenshaw, Bailey). 3:49.10; 2. American Flyers (Bogle, Maloy, Hendricks, Amsler). 3:50.60; 3. Front-runners of Tulsa (Gollnick, Phillips, Lyons, Knauls). 4:02.74. **3200 Relay**: 1. Plainview TC (Romo, Merlyn, Clark, Womack). 9:20.05. **Shot**: 1. J.C. Hendricks, Enid. 12.53m; 2. Jeff Bristol, OKC. 12.49m; 3. Blake Forester, OKC. 11.62m; 4. Kris Janzen, Turpin. 11.19m. **Discus**: 1. Blake Forester, OKC. 33.10m; 2. Brannon Bradley, Pryor. 32.96m; 3. Jeff Bristol, OKC. 32.12m; 4. Kris Janzen, Turpin. 31.26m. **Javelin**: 1. Jeremy Faulkner, OKC. 42.26m; 2. Shane Bynum, Marlow. 34.40m; 3. Cory Harris, OKC. 34.34m; 4. Blake Forester, OKC. 32.60m. **High Jump**: 1. Kevin Easterwood, Edmond. 1.94m; 2. Chris Bogle, Enid. 1.72m; 3. Kris Janzen, Turpin. 1.52m; 4. Chris Foster, Pryor. 1.47m. **Long Jump**: 1. Jerry Amsler, Enid. 5.85m; 2. George McKnight, Tulsa. 5.84m; 3. Chris Foster, Pryor. 5.42m; 4. Corey Crenshaw, Tulsa. 5.35m. **Triple Jump**: 1. Jaline Scheffe, Turpin. 10.52m; 2. Kris Janzen, Turpin. 10.45m. **Pole Vault**: 1. Joshua Dial, Marlow. 4.27m; 2. Bret Corlett, Pryor. 4.27m; 3. Ryan Love, OKC. 3.96m; 4. Cory Harris, OKC. 3.96m.

Intermediate Girls

100: 1. Amber Brown, Miami. 12.34; 2. Dori Shortt, Grove. 12.43; 3. Zipporah Hardin, Tulsa. 12.71; 4. Shantra Stone, Tulsa. 12.84. **200**: 1. Alisha Gordon, OKC. 25.52; 2. Dori Shortt, Grove. 26.69; 3. Amber Brown, Miami. 26.79; 4. Zipporah Hardin, Tulsa. 27.89. **400**: 1. Alisha Gordon, OKC. 58.76; 2. Cheryl Vanlear, Grove. 1:00.36; 3. Amber Brown, Miami. 1:00.96; 4. Canesia Mims, Tulsa. 1:01.15. **800**: 1. Rebecca Harvey, Plainview. 2:36.10; 2. Sabrina Hurst, Stroud. 2:40.47; 3. Kristi Beckham, OKC. 2:43.90; 4. Jennifer Ward. 2:46.56. **1500**: 1. Carly McCulley, Grove. 5:06.04; 2. Rebecca Harvey, Plainview. 5:31.03; 3. Kristi Beckham, OKC. 5:35.10; 4. Halee Lackey, Plainview. 5:43.68. **3000**: 1. Carly McCulley, Grove. 11:22.78; 2. Kristin Scott, Stillwater. 11:43.82; 3. Jai Scott, Berryhill. 11:45.52; 4. Randi McKinney, Edmond. 12:21.20. **100H**: 1. Lisa Wall, Plainview. 17.05; 2. Leslie Mennem, OKC. 18.69; 3. Jennifer Curry, OKC. 24.95. **400H**: 1. LaCresha Lopez, Tulsa. 1:09.48. **400 Relay**: 1. North Tulsa Strider (Combs, Stone, Stone, Mims). 51.12; 2.

North Tulsa Striders (Bangura, Robinson, Garba, Reed). 52.06. **1600 Relay**: 1. Grad Lake TC (Wanamaker, Alhgren, Vanlear, Shortt). 4:12.02; 2. North Tulsa Striders (Bangura, Lopez, Robinson, Pnions). 4:17.45. **3200 Relay**: 1. Grand Lake TC (Alhgren, Vanlear, Wanamaker, McCulley). 10:08.86. **Shot**: 1. Jessica Easterling, Plainview. 10.72m; 2. Joni Fringer, Jenks. 9.32m; 3. Kara Minor, Tahlequah. 7.00m; 4. Benae Battle, Tulsa. 6.90m. **Discus**: 1. Joni Fringer, Jenks. 30.22m; 2. Nicha Boxley, OKC. 26.10m; 3. April Frederick, OKC. 24.90m; 4. Amanda Humble, Laverne. 21.80m. **Javelin**: 1. April Frederick, OKC. 26.72m; 2. Joni Fringer, Jenks. 23.98m. **High Jump**: 1. Kate Hayes. 1.57m; 2. Leslie Mennem, OKC. 1.52m; 3. Marissa Fields, Grove. 1.52m; 4. Vanessa Hill, OKC. 1.52m. **Long Jump**: 1. Kayla Bellman, OKC. 4.91m; 2. Melissa Montgomery, Tulsa. 4.47m; 3. Jonna Fennell, Tulsa. 4.12m.

Young Men

100: 1. Dedrick Marsh, OKC. 10.43; 2. Virgil Maddox, Lawton. 10.89; 3. Frankie Johnson, OKC. 10.96; 4. Chris Woodson, Tulsa. 11.11. **200**: 1. Virgil Maddox, Lawton. 22.44; 2. Kerry Byers, Tulsa. 22.59; 3. Kevin Mallard, Tulsa. 23.00; 4. Torrey Thompson, Tulsa. 23.01. **400**: 1. Vincent Brown, OKC. 48.97; 2. Kino Roberts, Tulsa. 49.33; 3. Joel Moss, Tulsa. 50.12; 4. Kerry Byers, Tulsa. 50.79. **800**: 1. Kyle Bennett, Norman. 1:58.74; 2. Glenn Gerrie, Claremore. 2:00.98; 3. Jonathan Brooks, OKC. 2:09.15; 4. Gary Abrahams, OKC. 2:10.97. **1500**: 1. Glenn Gerrie, Claremore. 4:20.43; 2. Cory Clark, Plainview. 4:21.31; 3. Mike Pense, Jenks. 4:29.95; 4. Chad Laurence, Dewey. 4:30.92. **5000**: 1. Mike Pense, Jenks. 17:06.74; 2. Gary Witt, Jenks. 19:02.29. **400 Relay**: 1. Oklahoma Champions (Bristow, Marsh, Browning, Johnson). 42.29; 2. North Tulsa Strider (Woodson, Roberts, Mallard, Moss). 42.41; 3. Oklahoma Champions (Halman, Brown, Nolan, Johnson). 43.06. **1600 Relay**: 1. Oklahoma Champions (Browning, Johnson, Johnson, Brown). 3:20.05; 2. North Tulsa Striders (Mallard, Moss, Roberts, Bailey). 3:22.07. **110H**: 1. Shannon Scheffe, Turpin. 15.45; 2. Tylon Jackson, Tulsa. 16.47; 3. Brian Teal, Claremore. 17.19; 4. Greg Merlyn, Plainview. 22.65. **400H**: 1. Rhosod Browning, OKC. 55.91; 2. Shannon Scheffe, Turpin. 1:00.72; 3. Greg Merlyn, Plainview. 1:04.72; 4. Timothy Walker, Tulsa. 1:05.51. **2000 Steele Chase**: 1.

