

# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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## 1996 O.S.S.A.A. State Track & Field Championships

By John Hoke  
Editor

**CHOCTAW**--All four defending team champions were favored to repeat in the 1996 Oklahoma Secondary Schools Activities Association's 1996 Class 5A and 4A State Track & Field Championships held here at Choctaw High School May 10th and 11th. Both boys team steamrolled to their second straight titles but the girls races were tight and hampered by disqualifications as two new teams stepped up on the podium at the end of the meet.

The weather was good--cool and cloudy on Friday with a brief downpour during the girls 3200 meter run and warm and sunny (and windy) on Saturday. Here are the highlights:

### 5A Boys

Edmond North was the pre-meet favorite to repeat as champions but trailed Edmond Memorial by 24 points after the first day of competition. Coach Steve Patterson's Huskies came back on Saturday, going 1-2 in the 100 and 200 meter dashes and capturing both the 400 and 1600 meter relays to win by 32 points over runnerup Norman.

Sand Springs' Michael Cliff--who basically ran as an independent during the season for the Tulsa Track Club--was the meet's only double winner, taking the 1600 and 3200 meter runs essentially unchallenged. Cliff, who had posted the season's fastest times in both events, improved his times to 4:20.26 and 9:31.15 respectively.

Successfully defending their 1995 titles were Putnam City West's Rhoshod Browning in the 300 meter hurdles and Moore's Matt Anderson in the shot. Both are seniors.

Edmond North's senior Frank Johnson and junior Terrance Wakefield went 1-2 in the 100 meter dash and then traded places to go 1-2 in the 200 meter dash. Both ran on the winning 400 and 1600 meter relays. Senior Ben Schadegg won the high jump and was the Huskies only other champion.

### 5A Girls

Jenks was favored to repeat as team champions and were celebrating their apparent victory after the concluding 1600 meter relay when Jamaican junior Sophia Surgeon spiked the baton ecstatically after anchoring the Trojans to first place. Norman had put themselves in position of being able to win it all if they beat Jenks in the final event and did just that after the Trojans relay team was disqualified for throwing the baton, giving Norman the team title 112-104 over Jenks.

Coach Pat Lenington's Tigers had fought hard to be in a position to win, scoring 56 points on Friday--13 more than their meet total of 43 in 1995--and picking up another 56 points on Saturday while watching the Trojans build momentum with



5A STATE CHAMPIONSHIPS--Norman's Hilary Reser (left) and Andrea Delozier went 1-2 in the 1600 meter run and scored 52 points together to lead the Tigers to the team title at Choctaw. Photo by John Hoke

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# On TRACK

By John Hoke, Editor

This is the last issue of the season and I had to put it out before the results from the Great Southwest Classic in Phoenix were received. Oklahoma had a strong group of athletes going again--for the fourth year--and the results will be in the summer wrap-up issue that will be out at the end of August.

I am really satisfied with the progress the coaches have made towards getting all the results into *Oklahoma TRACK & FIELD NEWS* for publication. I think that about 80% of the meets were reported and that is a definite improvement over last year. Next year I hope it gets a lot closer to 100%.

The Oklahoma vs. Arkansas track dual was a great success again and a huge group of our best athletes had the opportunity to participate in this annual All-Star meet. As I have said in the past, I think the opportunity for post-season competition is something that should be pursued diligently by the Oklahoma Track Coaches Association, as it has been for the past few years. There is a lot more work in putting these teams together than most coaches realize and more coaches need to get involved in seeing that this tradition continues.

Summer U.S.A. Track & Field and A.A.U. meets are coming up with several already completed. I would like to see a lot more kids involved as well as coaches and masters athletes. I plan to compete again myself and am looking forward to seeing many of you at the track this summer. Results--all that we receive--will be printed in the summer wrap-up issue at the end of August.

The Oklahoma Track Coaches Association's annual summer clinic will be held in July again. All coaches should take the opportunity to attend to keep themselves up-to-date on the latest track and cross country techniques and participate in the business of the OTCA.

Summer running camps are a great way for individuals and teams to get mentally and physically prepared for the upcoming cross country season. I have been involved in taking teams for the past four years and it has been a valuable experience for the kids every year. If you are interested in attending a camp and need some information you can give me a call at my office (405-843-9992) and I'll be glad to help.

Cross country runners should start their fall program in June to give themselves plenty of time to adapt to the heat and mileage. Start slow and try to stay on grass or a soft surface. Mileage increase should be no more than 10% a week. Every year there are way too many girls that get injured--cross country is the highest injury sport for girls in the nation--mainly because they are not prepared for the mileage and intensity required when the season gets here and eventually hurt themselves trying to catch up too hard or too fast. Coaches: give your athletes a written summer program to get them prepared and check up on them during the summer to see if they need any help or guidance.

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

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## OKLAHOMA TRACK COACHES ASSOCIATION OFFICERS

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5A: Ben Martin, Moore; Tom Snider, Edmond North. 4A: Charles Minkley, Ardmore; Randy Pearson, Claremore. 3A: Mike Mobra, Catoosa; Barry Klein, Little Axe; 2A: Jim Coleman, Watonga; Charles Butler, Wynewood. A: George Lemons, Maud; Gary Rife, Turpin. B: Steve Lancaster, Pond Creek-Hunter, Bret Rider, Beaver.

## Altus Boys Win Again

Continued from page 1

wins in both short relays and place points in all but one of the day's events.

Double winners were Enid's Denitra Miller (long jump/100); Bartlesville senior Jennifer Fontenot (200/400); and B.T. Washington's Andrea Bell in both hurdles. B.T. Washington multiple winner, junior Kim Schumpert, lost a court battle and was declared academically ineligible following her double regional win (100/200). Schumpert was the high point scorer in the 1995 State Meet.

Yukon senior Keely Dean repeated her 800 meter win with the fastest time in the state this year at 2:15.8.

### 4A Boys

Defending champion Altus led from start to finish, outpointing runnerup Carl Albert by 46 points to give coach Jeep Johnson his second straight state title. The Bulldogs didn't need the help they got the first day from a very questionable disqualification in the 3200 meter run which gave senior Brian Whitlock the win over McGuinness junior Taylor Styron.

In spite of no complaints from the runners, officials upheld the disqualification of Styron for cutting in on a runner in the middle of the 8-lap race. Whitlock came back on Saturday to take the 1600 meter run, leading from start to finish, giving him his third gold medal of the meet (1600/3200/3200 relay).

Altus won four individual events and two relays, totalling 124 points.

MacArthur's Virgil Maddox was the only other individual double winner, capturing the 100 and 200 meter dashes. Altus junior Chauncey Raiden defended his 400 meter title and Duncan's Jeff Curtis won back his 110 meter hurdle title after last winning it in 1994.

### 4A Girls

This was the closest team race of the meet with four or five teams staying in contention all the way up to the final event when three teams were still vying for the title. Eventual winner Northeast had to sit on the sidelines while runnerup Northwest Classen and third-place McGuinness attempted to catch the Vikings with points in the 1600 meter relay.

Coach Ron Miller's Vikings were cheering for Duncan since a win by McGuinness would have given the Irish the title, 77-76, or a win by the Knights would have created a first-place tie, 76-76. Northwest led for almost the whole race but was caught in the final 100 meters by Duncan's Amonica Wiggins to give the Demon's the win.

Northeast won only one event--the 800 meter relay--but got points from seven of 11 qualifiers. Two-time winner Ardmore false started in the 400 meter relay and eliminated themselves from contention after being tied for the lead on the first day.

Guthrie junior Brandi Woodard had a spectacular meet, capturing three individual titles (800/1600/3200) and only narrowly missing out on a fourth in the 3200 meter relay where McGuinness senior Jessica Hoke held her off in the final leg to give the Irish a one-second victory and their only gold of the meet.

Ardmore senior Shana Dowdy was a double winner in the shot/discus and broke her own '94 meet record in the shot to go along with the discus meet record she set last year. Northwest Classen's Aisha Gordon was the only other double winner, taking the 200 and 400 meter dashes.

Altus junior Shavanta Sneed set a new meet record in winning the 100 meter dash in 11.93, breaking the 11.99 record she shared with Gordon after the prelims on Friday. Tulsa Kelley's Elizabeth Bashaw successfully defended her long jump title with a leap of 17-11.



4A STATE MEET--The McGuinness girls won the 3200 meter relay with a time of 9:42.77, .07 seconds shy of their own meet record. L-R: junior Kelley Long, freshman Brooke Boothe, senior Jessica Hoke and junior Ashley Boothe. Photo by John Hoke

## State Championships At Choctaw

### 5A Girls

TEAM SCORING: 1. Norman 112; 2. Jenks 104; 3. Midwest City 81; 4. Bartlesville 41; 5. Del City 36; 6. Enid 32; 7. Yukon 28; 8. (tie) Broken Arrow, Santa Fe 24; 10. B.T. Washington 21; 11. Tahlequah 17; 12. Mustang 16; 13. (tie) Choctaw, Stillwater 10; 15. (tie) Edmond Memorial, Owasso, Putnam City, Rogers, Union 8; 20. (tie) Moore, Putnam City North, Shawnee 6; 23. Muskogee 4; 24. Edmond North 2.

100: 1. Denitra Miller, En, 12.55; 2. Victoria Thurman, BA, 12.63; 3. Shannon Snyder, Je, 12.74; 4. Terri Young, MWC, 12.77; 5. Alice Butler, EN, 12.74; 6. Levonna Blakes, MWC, 12.78.

200: 1. Jennifer Fontenot, Bart, 25.45; 2. Kim Jackson, MWC, 25.91; 3. Jessica Singleton, Yu, 26.03; 4. Amy Wallace, Tah, 26.39; 5. Demetra Tate, Shaw, 26.40; 6. Shannon Snyder, Je, 26.72.

400: 1. Jennifer Fontenot, Bart, 57.06; 2. Sophia Surgeon, Je, 57.58; 3. Jessica Singleton, Yu, 58.96; 4. Kelly O'Rourke, Je, 1:00.06; 5. Shannon Hansen, EM, 1:00.43; 6. Shelby Hutchens, Stw, 1:01.30.

800: 1. Keely Dean, Yu, 2:15.80; 2. Hilary Reser, Nor, 2:18.11; 3. Martha Robinson, MWC, 2:19.19; 4. Corrie Hussar, Must, 2:20.58; 5. Stephanie Webb, Bart, 2:21.16; 6. Kelly O'Rourke, Je, 2:22.28.

1600: 1. Hilary Reser, Nor, 5:13.21; 2. Andrea Delozier, Nor, 5:14.63; 3. Kristin Jones, SF, 5:15.93; 4. Keely Dean, Yu, 5:19.70; 5. Corrie Hussar, Must, 5:19.71; 6. Megan Riddle, Un, 5:23.07.

3200: 1. Andrea Delozier, Nor, 11:38.23; 2. Christina Novara, Ow, 11:39.31; 3. Kristin Jones, SF, 11:39.33; 4. Jessica Gibson, Shaw, 11:44.21; 5. Megan Riddle, Un, 11:44.44; 6. Karla Hopkins, Bart, 11:45.0.

100H: 1. Andrea Bell, BTW, 15.12; 2. Malissa Freeman, DC, 15.58; 3. Lavonna Blakes, MWC, 15.62; 4. Lacreasha Lopez, Un, 15.91; 5. Rebecca Malcolm, Je, 15.92; 6. Natalie Graves, Un, 16.12.

300H: 1. Andrea Bell, BTW, 44.41; 2. Crystal Atherton, Nor, 45.66; 3. Kalisha Holmes, MWC, 46.81; 4. Alisha Jacobs, En, 47.08; 5. Kari Curtis, Stw, 47.95; 6. Michelle Asare, BTW, 48.29.

400 Relay: 1. Jenks (Brianna Cardenas, Katie Collier, Sophia Surgeon, Shannon Snyder) 49.21; 2. Del City 49.78; 3. Midwest City 50.05; 4. Rogers 50.28; 5. Broken Arrow 50.93; 6. Stillwater 51.33.

800 Relay: 1. Jenks (Brianna Cardenas, Katie Collier, Sophia Surgeon, Shannon Snyder) 1:44.89; 2. Midwest City 1:45.98; 3. Del City 1:46.24; 4. Enid 1:46.43; 5. Broken Arrow 1:46.66; 6. Norman 1:49.11.

1600 Relay: 1. Midwest City (Martha Robinson, Sarah Smith, Kim Jackson, Autumn Robinson) 4:06.94; 2. Bartlesville 4:08.36; 3. Norman 4:08.40; 4. Broken Arrow 4:09.34; 5. Stillwater 4:09.56; 6. Yukon 4:11.60.

3200 Relay: 1. Norman (Andrea Delozier, Danielle Miner, Hilary Reser, Crystal Atherton) 9:40.81; 2. Jenks 9:46.05; 3. Santa Fe 9:56.04; 4. Putnam City 9:59.60; 5. Mustang 10:01.34; 6. Bartlesville 10:02.53.

Shot: 1. Lashanna Johnson, Nor, 39-4.5; 2. Jennifer Holt, Nor, 37-8.25; 3. Cassie Cook, PCN, 36-11; 4. Jenny Morrow, Must, 36-6.25; 5. April Smith, Tah, 36-1.25; 6. Elizabeth Taylor, Stw, 35-11.25.

Discus: 1. Candy Siems, Je, 121-9; 2. April Smith, Tah, 121-7; 3. Jennifer Holt, Nor, 119-11; 4. Carrie Rhatigan, Je,

118-0; 5. Jana Shelhope, Must, 117-1; 6. Carissa Palmer, Nor, 112-9.

Long Jump: 1. Denitra Miller, Enid, 17-4; 2. Sheba Halverson, Nor, 17-1; 3. Shayla Austin, EM, 16-9; 4. Erica Wade, Musk, 16-6; 5. Terry Young, MWC, 16-3; 6. Karen Rademeyer, Je, 15-10.

High Jump: 1. Stephanie Garr, Choc, 5-4; 2. Brianna Cardenas, Je, 5-2; 3. Nichole Rhodes, Mo, 5-0; 4. Jessica Lingor, Tah, 5-3; 5. Karen Rademeyer, Je, 5-0; 6. Jennifer Curry, Nor, 5-0.

State Academic Champion: Norman, 3.97 GPA.

### 5A Boys

TEAM SCORING: 1. Edmond North 94; 2. Norman 62; 3. Jenks 51; 4. (tie) Edmond Memorial, Eisenhower, Moore 47; 7. Bartlesville 33; 8. Westmoore 25; 9. (tie) Putnam City, Union 22; 11. Sand Springs 20; 12. Ponca City 14; 13. (tie) Santa Fe, Putnam City West 13; 15. Midwest City 12; 16. Muskogee 10; 17. (tie) Enid, Mustang 9; 19. Yukon 8; 20. (tie) Choctaw, Sapulpa 7; 22. (tie) Broken Arrow, Lawton 6; 24. Putnam City North 4.

100: 1. Frank Johnson, EN, 10.62; 2. Terrance Wakefield, EN, 10.67; 3. Josh Hallman, PutC, 10.72; 4. Quentin Turner, Nor, 10.82; 5. Marcus Bivins, MWC, 10.90; 6. Ahmed Kabba, Wm, 11.04.