Mike Pense, Jenks. 6:57.22; 2. Wes Womack, Plainview. 7:12.45. **Decathlon**: 1. Nathan James, El Reno. 3769. **Shot**: 1. Timothy Walker, Tulsa. 7.80m. **Discus**: 1. Dustin Sorrels, Marlow. 38.00m; 2. Timothy Walker, Tulsa. 23.82m. **Javelin**: 1. Dustin Sorrels, Marlow. **High Jump**: 1. Larry Washington, Tulsa. 1.98m; 2. Chad Bullard, Durant. 1.93m; 3. T.C. Smith, Enid. 1.87m; 4. (tie) Shade Darden, Tulsa and Kirk Holcomb. 1.77m. **Long Jump**: 1. Ivan Gaines, Stillwater. 6.63m; 2. Shannon Scheffe, Turpin. 6.23m; 3. T.C. Smith, Enid. 5.92m; 4. Michael Reynolds, Turpin. 5.91m. **Triple Jump**: 1. Shannon Scheffe, Turpin. 12.41m; 2. Randy Mitchell, Plainview. 11.75m; 3. Michael Reynolds, Turpin. 10.65m. **Pole Vault**: 1. Scott Wilkinson, Stroud. 4.27m; 2. Nathan James, El Reno. 3.35m; 3. Michael Reynolds, Turpin. 3.35m.

Young Women

100: 1. Kim Schumpert, Tulsa. 11.86; 2. Toke Randall, OKC. 11.96; 3. April Kindred, Temple. 13.12; 4. Heather Epps, Dewey. 13.34. **200**: 1. Kim Schumpert, Tulsa. 25.65; 2. Vanessa Williams, Wynnewood. 27.51; 3. Sheba Halverson, Norman. 27.91; 4. Amy Norton, Plainview. 28.16. **400**: 1. Ebony Shirley, Plainview. 58.51; 2. Amber Seaves, Grove. 58.61; 3. Keela Thompson, Tulsa. 59.81; 4. Kim Schumpert, Tulsa. 1:01.01. **800**: 1. Ebony Shirley, Plainview. 2:29.09; 2. Amanda Orr, Plainview. 2:41.62; 3. Chance Wheeler, OKC. 2:49.31; 4. Naomi Harblan, Tulsa. 2:49.53. **1500**: 1. Sarah Harvey, Plainview. 4:56.25; 2. Emily Corbett, Sapulpa. 5:06.60; 3. Emily McCulloh, Plainview. 5:17.55; 4. Amie Denson, Plainview. 5:57.39. **3000**: 1. Sarah Harvey, Plainview. 11:00.34; 2. Amie Denson, Plainview. 13:55.49. **100H**: 1. Alesha Peel, Tulsa. 14.95. **400H**: 1. Andrea Bell, Tulsa. 1:05.08; 2. Amber Seaves, Grove. 1:08.80. **400 Relay**: 1. North Tulsa Striders (Peel, Taylor, Bell, Colbert). 48.94; 2. Oklahoma Champions (Halverson, Wheeler, Randall). 52.10. **1600 Relay**: 1. North Tulsa Striders (Thompson, Bell, Taylor, Peel). 4:06.50; 2. Plainview TC (Norton, Shirley, McCulloh, Harvey). 4:26.99. **3200 Relay**: 1. Plainview TC (McCulloh, Orr, Norton, Harvey). 10:32.99. **Shot**: 1. Chastity Tollefson, OKC. 10.75m; 2. Julie Perry, Miami. 9.25m. **Discus**: 1. Chastity Tollefson, OKC. 35.00m; 2. Julie Perry, 30.86m; 3. Marquel Thomas, Wynnewood. 30.68m; 4. Heather Cazzell, Stillwater. 27.22m. **Javelin**: 1. Chastity Tollefson, OKC. 21.84m. **High Jump**: 1. Amie Forester, Plainview. 1.57m. **Long Jump**: 1. Vanessa Williams, Wynnewood. 5.49m; 2. Sheba Halverson, OKC. 4.66m. **Triple Jump**: 1. Sheba Halverson, OKC. 8.04m.

*meet record

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Cross Country Team Rankings

2A Boys

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

2A Girls

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

3A Boys

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

3A Girls

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

4A Boys

1. Guthrie
2. McGuinness
3. Claremore
4. Duncan
5. Noble
6. Altus
7. Weatherford
8. U.S. Grant
9. Elk City
10. Western Heights

4A Girls

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

5A Boys

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

5A Girls

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



DEFENDING 3A State Champion, David Lampkin of Dickson, won the Shawnee Invitational at the Gordon Cooper Vo-Tech August 26th, and the Comets took the team title over Little Axe, 34-71. Photo by John Hoke

Cross Country Schedule

August

19: Noble, Tishomingo. 26: Shawnee, Marlow.

September

2: Little Axe. 8: Putnam City West. 9: Western Heights. 12: Putnam City North. 16: Dickson, Midwest City Medley. 21: University of Central Oklahoma. 23: Duncan. 26: Putnam City North. 30: Oklahoma State Cowboy Jamboree, Velma-Alma.

October

5: Norman, Putnam City. 14: Chile Pepper (Arkansas), Midwest City, Prague, Alva. 21: East and West Regionals, sites TBA. 28: State Championships, Norman, course TBA.

November

11: Oklahoma vs. Arkansas Dual, Fayetteville, Ark.

Sports Nutrition by Nancy Clark

Boosting energy, delaying fatigue, fighting fat--these are a few of the topics discussed by exercise scientists, sports medicine physicians, athletic trainers, sports nutritionists, and other health professionals who attended this year's meeting of The American College of Sports Medicine (Minneapolis, May). Over 5,000 members came to learn what's new, report their latest research, and share ideas. Here are some of the sports nutrition highlights.

*Sports drinks are well accepted as being beneficial for endurance athletes such as runners who exercise for longer than 60 to 90 minutes. But are they also beneficial for basketball, tennis and football players who may exercise for less than 60 minutes in intense spurts? Yes. Research subjects who repeatedly exercised very hard for 1 minute, then rested for 3 minutes were able to maintain this sprint-type exercise test for only 60 minutes with plain water, but for 87 minutes with a sports drink. They not only drank 8-10 ounces of a sports drink every 20 minutes during exercise, but also fueled-up with a high carbohydrate beverage before exercise.

*We've all heard rumors that exercise "kills your appetite"--but not everyone agrees. Some of this disagreement depends on how hard you exercise. Extremely hard exercise that builds up lactic acid will (temporarily) "kill your appetite" more so than mild exercise.

*Competing in the heat is guaranteed to lower performance. One way to counter a hot environment is to pre-cool your body--let's say, with an air conditioned room, cold shower, or cold bath. In a Florida State University study, 14 trained runners who rested in a cool room (40 degrees F) for 30 minutes pre-exercise were then able to exercise very hard for 26 minutes in 75 degree F heat, as compared to only 22 minutes without pre-cooling. Although their post-exercise body temperatures were similar, when pre-cooled, the runners initially had a lower body temperature for longer. They lost also less sweat, which enhanced their ability to perform better.

*Research from the University of Massachusetts at Amherst dispels the myth that pre-exercise candy contributes to hypoglycemia (low blood sugar). When thirteen 11 to 17 year old soccer players ate nothing or a candy bar 30 minutes before an afternoon soccer game, they had higher blood sugar levels with the candy bar snack.