200: 1. Terrance Wakefield, EN, 21.34; 2. Frank Johnson, EN, 21.44; 3. Ahmed Kabba, Wm, 21.90; 4. Jon Leon, Mo, 22.02; 5. Josh Hallman, PutC, 22.34; 6. David Parks, Ike, 22.85.

400: 1. Jeremy Boudreau, SF, 48.77; 2. Rodney Wilson, Musk, 49.62; 3. Kevin Yarbrough, Wm, 49.79; 4. Quentin Ware, Choc, 50.01; 5. Josh Bennett, Je, 50.92; 6. J.W. Peters, Bart, 51.30.

800: 1. Kyle Bennett, Nor, 1:53.46; 2. Barrett Hall, Je, 1:54.62; 3. Jimmy Martinez, Mo, 1:55.64; 4. Jack Halsey, Je, 1:56.15; 5. Mark Thompson, EM, 1:57.20; 6. Jared Rogers, End, 1:58.25.

1600: 1. Michael Cliff, SS, 4:20.26; 2. Kyle Bennett, Nor, 4:24.65; 3. Blaine Phipps, EM, 4:26.40; 4. Mark Thompson, EM, 4:26.71; 5. Matt Davidson, Must, 4:27.77; 6. Ben Lake, Sap, 4:30.0.

3200: 1. Michael Cliff, SS, 9:31.15; 2. Mark Thompson, EM, 9:40.34; 3. Ben Lake, Sap, 9:50.83; 4. Jeremy Buhl, EM, 9:56.15; 5. Blaine Phipps, EM, 9:56.55; 6. Matt Davidson, Must, 9:57.13.

100H: 1. Cory Dean, MWC, 14.81; 2. David George, Mo, 14.83; 3. Chris Crezo, Law, 14.88; 4. Johnnie Jones, Ike, 14.95; 5. Brandon Johnson, BA, 15.14; 6. Eugene Drake, Choc, 15.21.

300H: 1. Rhoshod Browning, PCW, 37.56; 2. Rodney Zimmerman, Yu, 37.57; 3. Johnnie Jones, Ike, 38.41; 4. Anais Carson, Je, 38.71; 5. Brian Scagnetti, PCW, 39.12; 6. David George, Mo, 39.66.

400 Relay: 1. Edmond North (William Swan, Terrance Wakefield, Ahmad Swan, Frank Johnson) 42.18; 2. Union 42.61; 3. Norman 42.86; 4. Moore 42.88; 5. Putnam City 43.16; 6. Eisenhower 43.25.

1600: 1. Edmond North (William Swan, Terrance Wakefield, Ahmad Swan, Frank Johnson) 3:19.72; 2. Jenks 3:20.90; 3. Westmoore 3:21.31; 4. Eisenhower 3:23.65; 5. Moore 3:24.52; 6. Union 3:26.53.

3200 Relay: 1. Edmond Memorial (Rob Seat, Blaine Phipps, Mark Thompson, Jeremy Buhl) 7:52.62; 2. Jenks 7:58.08; 3. Norman 8:02.82; 4. Eisenhower 8:07.94; 5. Union 8:08.73; 6. Moore 8:12.5.

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4A STATE MEET--MacArthur's Kendall Arant won the high jump with a leap of 5-6. Photo by John Hoke

## State Meet Results

Continued from page 3

**Shot:** 1. Matt Anderson, Mo, 57-2; 2. Sean Griggs, Bart, 56-0.75; 3. Bubba Burcham, Must, 55-5.5; 4. John Ridge-way, Nor, 54-9; 5. Owen O'Neal, EN, 53-10; 6. Clark Sutton, SF, 53-3.25.

**Discus:** 1. Lawrence Fugett, PutC, 162-8.5; 2. Ryan Allen, Enid, 148-6; 3. Henri Joupilla, PonC, 147-0; 4. Levi Casey, Nor, 145-10; 5. Jared Roberts, Musk, 143-0.5; 6. Kendal Zielny, PCW, 141-3.5.

**Long Jump:** 1. Johnnie Jones, Ike, 22-11.5; 2. Quentin Turner, Nor, 22-11.25; 3. Ben Schadegg, EN, 22-4.5; 4. Kyle Gilmore, PCN, 22-3; 5. Tejuan Lockett, PonC, 22-0; 6. Mike Woods, DC, 21-10.25.

**High Jump:** 1. Ben Schadegg, EN, 6-4; 2. Mike Hardrick, Ike, 6-4; 3. Craig Kirby, Bart, 6-2; 4. Trent Primrose, Mo, 6-2; 5. Rodney Ladd, SF, 6-2; 6. (tie) Barrett Hall, Jr. and J.J. Talley, Mo, 6-2.

**Pole Vault:** 1. Jeremy Ropp, Bart, 15-6; 2. Wes Barnhart, Bart, 14-0; 3. David Mick, PonC, 14-0; 4. George Norman-den, BA, 13-6; 5. Miek Westlund, Choc, 13-0; 6. Josh Ramsey, EM, 13-0.

State Academic Champion: Moore, 3.93 GPA.

### 4A Girls

**TEAM SCORING:** 1. Northeast 76; 2. Northwest 72; 3. McGuinness 69; 4. Altus 57; 5. Ardmore 52; 6. Guthrie 47; 7. (tie) Duncan, Kelley 38; 9. MacArthur 39; 10. Hale 22; 11. Ada 21; 12. Tulsa Central 18; 13. Pryor 17; 14. (tie) McAlester, Western Heights 10; 16. (tie) Claremore, John Marshall, East Central, U.S. Grant 8; 20. Woodward 4; 21. Okmulgee 2; 22. (tie) Carl Albert, Durant, Noble 1.

**100:** 1. Shavanta Sneed, Al, 11.93\*(new record, old mark 11.99, 1996 prelims by Sneed and Aisha Gordon, NWC); 2. Melody Fields, NE, 12.23; 3. Aisha Gordon, NWC, 12.36; 4. Aleasha Peel, TC, 12.54; 5. Chimeese Brown, NWC, 12.62; 6. Tentaha Weatherall, NE, 12.68.

**200:** 1. Aisha Gordon, NWC, 25.06; 2. Melody Fields, NE, 25.28; 3. Chimeese Brown, NWC, 25.39; 4. Nicole Jackson, NW, 25.41; 5. Elizabeth Bashaw, Kel, 26.05; 6. Lakendria Williamson, Ard, 26.09.

**400:** 1. Aisha Gordon, NWC, 57.80; 2. Chakel West, Al, 58.74; 3. Amonica Wiggins, Dun, 59.59; 4. Rara Mitchell, Mac, 1:01.17; 5. Mandi Pritchard, Clar, 1:01.99; 6. Laroya Carter, CA, 1:02.86.

**800:** 1. Brandi Woodard, Gut, 2:18.69; 2. Amonica Wiggins, Dun, 2:20.09; 3. Melissa Corlett, Pry, 2:20.22; 4. Brandy Bratton, Hale, 2:21.64; 5. Tacie Kmetz, Kel, 2:23.14; 6. Brooke Boothe, McG, 2:27.51.

**1600:** 1. Brandi Woodard, Gut, 5:20.35; 2. Tracy Kmetz, Kel, 5:21.09; 3. Brandy Bratton, Hale, 5:31.10; 4. Melissa Corlett, Pry, 5:34.56; 5. Heather Anderson, Pry, 5:39.91; 6. Kelli Cowan, Gut, 5:42.96.

**3200:** 1. Brandi Woodard, Gut, 11:41.54; 2. Amy Bratton, Hale, 11:54.57; 3. Katie Wagner, Kel, 12:00.99; 4. Ashley Boothe, McG, 12:14.90; 5. Heather Anderson, Pry, 12:28.79; 6. Natalie Krieger, Dur, 12:38.93.

**100H:** 1. Aleasha Peel, TC, 14.46; 2. Suzy Bender, Ada, 15.38; 3. Anni Evans, McG, 15.58; 4. Vanessa Rowden, Clar, 16.07; 5. Jordan Etheridge, Dun, 16.66; 6. Lori Weaver, Nob, 16.58.

**300H:** 1. Raven Bruner, NWC, 45.99; 2. Crystal Swanegan, JM, 46.67; 3. Stephanie Brown, McA, 47.42; 4.



5A STATE MEET--Sand Springs' Michael Cliff won both the 1600 and 3200 meter runs with season leading times in both. Photo by John Hoke

Sahleah Taylor, TC, 47.98; 5. Vanessa Rowden, Clar, 48.16; 6. Angela Asberry, Ard, 48.42.

**400 Relay:** 1. Altus (Kiesha Hunter, Rebecca Degeyter, Shavanta Sneed, Chakel West) 48.55; 2. Northeast 48.61; 3. McGuinness 50.37; 4. East Central 51.12; 5. MacArthur 51.30; 6. Western Heights 51.58.

**800 Relay:** 1. Northeast (Melody Fields, Tentaha Weatherall, Nicole Jackson, Kizzy Northington) 1:42.78; 2. Altus 1:44.86; 3. Northwest Classen 1:45.63; 4. McGuinness 1:47.04; 5. MacArthur 1:47.83; 6. Ardmore 1:48.06.

**1600 Relay:** 1. Duncan (Allison Flah, Taneha Wiggins, Ashley Beeson, Amonica Wiggins) 4:05.56; 2. Northwest Classen 4:06.62; 3. McGuinness 4:10.17; 4. Ada 4:10.62; 5. Ardmore 4:10.63; 6. Altus 4:11.57.

**3200 Relay:** 1. McGuinness (Ashley Boothe, Brooke Boothe, Kelly Long, Jessica Hoke) 9:42.77; 2. Guthrie 9:43.03; 3. Kelley 9:55.47; 4. Ardmore 9:56.68; 5. Northwest Classen 10:00.0; 6. Durant 10:00.0.

**Shot:** 1. Shana Dowdy, Ard, 43-4.75\*(meet record, old mark 41-10 by Dowdy in 1994); 2. Angela Gilbert, NE, 36-5.5; 3. Alisha Lee, Ard, 36-4.5; 4. Kim Fisher, Ada, 35-11; 5. Jennifer Pritchard, Dun, 35-10.5; 6. Diedra Stephens, NE, 35-4.

**Discus:** 1. Shana Dowdy, Ard, 136-8; 2. LaDonna Pulliam, USG, 112-4; 3. Alisha Lee, Ard, 110-11; 4. Kristi Little, Ww, 110-7; 5. Diedra Stephens, NE, 110-0; 6. Kim Fisher, Ada, 109-10.

**Long Jump:** 1. Elizabeth Bashaw, Kel, 17-11; 2. Kendall Arant, Mac, 17-9.5; 3. Kenya Freelow, WH, 16-1.25; 4. Nova Marshall, Ard, 15-8; 5. Ashley McNamee, Okm, 15-8; 6. Talitha McDonald, Al, 15-8.

**High Jump:** 1. Kendall Arant, Mac, 5-6; 2. Mary McQueen, NE, 5-4; 3. Maggie Slavonic, McG, 5-2; 4. Stephanie Brown, McA, 5-2; 5. Lacy Nohelty, WH, 5-0; 6. Amber Finney, Pry, 5-0.

State Academic Champion: Claremore, 3.89 GPA.

### 4A Boys

**TEAM SCORING:** 1. Altus 124; 2. Carl Albert 78; 3. Okmulgee 50; 4. (tie) Claremore, MacArthur 47; 6. McGuinness 45; 7. Duncan 29; 8. Tulsa Central 26; 9. Durant 16; 10. Douglass 14; 11. (tie) John Marshall, Woodward 12; 13. Guthrie 11; 14. (tie) Ada, Pryor, Kelley 10; 17. (tie) Northeast, Northwest Classen 8; 19. Noble 6; 20. (tie) Webster, Western Heights 4; 22. Edison 3; 23. East Central 2.

**100:** 1. Virgil Maddox, Mac, 10.69; 2. Chad Jones, Dou, 10.90; 3. Michael Sheppard, Ww, 11.02; 4. Juan Smith, Okm, 11.05; 5. Diamond Johnson, Okm, 11.32.

**200:** 1. Virgil Maddox, Mac, 21.74; 2. Juan Smith, Okm, 21.82; 3. Chad Jones, Dou, 22.30; 4. Lemuel Johnson, Okm, 22.59; 5. Michael Sheppard, Ww, 22.84; 6. David Stratton, Clar, 22.86.

**400:** 1. Chauncey Raiden, Al, 49.24; 2. Greg Smith, CA, 49.67; 3. Jamar Giddings, Mac, 50.51; 4. Anthony McMillian, Okm, 51.14; 5. Rob Suter, Dun, 51.16; 6. Dennis Day, JM, 52.66.

**800:** 1. Bertrian Bailey, TC, 1:58.59; 2. Quintrell Burris, NW, 1:59.57; 3. Lenford Codd, Al, 2:00.85; 4. Brad Spinner, Gu, 2:00.78; 5. Anthony Moses, McG, 2:01.28; 6. Jeremy Cleek, Gu, 2:02.81.

**1600:** 1. Brian Whitlock, Al, 4:33.66; 2. Matt Sezauer, McG, 4:35.81; 3. Chris Mata, CA, 4:38.01; 4. Chris Ford, Clar, 4:38.41; 5. Kevin Connolly, McG, 4:38.42; 6. Taylor Styron, McG, 4:44.80.

**3200:** 1. Brian Whitlock, Al, 10:03.66; 2. Matt Sezauer, McG, 10:06.9; 3. Kevin Connolly, McG, 10:08.43; 4. Byron Wayland, Kel, 10:16.85; 5. Phillip Simien, WH, 10:20.55; 6. Billy DeGrace, Al, 10:44.72.

**110H:** 1. Jeff Curtis, Dun, 14.51; 2. Mike Braddy, NE, 14.61; 3. Chris Brack, Dun, 14.70; 4. Darandle Shivers, 14.98; 5. Chris Maytubby, Ard, 15.02; 6. Patrick Brady Lee, Al, 15.11.

**300H:** 1. Patrick Brady Lee, Al, 38.36; 2. Tony Thompson, JM, 39.29; 3. Jeff Curtis, Dun, 39.38; 4. Nathan Andrews, Clar, 39.76; 5. Shannon Young, Gut, 39.81; 6. Erick Cooks, Ed, 40.38.

**400 Relay:** 1. Altus (Patrick Brady Lee, Darndle Shivers, Sedric Jones, Chauncey Raiden) 42.51; 2. MacArthur 42.81; 3. Carl Albert 43.12; 4. Okmulgee 43.40; 5. Woodward 43.79; 6. John Marshall 43.83.

**1600 Relay:** 1. Okmulgee (Anthony McMillian, Tim Hunt, Lemuel Johnson, Juan Smith) 3:20.53; 2. Altus 3:21.20; 3. Carl Albert 3:22.94; 4. Tulsa Central 3:24.10; 5. MacArthur 3:24.83; 6. East Central 3:30.04.

**3200 Relay:** 1. Altus (Chauncey Raiden, Brian Whitlock, Justin Bevera, Lenford Codd) 8:01.34; 2. Carl Albert 8:12.71; 3. Claremore 8:14.49; 4. McGuinness 8:17.03; 5. Guthrie 8:23.52; 6. Durant 8:25.72.

**Shot:** 1. Robert Ilaoa, CA, 52-1.25; 2. Sedric Jones, Al, 51-1; 3. Jason Graham, Nob, 49-6; 4. Dustin Taylor, Dur, 48-10.76; 5. Tommy Pride, Al, 48-10.75; 6. Lute Croy, Dun, 48-5.