*When you take carbohydrates during exercise (such as in a sports drink), you help reduce fatigue in two ways. One, you maintain normal blood sugar levels and provide energy for the working muscles. Two, you help delay "central fatigue"; that is, fatigue that is associated with central nervous system changes that affect the brain. Carbohydrates feedings help reduce levels of brain serotonin, a substance that contributes to fatigue.

*Research has shown that a 60 to 80% carbohydrate diet is important for athletes to fuel muscles and delay the time to exhaustion. But what about the gossip that athletes can perform well on a higher fat/lower carbohydrate diet? A study with 34 racing cyclists suggests they were able to maintain performance on a 45% fat (as compared to a 20% fat) diet during a 12 week training period. This may be because the muscles require only about 4 to 5 grams of carbohydrate per pound of body weight. Some athletes with a very high calorie intake (such as racing cyclists) can meet this need, and still have ample space for additional calories from fat (within health guidelines).

For example, a 150 lb racing cyclist can satisfy carbohydrate requirements within 2,400 to 3,000 calories--that's 40 to 50 % of a 6,000 calorie diet. Cyclists and other athletes with very high calorie needs can--and perhaps should--eat fat-containing foods so they more easily get adequate calories.

*What's the best way to increase power and speed? Hard training--but also appropriate rest before a competition. Swimmers who tapered their training with low yardage / high speed exercise for three weeks swam a 100 meter individual medley 7 seconds faster than pre-taper. The group of swimmers who maintained the standard training program showed no improvements, and actually lost a little power and strength.

*If you work-out on a StairMaster, you might have wondered about the accuracy of the calorie information. Did you really burn 300 calories??? Whereas the older StairMasters tended to overestimate calorie expenditure, the newer models have corrected this discrepancy. But the calculation assumes the user is stepping at a constant depth...a rare occurrence, according to videotapes! For the hardest workout, take 3" and 9" steps, as compared to 6" steps.

Charles Anderson and Ray Hunt Named Hugh Pierce Coaches of the Year

OKLAHOMA CITY--Laverne's Charles Anderson (girls) and Idabel's Ray Hunt (boys) were named the winners of the Hugh Pierce Memorial Coach of the Year Award by the Oklahoma Track Coaches Association in the annual meeting here at the Clarion Hotel July 25th.



Charles Anderson

Anderson, now in his seventh year as head girls track coach, took the Tigers to the state title after finishing in the runnerup spot in the 1993 season. He was selected as an assistant coach for the Oklahoma All-Star teams for the Oklahoma vs. Arkansas dual and the Great Southwest Classic. At Laverne he is also the assistant boys track coach, assistant football coach and teaches history and geography.

Anderson has had 12 girls named OTCA All-State since 1990 and was the secretary of the Oklahoma Girls Track Coaches Association in 1994. He and his wife Donna have two children, Amanda, 11, and Taylor, 6, and are expecting another soon. He is a graduate of Kingston High School and Southeastern Oklahoma State University.

Hunt has been at Idabel for 15 years, serving as a P.E. teacher and assistant football and track coach before taking over as head boys track coach in 1994. He led the Warriors to back-to-back state title in 1994 and 1995. In 1991 he was the head girls coach and they finished as runnerup in the state meet.

Hunt has coach 10 All-Staters in boys track and five in girls track. He and his wife Gloria had three children, Keith, 17, LaShonda, 15, and Quincy, 13. He is a graduate of Wewoka High School and Southeastern Oklahoma State University where he also got a Master Of Education degree.



Ray Hunt

Noble Invitational Noble High School 8/19/95

NOBLE--Norman and Guthrie tuned-up for the upcoming cross country season here at the Noble Invitational, sweeping both races in the 5A and 4A divisions. Shawnee's Anthony Wilson had the fastest boys time over the two mile circuit with a 10:16 while Guthrie's Brandi Woodard claimed the fastest girls time of 5:53 over the one mile girls course.

5A Boys (2 miles)

TEAM SCORING: 1. Norman 26; 2. Shawnee 43; 3. Putnam City North 61.

INDIVIDUALS: 1. Anthony Wilson, Shawnee, 10:16; 2. Blake Abshire, Norman, 10:31; 3. Kyle Bennett, Norman, 10:33; 4. J.P. Jakins, Shawnee, 10:36; 5. Paul Lammert, Norman, 10:45.

5A Girls (1 mile)

TEAM SCORING: 1. Norman 28; 2. Edmond Santa Fe 33; 3. Shawnee 71; 4. Putnam City North 97.

INDIVIDUALS: 1. Randi McKinney, Santa Fe, 5:54; 2. Hilary Reser, Norman, 5:55; 3. Andrea Delozier, Norman, 5:56; 4. Kristen Jones, Santa Fe, 6:02; 5. Jessica Gibson, Shawnee, 6:08.

4A Boys (2 miles)

TEAM SCORING: 1. Guthrie 37; 2. Altus 59; 3. Duncan 61; 4. Noble 68. INDIVIDUALS: 1. Brian Whitlock, Altus, 10:20; 2. Ramon Gutierrez, Duncan, 10:25.43; 3. Brad Spinner, Guthrie, 10:27.72; 4. Chris Stokesberry, Noble, 10:35; 5. Toby Filner, Duncan, 10:36.

4A Girls (1 mile)

TEAM SCORING: 1. Guthrie 23; 2. Noble 49; 3. Duncan 70; 4. Altus 92. INDIVIDUALS: 1. Brandi Woodard, Guthrie, 5:53; 2. Kelli Cowan, Guthrie, 6:05; 3. Hollie Mays, Guthrie, 6:10; 4. Lori Weaver, Noble, 6:17; 5. Kyna Padgett, Duncan, 6:19.

2A-3A Boys (2 miles)

INDIVIDUALS: 1. Joe Ray, Deer Creek, 12:19; 2. Terry Lowery, Deer Creek, 13:42; 3. Mike Gersuch, Deer Creek, 14:04; 4. Jonathan Bragg, Deer Creek, 14:47; 5. Isaac Gray, Deer Creek, 15:30.

2A-3A Girls (1 mile)

INDIVIDUALS: 1. Gretchen Kohlbacken, Deer Creek, 6:18; 2. Kristi Beckham, Lexington, 6:20; 3. Lana Helsey, Lexington, 6:43; 4. Cory Jones, Deer Creek, 6:44; 5. Chance Wheeler, Lexington, 6:52.

At John Jacobs Field

100 Meters

30-34 Men: 1. Francois Boda 10.90; 2. Travis Lightsey 11.70; 3. Mike Stanton 11.20.

35-39 Men: 1. Roger Davis 11.98; 2. Melvin Maloy 13.56; 3. Glenn Meziere 13.98.

40-44 Men: 1. Evans Brown 12.22; 2. Charles Rozien 12.35; 3. Lee Greiner 12.40.

45-49 Men: 1. Jim Dolezel 11.69; 2. Mike Steinmetz 12.02; 3. John Watkins 15.71.

50-54 Men: 1. Tom Fisher 12.61; 2. Larry Link 12.87; 3. Sam Pfennig 14.45.

55-59 Men: 1. V.T. Ak-Tansel NTA.

60-64 Men: 1. Glen Stone 13.10; 2. Glendale Markwell NTA.

50-54 Women: 1. Nina Bryant 16.10.

60-65 Women: 1. Jean Cobb 17.90.

Bantam Boys: 1. Calen Meinert 14; 2. Matthew Wade 14.3; 3. Evan Woodward 14.4.

Midget Boys: 1. Jermaine Hardison 13.2; 2. Cody Meinert 13.6; 3. Corey McElhanev 13.7.

Youth Boys: 1. David Williams 12.3; 2. Jamin Houghton 13.4; 3. Travis Snowden 13.5.

Intermediate Boys: 1. Jason Maloy 11.3; 2. Jerry Amstler 11.5; 3. Christopher Jelinek 12.

Young Men: 1. Michael Brooks 12.2; 2. John Barringer 11.3; 3. Kyle Gilmore 11.5.

Open Men 19-24: 1. Ronnie Traylor 11.4; 2. Jeff Duke 12.3.

Open Men 25-29: 1. Carl Wright 10.7; 2. Terry Riggins 10.8.

Bantam Girls: 1. Arin Scott 14.2; 2. Jovi Walker 15.3; 3. Neelan Blaylock 15.3.

Midget Girls: 1. Stephanie Madden 13; 2. Kala Bowers 13.7; 3. Marguesha Gray 13.7.

Youth Girls: 1. Brittany Anderson 13.2; 2. Katrina Anderson 13.4; 3. Angele Cargile 13.4.

Intermediate Girls: 1. Melissa Thacker 12.9; 2. Jennifer Lankford 13.1; 3. Danise Miller 13.3.

Young Women: 1. Heather Epps 13.5; 2. Nicole Jarrell 14.

200 Meters

30-34 Men: 1. Travis Lightsey 22.30; 2. Francois Boda 22.30; 3. James Farris 26.40.

35-39 Men: 1. Roger Davis 25.09; 2. David Hunt 29.22; 3. Glenn Meziere 29.32.

40-44 Men: 1. Lee Greiner 26.05; 3. Ken Stewart 26.93.

45-49 Men: 1. Jim Dolezel 24.11; 2. Mike Steinmetz 25.41.

50-54 Men: 1. Tom Fisher 26.23; 2. Larry Link 26.71; 3. Sam Pfennig 31.02.

60-64 Men: 1. Glen Stone 27.74.

75-79 Men: 1. Doc Bennett 40.01.

Bantam Boys: 1. Vincent Moore 30.6; 2. Keith Cravins 31.3; 3. Matthew Wade 33.

Midget Boys: 1. Jermaine Hardison 27.7; 2. Zachary Winters 28.6; 3. Corey McElhanev 29.6.

Youth Boys: 1. James Greiner 24.4; 2. David Williams 25; 3. Justin Moore 26.6.

Intermediate Boys: 1. Jerry Amstler 23.4; 2. Timothy Morgan 23.8; 3. J.C. Hendricks 24.7.

Young Men: 1. Michael Brooks 22.5; 2. Shomari Harris 23.2; 3. Cedric Petties 23.4.

Open Men 19-24: 1. Ronnie Traylor 24.1; 2. Mark Pollard 24.9.

Open Men 25-29: 1. Carl Wright 21.2.

Bantam Girls: 1. Arin Scott; 2. Laloya Willis; 3. Lauren Harris.

Midget Girls: 1. Stephanie Madden 27.2; 2. Marguesha Gray 28.2; 3. Kala Bowers 29.3.

Youth Girls: 1. Jennifer Johnson 27.4; 2. Brittany Anderson 28; 3. Felicity Seftle 28.3.

Intermediate Girls: 1. Melissa Thacker 27.4; 2. Kayla Beilmon 27.6; 3. Angela Ott 28.1.

400 Meters

35-39 Men: 1. Mike Barber 56.22; 2. Danny Coe 1:07.70.

40-44 Men: 1. George Hall

58.27; 2. Felix Scott 59.21; 3. Ken Stewart 1:01.23.

45-49 Men: 1. Jim Dolezel 57.53; 2. Dale Deuvall 1:00.96; 3. Greg Owings 1:07.91.

50-54 Men: 1. Sam Pfennig 1:23.59; 2. Ron Gilbert 1:31.98.

55-59 Men: 1. Roy Kelly 1:47.68.

30-34 Women: 1. Muriel Brown 1:08.00.

Bantam Boys: 1. Vincent Moore 1:13.30; 2. Cedric Brown 1:13.70; 3. Keith Cravins 1:14.20.

Midget Boys: 1. Corey McElhanev 1:08.90; 2. Floyd Renfrow 1:11.20; 3. David Brown 1:12.40.

Youth Boys: 1. Earnest Helaire III 55.6; 2. Nicholas Cox 60.5; 2. Elgie Hill 61.8.

Intermediate Boys: 1. J.C. Hendricks 56.5; 2. Christopher Jelinek 57.4; 3. David Shelton 57.9.

Young Men: 1. Shomari Harris 52.9; 2. John Barringer 53.5; 3. Jonathan Brooks 56.

Open Men 19-24: 1. Stephen Johnson 56.22; 2. Mark Pollard 1:07.70.

Bantam Girls: 1. Miranda Boeckman 1:15.7; 2. Michelle Hunt 1:19.8; 3. Lacy Monroe 1:22.7.

Midget Girls: 1. Jennifer Bogle 1:16.8; 2. Caitie Wall 1:19; 3. Alicia Steele 1:24.5.

Youth Girls: 1. Jennifer Johnson 1:05.2; 2. Caitie Wall 1:19; 3. Alicia Steele 1:24.5.

Intermediate Girls: 1. Tiffany Golsen 1:06.9; 2. Danise Miller 1:09; 3. Kristin L. Munsell 1:12.3.

Young Women: 1. Kelli Null 1:02.83.

800 Meters

30-34 Men: 1. John Novak 2:09.10; 2. Ervin Wyatt 2:15.30.

45-49 Men: 1. Greg Owings 2:16.60; 2. John Hoke 2:18.60.

Women: 1. Muriel Brown 2:30.50.

Bantam Boys: 1. Cedric L. Brown 2:54.4; 2. Kurt Thomas 2:57.2; 3. Doyle L. Cavins Jr. 2:58.3.

Midget Boys: 1. Christopher L. Brown 2:48.1; 2. Wm M. Snipes 2:49.7; 3. Antonio L. Walker 2:51.2.

Youth Boys: 1. Earnest Helaire III 2:06; 2. Jonathan Kosciński 2:14; 3. Nicholas Cox 2:24.4.

Intermediate Boys: 1. Timothy Morgan 2:07.7; 2. Nathan Mata 2:09.3; 3. Bart Herndon 2:12.1.

Young Men: 1. Brian K. Bennett 2:02.8; 2. Jonathan T. Brooks 2:08.4; 3. Gary Abrahams 2:08.7.

Open Men: 1. Chad Lawrence 2:09.4; 2. Cory Strahorn 2:16.6.

Bantam Girls: 1. Brooke Haslings 2:57; 2. Miranda Boeckman 3:09.8; 3. Lacy R. Monroe 3:14.8.

Midget Girls: 1. Alayne Thompson 2:43.6; 2. Alison Vaughn 2:53.9; 3. Rachel L. Boyd 3:02.9.

Youth Girls: 1. Tiecha Packer 2:39.8; 2. Melissa Munsell 2:58.4.

Intermediate Girls: 1. Kristi L. Beckham 2:38.9; 2. Anna K. Boyd 2:44.8; 3. Kristin L. Munsell 2:52.4.