**Discus:** 1. Bryan Thomas, Ada, 156-10; 2. Robert Ilaoa, CA, 151-10; 3. Kasey Humble, Al, 151-6; 4. Chris Rakes, Web, 149-7; 6. Dustin Taylor, Dur, 142-10; 6. Lute Croy, Dun, 137-7.

**Long Jump:** 1. Tony McGee, Ard, 22-5.5; 2. Shane Ingram, Clar, 21-6.25; 3. D.J. Johnson, Kel, 20-11.5; 4. Allen Carroll, TC, 20-7.75; 5. Erick Cooks, Ed, 20-7; 6. Jose Rogers, JM, 20-6.5.

**High Jump:** 1. Robert McLaughlin, McG, 6-4; 2. Nicky Bywaters, Clar, 6-4; 3. Jimmy Rey, CA, 6-2; 4. Jermaine Barnes, TC, 6-2; 5. Demar Greer, Dun, 6-2; 6. (tie) Kyle Endicott, Dun, and Mike Coman, Kel, 5-10.

**Pole Vault:** 1. Brett Corlett, Pry, 13-6; 2. Eric Grider, Dur, 13-0; 3. Tyson Smith, Clar, 12-6; 4. Mike De, Clar, 12-6; 5. Shane Pratt, WH, 12-6; 6. Charles Staats, Mac, 12-0.

State Academic Champion: Claremore, 3.70 GPA.



## Mastin Takes Over At O.B.U.

Ford Mastin who has coached at Prague High School since 1982, has been named head track coach at Oklahoma Baptist University.

"Ford is an excellent fit for our track program for a number of reasons," said Dr. Norris Russell, OBU Athletic Director. "He has been around OBU and Shawnee for a long time. He's the kind of young man that we want to lead our program. He is a very committed Christian and he is committed to the welfare of our program. We are very excited that coach Mastin will be leading our team into the 21st century."

Mastin, whose Red Devils finished third in the 2A state track meet earlier this month, will succeed Glen Stone, who is retiring at the end of this season after five years at the helm.

Mastin is a 1977 graduate of OBU and returns to the Shawnee university with an armload of credentials.

Mastin was Oklahoma Track Coach of the Year and the USA Track and Field representative of Olympic development in Oklahoma in 1994; regional Track Coach of the Year in 1991 and 1993; and has served as the Oklahoma Track Coaches Association's director of indoor state championships.

"This is the fulfillment of a dream," said Mastin. "This is a special place. I think God's hand was in this. I think all the awards that I have were given to me to allow me to be in this position."

While at Prague, Mastin coached the Red Devil's to a state runner-up finish in 1987. His teams have been regional champions seven times, conference champions 11 times and academic state champions four times.

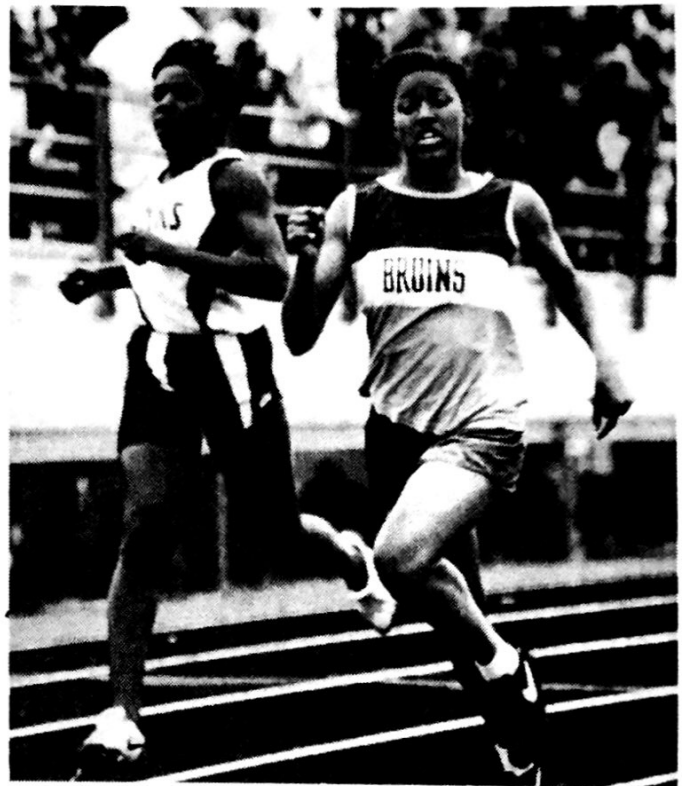
He has coached two Olympians, six All-Americans, two state meet record holders, 13 All-Staters and three honorable mention high school All-Americans.

While at OBU, he lettered from 1973-77 and captained the team his senior season. He was selected Most Valuable Athlete in 1977.

Prior to coaching track, cross country and football at Prague, Mastin was assistant track and head cross country coach at Texas Christian University from 1978-80 and athletic director, teacher and coach at Happy Hill Academy in Glen Rose, Texas, from 1980-82.

He holds a master's of divinity degree from Southwestern Baptist Theological Seminary and a master's of education degree from East Central University.

Mastin and his wife, Terri, have two children, Linsey and Trevor.



5A STATE MEET--Bartlesville senior Jennifer Fontenot (right) won the 400 meter dash over Jenks' junior Sohpie Surgeon. Fontenot also won the 100 meter dash. Photo by John Hoke

# Southwest Missouri State Big Bears Track Camp

## June 24-27

Be A Winner And Learn How To Win

### CAMP DIRECTORS

Jeff Berryessa - SMSU Head Track and Women's Cross Country Coach

Rolondo Greene - SMSU Assistant Track and Field Coach

### CAMP CLINICIANS

Reggie James - Ruskin HS Track Coach

Antonio Greene - Division II National Champ in Decathlon

Don Knapp - Rolla HS Track Coach

Kirk Wolfork - SMSU Weight Coach

Cathy Goff - Field Events and High Jump Expert

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*Camp is open to Junior High and High School Boys and Girls*

*Activities include: weight training, personal camp analysis by clinician, flexibility routines, nutrition assessment, event practice, race strategy, personal film analysis, percentage of body fat, rehabilitation, sport counseling, speed development*

For more information write: Jeff Berryessa, Big Bear Track Camp, Southwest Missouri State University  
901 South National Ave, Springfield, MO 65804



**4A STATE MEET**--MacArthur's Virgil Maddox (left) edges Okmulgee's Juan Smith in the 200 meter dash. Maddox also won the 100 meter dash. Photo by John Hoke

## 1996 Age-Group Track & Field Schedule

**June--1:** USATF Junior Olympic District Meets, Cascia Hall, Watonga, Edmond Memorial H.S. (youth only); USAFT Southwest Association Open & Masters Mee, Loos Field, Dallas, Tx, 1-800-30-GO-RUN. **4:** All-Comers Mini Meet, Cascia Hall (all ages). **8:** AAU State Meet, Jenks High School (youth only). **8-9:** USATF Multi-events, decathlon, heptathlon only, Stillwater--OSU (youth only). **14-15:** USATF State Junior Olympic, Stillwater--OSU. **18:** All-Comers Mini Meet, Cascia Hall (all ages). **29:** Sooner State Games, Norman--OU (all ages, must pre-register).

**July: 2-6:** National USATF Age Group Championships, Salt Lake City, Utah. **10-13:** Region IX USATF Junior Olympics, Stillwater--OSU. **12-13:** AAU Regionals, Missouri. **20:** Fianl All-Comers Meet, Cascia Hall (all ages); USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Tx, 210-651-5414. **24-28:** USATF National Junior Olympics, Houston, Texas.