Young Women: 1. Shannon Hansen 2:41.5; 2. Chance P. Wheeler 2:51.4.

1500 Meter

35-39 Men: 1. Gary Caton 4:29.30.

45-49 Men: 1. Greg Owings 4:52.20; 2. John Hoke 5:32.10.

55-59 Men: 1. Roy Kelly Sr. NTA.

45-49 Women: 1. Linda Hogan 6:09.20.

Bantam Boys: 1. Doyle L. Cavins 5:59.5; 2. Wm Swales 6:46.9.

Midget Boys: 1. Tyler Roark 5:04.9; 2. Heston R. Parker 5:12.6; 3. Antonio L. Walker 5:34.6.

Youth Boys: 1. Chris McWalters 4:47.8; 2. Jonathan Kosciński 4:50.9; 3. Jim A. Coleman 5:11.5.

Intermediate Boys: 1. Nathan Mata 4:50.4; 2. Dustin Boeckman 7:06.3.

Young Men: 1. Chad Lawrence 4:40.3; 2. Vern Baker 5:09.8.

Bantam Girls: 1. Kiertien Daily 6.46.

Midget Girls: 1. Rachel Barber 5:33.6; 2. Alayne Thompson 5:40.1; 3. Rachel L. Boyd 5:33.6.

Youth Girls: 1. Shauna Kruger 6:08.9; 2. Rebecca Chowin 6:16.3.

Intermediate Girls: 1. Kristi L. Beckham 5:43.2; 2. Jennifer E. Ward 6:00.6.

Young Women: 1. Chance P. Wheeler 6:13.3.

Open Women 19-24: 1. Lori B. Hogan 5:31.5.

3,000 Meter

30-34 Women: Sue Lucas 12:18.50.

Youth Boys: 1. Chris McWalters 10:17; 2. Kevin B. Hogan 11:28.3; 3. Robert Swales 16:47.1.

Intermediate Boys: 1. Bart Herndon 11:05.4.

Youth Girls: 1. Shauna Kruger 13:06.4.

Intermediate Girls: 1. Kristi L. Beckham 13:12.9.

Young Women: 1. Chance P. Wheeler 13:13.3.

5,000 Meter

55-59 Men: Roy Kelly Jr. 35:32.10.

Young Men: 1. Zac Johnson 16:27.1; 2. Vern Baker 19:28.7.

Open Men: 1. Connor S. Holt 15:11.1; 2. Kant Lucas 18:27.3.

400 Meter IH

Intermediate Boys: 1. Jason Maly 1:05.6.

Young Men: 1. Derrick F. Miller 1:03.3; 2. Timothy Walker 1:10.6.

400 Meter LH

Intermediate Girls: 1. Caly K. Christensen 1:19.5; 2. Lacy D. Christensen 1:21.8.

Young Women: 1. Mandy Sims 1:09.2.

100 Meter IH

Intermediate Girls: 1. Jayme Wood 18; 2. Caly K. Christensen 18.4.

Young Women: 1. Mandy Sims 15.6.

100 Meter LH

Youth Boys: 1. Rick Smith 15.1; 2. Bryan D. Mixon 16.5; 3. Brad D. Mixon 16.8.

Youth Girls: 1. Brianna Cardenas 16; 2. Juleigh Wood 20.4.

80 Meter LH

Midget Boys: 1. Brandon Maloy 14.1.

Midget Girls: 1. Bethanie Bentz 14.6; 2. Heather D. Coleman 15.2; 3. Amber Maloy 16.1.

110 Meter HH

50-54 Men: 1. Sam Pfennig 24.40.

Intermediate Boys: 1. Jason Maloy 15.3; 2. Mike S. Brown 22.3.

Young Men: 1. Cedric Petties 13.6; 2. Derrick F. Miller 14.5; 3. Rodney Zimmerman 15.5.

400 Relay

Bantam Girls: 1. OKC Blazers 1:04.67.

Midget Girls: 1. Grove 1:03.77; 2. Pacers 1:05.03.

Open Girls 19-24: 1. Stratford 56.33.

Midget Boys: 1. Pacers 1:02.46.

Youth Boys: 1. Satellite Suns Bethany 49.58; 2. American Flyers Enid 54.15.

Intermediate Boys: 1. Dickson Ardmore 47.60.

Young Men: 1. OKC Finest 44.99.

800 Relay

Youth Boys: 1. OK Champions Norman 4:06.35.

Intermediate Boys: 1. American Flyers Enid 3:55.75; 2. Eagle TC 4:02.78.

Young Men: 1. OKC's Finest.

Shot Put

30-34 Men: 1. Tom Arrington 44.0.

35-39 Men: 1. Ken Ellis 42.4.

40-44 Men: 1. Ed Forester 39.4.

45-49 Men: 1. G.C. Collins 37.0.

2. Ken Hogan 36-10; 3. Ken Curtis 30-7.

50-54 Men: 1. Sheppard Miers JR. 44-2½; 2. Phil Hower 43-9; 3. Tim McGough 38-½.

55-59 Men: 1. Glendale Markwell 28-0.

60-64 Men: 1. D.W. Foerster 38-8¼; 2. Earnie Albritton 37-7; 3. Jim Barnhart 33-7¼.

70-74 Men: 1. A.T. Richeson 35-10; 2. Doc Bennett 27-1.

65-69 Men: Floyd Jack 41-½.

55-59 Women: 1. Sue Tunniff 23-2½.

60-64 Women: 1. Jean Cobb 24-8¼.

65-69 Women: 1. Wanda Jack 17-11¼.

Bantam Boys: 1. Louis Dailey 24-5; 2. Jed Bevins 22¼; 3. Adam Forester 14-5.

Midget Boys: 1. Kevin Bookout 48-3; 2. Cody Davis 30-7; 3. Carey D. Foster Jr. 27-1.

Youth Boys: 1. Phillip Tabor 36-8; 2. Kyle Williams 42-2½; 3. Chris Talbot 32-10.

Intermediate Boys: 1. Kyle Bookout 49½; 2. J.C. Hendricks 42-3½; 3. Josh Hawk 40-7.

Young Men: 1. John Fitzgerald 46-7; 2. Jacob Smith 44-7.

Bantam Girls: 1. Niki Hunt 11½; 2. Mandy Slinchcomb 9-11.

Midget Girls: 1. Samantha Keener 25-3; 2. Courtney Jones 24.

Youth Girls: 1. Fanci R. Johnson 24½.

Intermediate Girls: 1. Destiny Anderson 18-5.

Young Women: 1. Julie Perry 34-4.

Discus

30-34 Men: 1. Tom Arrington 134-0.

35-39 Men: 1. Ken Ellis 127-9; 2. David Hunt 82-5.

40-44 Men: 1. Ed Forester 118-6.

45-49 Men: 1. Ken Hogan 116-6; 2. G.F. Collins 92-7.

50-54 Men: 1. Phil Hower 133-2; 2. Miers Sheppard 133-1; 3. Rod Lamb 105-6.

60-64 Men: 1. D.W. Forester 119-4; 2. Earnie Albritton 110-8; 3. Jim Barnhart 92-3.

65-70 Men: 1. Floyd Jack 133-0.

70-74 Men: A.T. Richeson 77-8; 2. Doc Bennett 61-0.

40-44 Women: 1. Linda Hogan 60-3.

55-59 Women: 1. Sue Tunniff 66-9.

60-64 Women: 1. Jean Cobb 57-8.