**August--7-11:** AAU National Championships, New Orleans, Louisiana. **10:** Texas Masters Championships, Arlington, Tx, 214-979-0246. **15-18:** USATF National Masters Championships, Spokane, Wash., 509-533-3644.

**FOR FURTHER INFORMATION:** USATF meets, Loretta Hinkle, 405-942-6733 (Okla. City); Ed Lacy, 918-583-6615 (Tulsa). AAU, Pat McCauley, 405-360-5507 (Norman).

**5A STATE MEET**--Moore senior Matt Anderson repeated as shot put champion with a season leading throw of 58-2. Photo by John Hoke

## Southwest Preparatory Conference Greenhill School Dallas, Texas 5/3/96

DALLAS, Texas--Holland Hall of Tulsa and Casady of Oklahoma City competed in the annual Southwest Preparatory Conference meet held here at Greenhill School May 3rd. Casady junior Laura Shelly set two individual meet records in winning the 100/200 meter dashes and ran on the meet record setting 400 meter relay team along with teammates Nichelle Adams, Alicia Johnson and Margo Reneau.

### Girls

**TEAM SCORING:** 1. St. John's 112; 2. Hockaday 110; 3. Kinkaid 73; 4. Episcopal of Houston 68; 5. Holland Hall 63; 6. Greenhill 54; 7. Casady 49; 8. St. Stephen's 30; 9. Oakridge 13; 10. Trinity Valley 10; 11. Episcopal of Dallas 8.

**OKLAHOMA PLACEWINNERS--100:** 1. Shelley, Cas, 12.22\*. **200:** 1. Shelley, Cas, 25.18\*. **400:** 2. Casey, HH, 1:01.53; 5. McDaniel, HH, 1:03.89. **100H:** 5. Duckworth, Cas, 17.54. **400 Relay:** 1. Casady 49.46\*; 5. Holland Hall 51.15. **1600 Relay:** 2. Holland Hall 4:10.82; 6. Casady 4:16.75. **3200 Relay:** 5. Holland Hall 10:51.87. **Shot:** 5. Selby, HH, 27-0. **Discus:** 2. Selby, HH, 94-2. **Long Jump:** 4. Anderson, HH, 16-5; 6. Mange, HH, 16-4.5. **Triple Jump:** 1. Casey, HH, 34-7.75. **High Jump:** 4. Casey, HH, 5-0.

### Boys

**TEAM SCORING:** 1. St. Mark's 126; 2. Ft. Worth Country Day 111; 3. Episcopal of Houston 98; 4. Greenhill 93; 5. St. John's 66; 6. Cistercian 48; 7. Holland Hall 34; 8. Casady 13; 9. Kinkaid 12; 10. St. Stephen's 10; 11. Trinity Valley 5.

**OKLAHOMA PLACEWINNERS--400:** 3. Stewart, Cas, 52.35. **800:** 5. McDaniel, HH, 2:03.45. **1600:** 3. McDaniel, HH, 4:42.85. **300H:** 5. Rawlinson, Cas, 43.23. **1600 Relay:** 5. Casady 3:38.80. **3200 Relay:** 2. Holland Hall 8:23.31. **Shot:** 3. Kern, HH, 41-11; 6. Bragg, Cas, 40-7.

\*meet record

## Tri-State Christian Jenks High School 5/4/96

**JENKS**--The Tri-State Christian meet was held here at Jenks High School May 4th hosted by Wright Christian Academy of Tulsa. Nine schools from Oklahoma, Missouri and Kansas participated.

Victory Christian's Tasha Lance was a double winner in the girls 1600/3200 while Wright Christian's Ingram was a triple winner in the long jump and both hurdles.

### Girls

**TEAM SCORING:** 1. Kansas City Christian 185.5; 2. Blue Ridge 156; 3. College Heights 54; 4. Victory Christian 38.5; 5. Cookson Hills 35; 6. Wright Christian 31; 7. Gateway Christian 24; 8. Maranatha 2.

**OKLAHOMA PLACEWINNERS--200:** 1. Curry, CH, 26.82\*. **400:** 5. Meek, WC, 1:06.19. **800:** 3. Bandy, WC, 2:44.79. **1600:** 1. Lance, VC, 5:22.42\*. 5. Herahberger, WC, 6:05.92. **3200:** 1. Lance, VC, 12:22.13\*. **100H:** 5. Engstrom, VC, 19.25; 6. Lasarsky, WC, 19.26. **300H:** 5. Wright 56.53; 6. Wright 56.97. **400 Relay:** 3. Victory 55.40; 5. Cookson Hills 56.06. **800 Relay:** 4. Cookson Hills 1:56.06; 6. Victory 2:05.81. **1600 Relay:** 3. Wright 4:30.654; 5. Cookson Hills 4:57.58. **3200 Relay:** 1. Wright 10:28.63. **Discus:** 1. Green, CH, 80-1; 6. Lister, CH, 65-0. **Long Jump:** Curry, CH, 14-5.5; 6. Herahberger, WC, 14-1.5. **High Jump:** 5. Frank, VC, 4-6.

### Boys

**TEAM SCORING:** 1. Blue Ridge 270.5; 2. Maranatha 58; 3. Kansas City Christian 54; 4. Wright Christian 45.5; 5. Victory Christian 44; 6. (tie) Gateway Christian, College Heights 34; 8. Springfield 7; 9. Cookson Hills 5.

**OKLAHOMA PLACEWINNERS--200:** 6. Johnston, CH, 25.88. **400:** 1. Greene, WC, 52.38. **800:** 2. Rodriguez, VC, 2:14.44; 6. Wills, WC, 2:19.06. **1600:** 6. Hartye, CH, 5:39.06. **3200:** 5. Ross, CH, 12:52.72. **110H:** 1. Ingram, WC, 15-0; 5. Lyon, WC, 19.07. **300H:** 1. Ingram, WC, 40.21; 6. Lyon, WC, 47.55. **400 Relay:** 3. Victory 51.25. **1600 Relay:** 2. Victory 4:12.17. **3200 Relay:** 2. Victory 9:32.25. **Shot:** 2. Cologgi, VC, 37-0. **Discus:** 6. Cologgi, VC, 82-3. **Long Jump:** 1. Ingram, WC, 20-4. **High Jump:** 6. Cologgi, VC, 5-2.

\*meet record



## OVERALL SEASON LEADERS - BOYS

**100:** Johnson, Edmond North, 10.08 (Un); Wakefield, Edmond North, 10.10 (Un); Hallman, Putnam City, 10.19 (Edm); Bivins, Midwest City, 10.25 (Edm); Jones, Douglass, 10.27 (Edm); Woodson, Broken Arrow, 10.33 (Un); Turner, Norman, 10.44 (Nor); Smith, Okmulgee, 10.45 (Un).

**200:** Johnson, Edmond North, 21.44 (State); Wakefield, Edmond North, 21.34 (State); Maddox, MacArthur, 21.74 (State); Jones, Douglass, 21.77 (Edm); Brown, Lone Grove, 21.81 (Pur); Hallman, Putnam City, 21.83 (Edm); Smith, Okmulgee, 21.82 (State); Thomas, Broken Bow, 21.91 (Ada).

**400:** Boudreau, Santa Fe, 48.77 (State); Brown, Lone Grove, 48.60 (State); Raiden, Altus, 48.65 (Edm); Swindall, Millwood, 48.68 (State); Smith, Carl Albert, 48.93 (Edm); Giddings, MacArthur, 49.11 (Nor); High, Wynnewood, 49.22 (State); Wilson, Muskogee, 49.58 (Cat).

**800:** Bennett, Norman, 1:53.46 (State); Hall, Jenks, 1:54.62 (State); Martinez, Moore, 1:55.64 (State); Halsey, Jenks, 1:56.15 (State); Merlyn, Plainview, 1:56.35 (State); Thompson, Edmond Memorial, 1:57.20 (State); Lucas, Jones, 1:57.64 (State); Short, Broken Bow, 1:57.65 (State).

**1600:** Cliff, Sand Springs, 4:20.26 (State); Bennett, Norman, 4:24.65 (State); Phipps, Edmond Memorial, 4:25.40 (State); Thompson, Edmond Memorial, 4:26.71 (State); Johnson, Little Axe, 4:26.73 (State); Buhl, Edmond Memorial, 4:27.09 (MidSt); Davidson, Mustang, 4:27.77 (State); Lake, Sapulpa, 4:30.0 (State).

**3200:** Cliff, Sand Springs, 9:31.15 (State); Thompson, Edmond Memorial, 9:40.34 (State); Jones, Santa Fe, 9:49.90 (UCO); Lake, Sapulpa, 9:50.83 (State); Buhl, Edmond Memorial, 9:53.87 (Chick); Holmes, Chandler, 9:54.68 (Cas); Turner, Holdenville, 9:56.53 (OU); Davidson, Mustang, 9:57.13 (State).

**110H:** Curtis, Duncan, 14.20 (Altus); Braddy, Northeast, 14.27 (McG); George, Moore, 14.4 (Edm); Conkling, Weatherford, 14.51 (Elk); Matthews, John Marshall, 14.42 (OKC); Shivers, Altus, 14.61 (Elk); Maytubby, Ardmore, 14.65 (Nor); Crezo, Lawton, 14.66 (Must); Hornbeck, Stroud, 14.66 (State).

**300H:** Browning, Putnam City West, 37.56 (State); Zimmerman, Yukon, 37.57 (State); Brady-Lee, Altus, 38.36 (State); Jones, Eisenhower, 38.41 (State); Carson, Jenks, 38.71 (State); Matthews, John Marshall, 38.82 (Edm); Shivers, Altus, 38.88 (Edm); Scagnetti, Putnam City West, 39.12 (State).

**400 Relay:** Broken Bow 41.77 (State); Lone Grove 41.90 (State); Altus 41.93 (Edm); Edmond North 42.16 (Metro); MacArthur 42.25 (Nor); B.T. Washington 42.27 (Cat); Del City 42.30 (MidSt); Norman 42.38 (Must).

**1600 Relay:** Edmond North 3:19.72 (State); Okmulgee 3:20.53 (State); Westmoore 3:20.83 (Nor); Jenks 3:20.90 (State); Altus 3:21.20 (State); Eisenhower 3:22.38 (Nor); Moore 3:22.74 (Ard); Carl Albert 3:22.94 (State).

**3200 Relay:** Edmond Memorial 7:52.62 (State); Jenks 7:58.08 (State); Altus 8:01.34 (State); Norman 8:01.67 (MidSt); Eisenhower 8:07.94 (State); Union 8:08.73 (State); Plainview 8:09.36 (State); Moore 8:12.71 (State).

**Shot:** Anderson, Moore, 58-2 (State); Griggs, Bartlesville, 56-11 (Bart); Lyon, Lindsay, 56-3.75 (State); Butler, Del City, 56-2 (Nor); Burcham, Mustang, 55-10 (Must); Bookout, Stroud, 55-9.75 (State); Kay, Wynnewood, 55-9.25 (State); Ridgeway, Norman, 54-9 (State).

**Discus:** Bookout, Stroud, 189-9 (Cush); Lyon, Lindsay, 174-2 (State); Fugett, Putnam city, 165-3 (Nor); Burcham, Mustang, 159-2 (Must); Allen, Enid, 158-6 (State); Kempenich, Wagoner, 158-4.5 (Miami); Henson, Tuttle, 157-0 (State); Thomas, Ada, 156-10 (State).

**Long Jump:** Turner, Norman, 23-11 (Nor); Martin, East Central, 23-8 (Jenks); Roshay High, Wynnewood, 23-7.25 (State); Haskins, Jones, 23-6.75 (State); Porter, Lawton, 23-6 (Nor); Jones, Eisenhower, 23-4.5 (Nor); Rod High, Wynnewood, 23-0.75 (State); Shoals, Enid, 22-10 (OBU).

**High Jump:** Harris, Wynnewood, 7-0 (VA); Smith, Star Spencer, 6-10 (State); Callahan, Sallisaw, 6-10 (State); Conkling, Weatherford, 6-10 (State); Halcomb, Cement, 6-8 (VA); Grein, Tonkawa, 6-8 (Cush); Talley, Moore, 6-8 (MidSt); Stopp, Collinsville, 6-8 (Vin);

**Pole Vault:** Wilkinson, Stroud, 16-6 (Chan); Heard, Elk City, 16-3 (State); Ropp, Bartlesville, 15-6 (State); Martens, Fairview, 15-6 (Wat); Willis, Stroud, 15-0 (Chan); Dial, Marlow, 15-0 (Mar); Dennis, Marlow, 15-0 (State); Love, Dickson, 14-6 (State).

## OVERALL SEASON LEADERS - GIRLS

**100:** Sneed, Altus, 11.77 (Edm); Gordon, Northwest Classen, 11.84 (Nor); Schumpert, B.T. Washington, 11.85 (Un); Hayes, Millwood, 11.86 (State); Thurman, Broken Arrow, 12.03 (Bart); Fields, Northeast, 12.06 (WH); Peel, Tulsa Central, 12.07 (Un); Young, Midwest City, 12.10 (CA); Smith, Atoka, 12.10 (State).

**200:** Gordon, Northwest Classen, 23.84 (Moore); Fields, Northeast, 24.63 (Moore); Kaulaity, Anadarko, 24.81 (Dun); Jackson, Northeast, 24.85 (OKC); Williamson, Ardmore, 24.90 (WH); Brown, Northwest Classen, 25.0 (OKC); Fontenot, Bartlesville, 25.11 (Cat); Shelley, Casady, 25.18 (SPC).

**400:** Surgeon, Jenks, 55.77 (KU); Fontenot, Bartlesville, 57.06 (State); Gordon, Northwest Classen, 57.28 (Nor); West, Altus, 57.43 (Edm); Bell, Idabel, 57.69 (State); Shirley, Davis, 58.16 (State); Steele, Poteau, 58.24 (State); Hansen, Edmond Memorial, 58.78 (UCO).

**800:** Dean, Yukon, 2:15.80 (State); Sanders, Elgin, 2:16.02 (State); Robinson, Midwest City, 2:17.72 (MidSt); Reser, Norman, 2:18.11 (State); Woodard, Guthrie, 2:18.69 (State); Wiggins, Duncan, 2:20.09 (State); McCurry, Velma-Alma, 2:20.53 (State); Hussar, Mustang, 2:20.58 (State).

**1600:** Delozier, Norman, 5:12.48 (Nor); Reser, Norman, 5:13.21 (State); Jones, Santa Fe, 5:15.93 (State); Hopkins, Bartlesville, 5:16.40 (Tex); Harvey, Plainview, 5:16.44 (State); Dean, Yukon, 5:19.70 (State); Hussar, Mustang, 5:19.71 (State); Woodard, Guthrie, 5:20.35 (State).

**3200:** Hopkins, Bartlesville, 11:17.30 (Tex); Delozier, Norman, 11:32.43 (CA); Gibson, Shawnee, 11:35 (Sub); Harvey, Plainview, 11:35.07 (State); McCulley, Grove, 11:40.50 (OU); Novarra, Owasso, 11:39.31 (State); Jones, Santa Fe, 11:39.33 (State); Woodard, Guthrie, 11:41.54 (State).

**100H:** Freeman, Del City, 14.58 (Reg); Peel, Tulsa Central, 14.65 (Un); Bell, B.T. Washington, 14.79 (Un); Cardenas, Jenks, 15.42 (Bart); Blakes, Midwest City, 15.49 (CA); Lusk, Millwood, 15.57 (State); Deal, Laverne, 16.60 (State); Curtis, Stillwater, 15.61 (Reg).