65-69 Women: 1. Wanda Jack 41-3.

Midget Boys: 1. Kevin Bookout 108-3; 2. John David Hunt 75-2; 3. Patrick Ball 68-4.

Youth Boys: 1. Phillip Tabor 145; 2. Kyle Williams 138-10; 3. Chris Talbot 97-8.

Intermediate Boys: 1. Kyle Bookout 153-6; 2. Josh Hawk 98-2; 3. Blake O. Forester 96-6.

Young Men: 1. John Fitzgerald 159-11.

Open Men: 1. Jacob Smith 118-3.

Midget Girls: 1. Samantha Keener 60; 2. Courtney A. Jones 58-4.

Youth Girls: 1. Fanci Johnson 57; 2. Marianne Taylor 42-4.

Intermediate Girls: 1. Shelly Fitzgerald 91-9; 2. Mandy J. Humble 72-1; 3. Amanda Tillman 38-2.

Young Women: 1. Julie Perry 112-6.

Open Women 19-24: 1. Lori B. Hogan 68-6.

Pole Vault

35-39 Men: 1. Ken Ellis 15-0.

40-44 Men: 1. Jim Blevins 12-0.

50-54 Men: 1. Mike Wilhite 7-0.

60-64 Men: 1. Chuck Crawford 8-0.

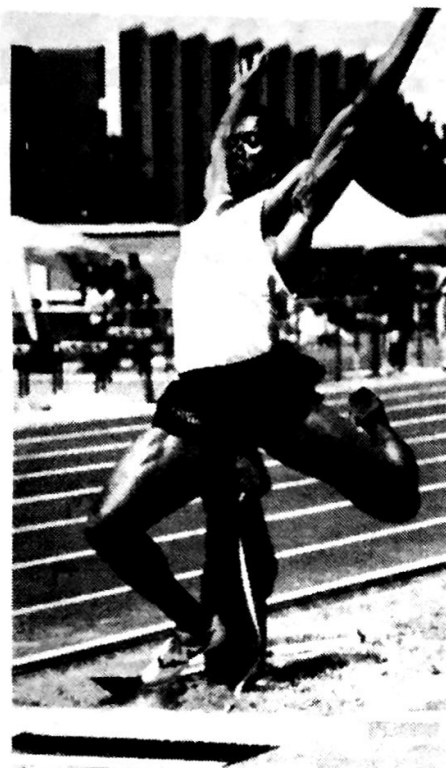
55-59 Women: 1. Sue Tunniff 6-0.

Youth Boys: 1. Cory R. Harris 10-6; 2. Jim A. Coleman 7-6.

Intermediate Boys: 1. Ryan Love 12-6; 2. Shaen O. Pratt 11; 3. Ricky A. Peoples 10-6.

Young Men: 1. Scott Wilkinson 15; 2. Jason T. Taylor 12.

High Jump



BEST LONG JUMP of the Sooner State Games was turned in by Terry Riggins of Ft. Sill. Riggins jumped 7.36 meters to win the Open Mens division of the meet held in Norman June 24th. Photo by John Hoke

USA National Masters Track & Field Championships East Lansing, Michigan July 5-9, 1995

EAST LANSING, Mich.--More than 1300 athletes from most of the 50 states and several foreign countries participated in the 28th annual USA National Masters Track and Field Championships held here on the campus of Michigan State University with thirteen Oklahoma athletes among the competitors.

Competition was held in five-year age groups for both men and women from ages 30 to 95+ with medals to the first three U.S. finishers in each age group. Oklahoma athletes collected a total of 25 medals including 10 gold, 12 silver and 3 bronze.

OKLAHOMA RESULTS (listed alphabetically):
Nina Bryant (W50), 4th, 100m, 17.45; 5th, 200m, 37.47. Bill Carter (M70+), 2nd, 100m, 15.14; 1st Discus, 36.90m; 1st, Pentathlon, 3203. Jim Do-
lezel (M45), 9th 100m, 12.65; 5th, 400m, 56.46; 2nd, Long Jump, 5.37m; 4th, Triple Jump, 10.02m. Ken Ellis (M30), 3rd, 110 Hurdles, 15.46; 2nd, Pole Vault, 4.60m. Betty Jarvis (W60+), 3rd, Shot, 4.75m; 1st, Discus, 13.90m; 2nd, Javelin, 12.74m; 1st Hammer, 15.22m. Dale Lance (M55), 1st, Pole Vault, 3.80m; 1st, Pentathlon, 3545. Jeff Lindsay (M35), 1st, 800m, 1:56.04. Marjorie Lovin (W55), 7th, 5000m Race Walk, 32:11.22; 4th, 10,000m Race Walk (road), 1:05:58.00. Stephen Skocik (M30), 3rd, 800m, 2:02.57; 2nd, 1500m, 4:12.72; 2nd, 3000m Steeplechase, 10:36.71; 1st, 5000m, 16:22.01; 1st, 10000m, 34:20.32. Steve Smith (M45), 6th, 1500m, 4:55.72; 4th, Long Jump, 4.50m. Sue Tunnicliff (W55), 2nd, Pole Vault, 2.00m; 2nd, Long Jump, 2.99m; 4th, Discus, 19.96m; 4th, Javelin, 19.14m. Bob Warwick, Sr. (M70+), 1st, Pole Vault, 2.10m. Suzanne Williams (W45), 2nd, 100m, 15.12; 2nd, 200m, 29.92; 2nd, 400m, 1:06.39; 2nd, 800m, 2:35.38.

Marlow Invitational Marlow High School 8/26/95

MARLOW--Defending boys and girls 5A champions and the state's top-ranked teams, Jenks, got ambushed at the Marlow Invitational here August 26th. In a not-too-surprising race, the Edmond Memorial boys edged the Trojans 33-36 but the Guthrie girls were out to prove themselves serious contenders in 4A this year and knocked off the Jenks girls, 46-51, placing three girls in the top four behind winner Brandi Woodward.

In the small school races the Velma-Alma girls continued to look tough, beating Plainview, 30-43, while the Plainview boys had a 32-point gap on runnerup Lindsay, 50-82. Plainview's Sarah Harvey had the fastest girls time of 5:39 over the 1600 meter course while Velma-Alma freshman, Milo Miller and Eisenhower's Welton Jefferson shared the best boys time of 10:06 for 3200 meters.

2A-3A Boys (3200m)

TEAM SCORING: 1. Plainview 50; 2. Lindsay 82; 3. Marlow 85; 4. Velma-Alma 87; 5. Elgin 95; 6. Hydro 95; 7. Madill 105.

INDIVIDUALS: 1. Milo Miller, VA, 10:06; 2. Jon Connolly, Mar, 10:25; 3. Cory Clark, Plain, 10:35; 4. Wes Womack, Plain, 10:35; 5. Jeremiah Smith, Elg, 10:37; 6. Dustin Lord, Elg, 10:48; 7. Sam Smith, Hyd, 10:49; 8. O.J. Rackler, Mar, 10:53; 9. Kevin Minson, Mar, 10:54; 10. Danny Romo, Plain, 10:56; 11. Greg Merlyn, Plain, 10:59; 12. Charles Cameron, Lin, 11:04; 13. Kip Jennings, VA, 11:15; 14. Chris Hoyle, Lin, 11:19; 15. Walt Glenn, Hyd, 11:23; 16. Casey Kirkpatrick, VA, 11:24; 17. Steven Branch, Lin, 11:28; 18. Ryan Pieper, Hyd, 11:34; 19. Nick Bennett, Lind, 11:35; 20. John Taylor, Lin, 11:39; 21. Chris Toukala, Hyd, 11:42; 22. Chris Hare, Plain, 11:50; 23. Otho Hare, Plain, 11:50; 24. Kenny Auld, VA, 12:00; 25. Keith Ashley, Lind, 12:03.

2A-3A Girls (1600m)

TEAM SCORING: 1. Velma-Alma 30; 2. Plainview 43; 3. Marlow 91; 4. Elgin 107; 5. Lindsay 124.

INDIVIDUALS: 1. Sarah Harvey, Plain, 5:39; 2. Kelleigh Sanders, Elg, 5:45; 3. Amber Thacker, VA, 5:53; 4. Cindy Fuller, VA, 5:55; 5. Leah McCauley, Mar, 5:56; 6. RaeAnn McCurry, VA, 5:57; 7. Emily McCulloch, Plain, 6:02; 8. Crystal Fuller, VA, 6:08; 9. Dana Sutton, VA, 6:11; 10. Amy Norton, Plain, 6:13; 11. Chris Linke, VA, 6:15; 12. Amie Denson, Plain,

6:16; 13. Mandy Orr, Plain, 6:19; 14. Unknown, Davis, 6:25; 15. Nici Saville, VA, 6:26; 16. Jennifer Dodson, Lin, 6:29; 17. Tiffany Hurst, Elg, 6:30; 18. Kristie Chaney, Plain, 6:31; 19. Hallee Lackey, Plain, 6:36; 20. Melanie Lemons, Mar, 6:41; 21. Rikki Hazen, Mar, 6:43; 22. Dena Dial, 6:46; 23. Amber Staats, Mar, 6:47; 24. J. Autry, Lin, 6:49; 25. K. Tucker, Lin, 6:56.

4A-5A Boys (3200m)

TEAM SCORING: 1. Edmond Memorial 33; 2. Jenks 36; 3. Eisenhower 71; 4. Guthrie 103; 5. Altus 139; 6. Edmond North 147.

INDIVIDUALS: 1. Welton Jefferson, Ike, 10:06; 2. Mark Thompson, EM, 10:08; 3. Jeremy Buhl, EM, 10:13; 4. Pat Becker, J, 10:19; 5. Mike Pense, J, 83; 6. Jeff Reid, J, 10:29; 7. Rob Seat, EM, 10:31; 8. Brian Whitlock, Altus, 10:31; 9. Dan Baker, J, 10:33; 10. Brian Johnson, EM, 10:35; 11. Eric Wyant, EM, 10:38; 12. Jordan James, J, 10:39; 13. Kelvin Robinson, Ike, 10:41; 14. Marquis Looklin, Ike, 10:43; 15. Brad Spinner, Gut, 10:44; 16. Blake Collins, EN, 10:45; 17. Blaine Phipps, EM, 10:51; 18. Jeremy Cleek, Gut, 10:52; 19. Jack Springli, Ike, 10:53; 20. Matt Jordan, J, 10:55; 21. Brian Comstock, Gut, 10:57; 22. Scott Gerkin, J, 11:00; 23. Reed Maxon, Gut, 11:05; 24. Jacob Frias, Ike, 11:08; 25. Ty Marden, EM, 11:09.

4A-5A Girls (1600m)

TEAM SCORING: 1. Guthrie 46; 2. Jenks 51; 3. Edmond Memorial 74; 4. Edmond North 82; 5. Eisenhower 108; 6. Altus 158.

INDIVIDUALS: 1. Brandi Woodward, Gut, 5:44; 2. Kelli O'Rourke, J, 5:54; 3. Nicole Monroe, Gut, 5:55; 4. Kelli Cowan, Gut, 5:57; 5. Rosie Solano, Ike, 6:00; 6. Jaimie Marden, EM, 6:04; 7. Meghan Mitchell, EM, 6:07; 8. Danette Miller, EN, 6:10; 9. Jenni Vervtnck, EN, 6:12; 10. Linda Sejeck, J, 6:13; 11. Katie Barker, J, 6:14; 12. Laura Bean, EM, 6:16; 13. Karl Jensen, J, 6:17; 14. Hollie Mayes, Gut, 6:17; 15. Lauren Royall, J, 6:18; 16. Adrienne Alvarez, Ike, 6:18; 17. Jessica Morton, EN, 6:19; 18. Kenyatta Jones, Ike, 6:20; 19. Cory Creekmore, J, 6:22; 20. Shannon Hanson, EM, 6:24; 21. Pam Moudry, J, 6:27; 22. Charity Carney, Altus, 6:28; 23. Hillary Stigletts, EN, 6:29; 24. Samantha Privette, Gut, 6:33; 25. Valerie Brewer, EN, 6:34.

Junior High Boys

TEAM SCORING: 1. Altus 40; 2. Marlow 72; 3. Lindsay 99; 4. Velma-Alma 105.

Junior High Girls

TEAM SCORING: 1. Marlow 27; 2. Lindsay 59; 3. Plainview 74; 4. Hydro 116; 5. Velma-Alma 117; 6. Altus 236.

Coaches Corner

OTCA SUMMER CLINIC

Over 200 track and cross country coaches attended the Oklahoma Track Coaches Association summer clinic and meeting held at the Clarion Hotel in Oklahoma City July 24-25. The OTCA merged with the Oklahoma Girls Track Coaches Association and new officers were elected (see page two) for the coming school year. Coaches had a wide selection of seminars to attend and the Hugh Pierce Coaches of the Year were selected at the business meeting (story in this issue).

OTCA WINTER CLINIC

The OTCA annual winter clinic will be held in Norman February 3-4 with further information available from Randy Belicek, Purcell High School, 405-527-6591.

TEAM REPORTS

Cross Country **TEAM REPORTS** were mailed to all schools with teams at the end of August. It is very important that these forms be completed by the coach and returned to ASAP. If you did not receive a form call 405-843-9992 for another one. These are the backbone of our coverage of high school cross country so please make sure yours is in.

RESULTS

Please make sure that full results from every meet are reported promptly.

RANKINGS

Team rankings are being released on a weekly basis and individual rankings will start with the September 15 issue and continue weekly through the season. Input on these rankings is welcome--please feel free to call and let us know what you think.

OKLAHOMA VS. ARKANSAS DUAL

The OTCA is again sponsoring a cross country dual with Arkansas which will be held in Fayetteville, Ark., November 11th. The top finishers in each class will be selected to the team. In order for athletes to be eligible their coach must be a member of the OTCA. More details in an upcoming issue.

Shawnee Invitational Gordon Cooper Vo-Tech 8/26/95

SHAWNEE--Only seven points separated the top three teams in the 4A-5A boys race at the Shawnee Invitational held here at the Gordon Cooper Vo-Tech August 26th with Norman taking the title over Moore and McGuinness. The McGuinness girls opened their campaign for a fourth straight 4A title by beating Norman 45-72 while the Jones girls took the 2A-3A race over Tishomingo and Dickson won the boys over Little Axe.

The Irish claimed the fastest times of the meet with defending champion Ashley Boothe taking the girls with a 6:14 and freshman Kevin Connolly winning the boys with an 11:25.

4A-5A Girls (1.15 miles)

TEAM SCORING: 1. McGuinness 45; 2. Norman 72; 3. Santa Fe 98; 4. Westmoore 102; 5. Noble 157; 6. Shawnee 195; 7. Weatherford 212; 8. Western Heights 270; NS--Moore, McAlester, Durant.

INDIVIDUALS: 1. Ashley Boothe, McG. 6:14; 2. Hilary Reser, Nor. 6:22; 3. K. Jones, SF. 6:24; 4. Jessica Gibson, Shaw. 6:28; 5. Andrea Delozier, Nor. 6:30; 6. Brooke Boothe, MCG. 6:34; 7. Randi McKinney, SF. 6:36; 8. Kim Settle, Moore. 6:38; 9. Courtney Moody, Dur. 6:41; 10. Kelly Long, McG. 6:42; 11. Unknown, Stillwater. 6:42; 12. Jessica Hoke, McG. 6:48; 13. Lori Weater, Noble. 6:49; 14. Natalie Krieger, Dur. 6:49; 15. Jennifer Ward, SF. 7:00; 16. Lauren Avery, McG. 7:00; 17. Mindy Pendley, Wm. 7:01; 18. Danielle Miner, Nor. 7:03; 19. Ramona Denies, Nor. 7:04; 20. Lindsey Shelters, Moore. 7:07; 21. Nicole Lawrence, McG. 7:07; 22. Tammy Adamson, Wm. 7:10; 23. Unknown, Stillwater. 7:10; 24. Stephanie Beda, Wea. 7:12; 25. Melissa Cobb, Noble. 7:13.

4A-5A Boys (2.14 miles)

TEAM SCORING: 1. Norman 74; 2. Moore 78; 3. McGuinness 81; 4. Midwest City 101; 5. Shawnee 152; 6. Noble 178; 7. Weatherford 205; 8. Santa Fe 215; 9. Westmoore 229; 10. Western Heights 256; 11. McAlester 270; 12. John Marshall 352; 13. Star Spencer 463; NS--Stillwater, Durant.

INDIVIDUALS: 1. Kevin Connolly, McG. 11:25; 2. Anthony Wilson, Shaw. 11:30; 3. Jason Jones, SF. 11:35; 4. Taylor Styron, McG. 11:49; 5. Matt Sexauer, McG. 12:01; 6. Kyle McCoy, Moore. 12:09; 7. Matthew Garey, Nor. 12:14; 8. Paul Lammert, Nor. 12:15; 9. George Wright, Shaw. 12:16; 10. Chris Stokesberry, Noble. 12:18; 11. Paul Starkus, Dur. 12:19; 12. Collin White, MWC. 12:23; 13. Carey Goudeau, MWC. 12:23; 14. Shawn Baberg, Moore. 12:26; 15. Josh Corley, Dur. 12:27; 16. Kyle Bennett, Nor. 12:30; 17. Blake Abshire, Nor. 12:31; 18. Chris McWatters, Moore. 12:32; 19. Sean Walker, Moore. 12:33; 20. Jeremy Fouch, WH. 12:33; 21. Jonathan Leon, Moore. 12:34; 22. Jack Tracy, Noble. 12:35; 23. Rebel Smith, MWC. 12:39; 24. Dennis Berklund, Shaw. 12:40; 25. Anthony Davis, MWC. 12:41.

2A-3A Girls (1.15 miles)

TEAM SCORING: 1. Jones 48; 2. Tishomingo 86; 3. Lexington 96; 4. Little Axe 110; 5. Oklahoma Christian 164; 6. Dickson 170; 7. Holdenville 180; 8. Hennessey 236; NS--Vanoss, Purcell, Konawa.

INDIVIDUALS: 1. Karen Baumeister, Jones. 6:46; 2. Jancy Gharkhanian, Pur. 6:48; 3. Cathleen Baumeister, Jones. 6:54; 4. Amritel Walter, LA. 7:00; 5. Utley, Tish. 7:14; 6. Kristi Beckham, Lex. 7:04; 7. Hillary Cochran, LA. 7:04; 8. Kim Herrera, Jones. 7:09; 9. Lindsey Hicks, Dic. 7:11; 10. Krista Rowe, Vanoss. 7:12; 11. Unknown, Tish. 7:14; 12. Lveresha Deloanis, LA. 7:17; 13. Lara Heisey, Lex. 7:18; 14. Sarah Purdue, OCS. 7:19; 15. Mindy Burks, OCS. 7:20; 16. Natalie Treadwell, Hol. 7:26; 17. Jennifer Johnston, Jones. 7:26; 18. Heffington, Tish. 7:27; 19. Ivy Ageyman, Jones. 7:28; 20. Chance Wheeler, Lex. 7:35; 21. Clift, Tish. 7:35; 22. Katy Jones, Jones. 7:36; 23. Unknown, Riverside. 7:38; 24. Holly Irwin, Purcell.

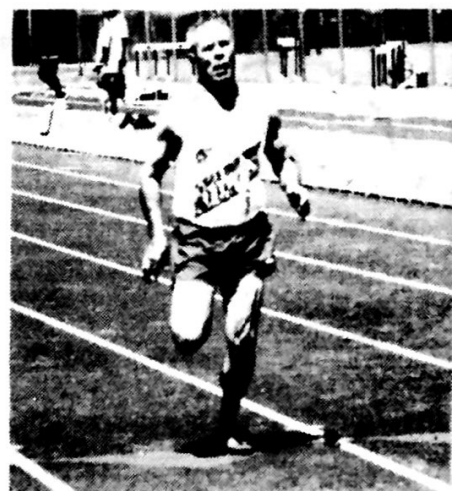
2A-3A Boys (2.14 miles)

TEAM SCORING: 1. Dickson 34; 2. Little Axe 71; 3. Prague 81; 4. Tishomingo 119; 5. Lexington 184; NS--Hennessey, Glencoe, Oklahoma Christian, Davenport, Chandler, Holdenville, Calvary (Riverside).

INDIVIDUALS: 1. David Lampkin, Dic. 11:36; 2.

NEXT ISSUE: SEPTEMBER 15

Unknown, Holdenville. 11:50; 3. Bobby Holmes, Chandler. 11:56; 4. Marc Lampkin, Dic. 12:01; 5. Scott Hutchings, Tish. 12:09; 6. Blake Jackson, Dic. 12:11; 7. Brad Donaldson, LA. 12:17; 8. Jeremy Johnson, LA. 12:19; 9. Ryan Love, Dic. 12:25; 10. Raymond Swearingen, LA. 12:27; 11. Daniel McKinney, Dav. 12:34; 12. Unknown, Holdenville. 12:49; 13. Renaldo Wiles, Prague. 12:56; 14. Michael Cherry, Dic. 12:56; 15. Cody Graham, Prague. 13:01; 16. Tim Guess, Prague. 13:04; 17. Dustin Dew, Dic. 13:04; 18. Ryan Friend, Prague. 13:06; 19. Daniel Stone, Prague. 13:12; 20. Mike Smith, LA. 13:19; 21. Jordan Slater, OCS. 13:20; 22. Stallings, Tish. 13:24; 23. Jonathan Massey, Dic. 13:31; 24. Unknown, Riverside. 13:34; 25. Kenneth Cutes, Glencoe. 13:35.



OKLAHOMA BAPTIST UNIVERSITY coach Glenn Stone won both the 100 and 200 meter dashes in the 60-64 age group at the Sooner State Games in Norman June 24th. Photo by John Hoke

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