**300H:** Bell, B.T. Washington, 44.41 (State); Loveless, Adair, 45.45 (State); Sims, Velma-Alma, 45.62 (State); Atherton, Norman, 45.66 (State); Duffy, Watonga, 45.87 (State); Bruner, Northwest Classen, 45.99 (State); Robertson, Grove, 45.94 (OU); Foster, Forgan, 46.15 (State).

**400 Relay:** Northeast 48.46 (OKC); Ardmore 48.68 (OU); Northwest Classen 48.81 (OU); Altus 48.91 (Edm); Tulsa Central 49.06; Casady 49.15 (Cas); Jenks 49.21 (State); Midwest City 49.48 (Conf).

**800 Relay:** Northwest Classen 1:41.35 (WH); Northeast 1:42.27 (OKC); Altus 1:44.33 (Edm); Ardmore 1:44.48 (OU); Jenks 1:44.89 (State); Del City 1:45.01 (Conf); Millwood 1:45.27 (State); Midwest City 1:45.96 (State).

**1600 Relay:** Northwest Classen 4:00.26 (OBU); Jenks 4:00.58 (KU); Purcell 4:04.46 (State); Millwood 4:05.15 (State); Duncan 4:05.56 (State); Midwest City 4:06.94 (State); Bartlesville 4:08.36 (State); Norman 4:08.40 (State).

**3200 Relay:** Norman 9:40.81 (State); McGuinness 9:42.77 (State); Guthrie 9:43.03 (State); Jenks 9:46.05 (State); Kelley 9:55.47 (State); Santa Fe 9:56.04 (State); Laverne 9:56.09 (State); Ardmore 9:56.68 (State).

**Shot:** Dowdy, Ardmore, 43-4.75 (State); Crumbo, Hominy, 43-4.25 (State); Oliver, Tecumseh, 41-0 (State); Dotson, Wynnewood, 40-8.5 (State); Jarvis, Grove, 39-11.5 (State); Johnson, Norman, 39-4.5 (State); Taylor, Stillwater, 39-1.5 (Bart); Simpler, Dickson, 38-11.75 (State).

**Discus:** Dowdy, Ardmore, 141-0 (Col); Wilber, Cherokee, 132-1.25 (Ring); Young, Hulbert, 129-0 (Wyan); Clements, Purcell, 128-9 (State); Crumbo, Hominy, 126-9 (State); Crow, Marlow, 123-8 (State); Dotson, Wynnewood, 122-3 (State); Siems, Jenks, 121-9 (State).

**Long Jump:** Arant, MacArthur, 18-3 (Nor); Morris, Byng, 18-0.5 (State); Liese, Guymon, 18-0 (State); Foster, Forgan, 17-11.5 (State); Harvick, Luther, 17-11 (State); Bashaw, Kelley, 17-11 (State); Young, Midwest City, 17-10.5 (Reg); Lawley, Oktaha, 17-10.5 (State).

**High Jump:** Arant, MacArthur, 5-6 (State); Garr, Choctaw, 5-6 (Yukon); McQueen, Northeast, 5-6 (OU); Rogers, Mannford, 5-6 (State); Faulconer, Vinita, 5-5 (Vin); Brown, McAlester, 5-4 (Ow); Hohlety, Western Heights, 5-4 (Yukon); Lewis, Enid, 5-4 (Yukon); Cardenas, Jenks, 5-4 (OU); Hayes, Santa Fe, 5-4 (Cas); Curry, Norman, 5-4 (Conf); McMurry, Guymon, 5-4 (State).

## COACHES' CORNER

**OKLAHOMA TRACK COACHES ASSOCIATION**--If you were not a member of the OTCA for the 1995-96 school year you need to be sure to join for 1996-97. Selection to the two All-Star teams for post-season competition as a runner or coach requires that the coach be a member. Other benefits include a subscription to *Oklahoma TRACK & FIELD NEWS*, eligibility for State Indoor Meet, summer and winter clinics, coaches Hall of Fame, senior All-Star awards, coaches awards, and much more. Every coach in Oklahoma should be a member of the OTCA. You can join by sending \$35.00 to Pat Lenington, 822 Jona Kay Terrace, Norman, OK 73069.



**4A STATE MEET**--McGuinness senior Robert McLaughlin won the high jump with a leap of 6-4. Photo by Roger Taylor



**5A STATE MEET**--Norman senior, Kyle Bennett, won the 800 meter run with Jenks' Barrett Hall in second. Photo by John Hoke

**BACK ISSUES**  
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**5A STATE MEET**--B.T. Washington's Andrea Bell won both the 100 and 300 meter hurdle races. Photo by John Hoke

## USA Track & Field District Junior Olympic Track Meets

Sites for the USA Track & Field Junior Olympic Track Meets to be held June 1 are: Cascia Hall High School, contact Ed Lacy, Tulsa Spikes, 918-583-6615; Watonga High School, contact Jim Coleman, Watonga Track & Field Club, 405-623-7362 or 405-623-7120; Edmond Memorial High School, contact Karen Benway, Edmond Track Club, 405-348-4776. Athletes will qualify for the State Junior Olympic Track Meet which will be held on the Oklahoma State University track in Stillwater, June 14-15.

For further information on USATF meets and activities contact Loretta Hinkle, Oklahoma City, 405-942-6733.

## College Choices

The following Oklahoma high school seniors have let us know their choice of colleges:

Sarah Harvey, Plainview, University of Oklahoma; Emily McCulloh, Plainview, University of Oklahoma; Amy Norton, Plainview, University of Oklahoma; Andrea Delozier, Norman, University of Oklahoma; Jennifer Fontenot, Bartlesville, University of Oklahoma; Kelleigh Sanders, Elgin, Vanderbilt; Jessica Hoke, Western State of Colorado; Jon Leon, Moore, Arkansas; Don Harris, Wynnewood, University of Oklahoma; Jeremy Cleek, Guthrie, Allen County CC; Brad Donaldson, Little Axe, Allen County CC; Cody Graham, Prague, Allen County CC; Nicki Lanie, Wakita, Oklahoma Baptist University.



# Southwest Missouri State BEARS Cross-Country Camp

July 14-18

## CLINICIAN/COACHING STAFF

*Richard Clark - SMSU Men's Head Cross-Country Coach*

*Jeff Berryessa - SMSU Women's Head Cross-Country Coach*

*Rolando Greene - Member of Bahamian National Team*

*Dave Toby - Head Cross Country Coach, Central HS*

*John Ewing - Boys Head Cross Country Coach, Kickapoo HS  
1993 Missouri State Champs*

*The goal of the Bears' running camp is to be able to run faster, safer; to learn new skills and techniques, and to better understand and use new training concepts in order to be an improved distance/cross-country runner. All runners are ability grouped. Mileage totals during camp runs are used for development only and are of only secondary importance to motivation and for goal setting. Camp is preparation for future training. It is an underlying goal that all campers will have a certain minimum fitness level established before they are ability grouped.*

For Junior High and High School  
Boys and Girls

## Develop Friendships From All Over The Country

*Your day will start out with a morning stretch and run sessions, then move to breakfast, weight training, personal analysis, form analysis technique and drills and then break for lunch. The afternoon starts with a guest speaker, a hands-on session, free time and evaluation then on to the afternoon running track session, camp outings and then dinner. The evenings are filled with a daily camp forum, drawings, camp games, videos and guest speakers.*

For more information write:  
Richard Clark/Jeff Berryessa,  
High School Cross-Country Camp,



*4A STATE MEET--Ardmore senior, Shana Dowdy, won both the shot and discus, setting a new meet record in the shot to go with the discus mark she set last year. Photo by John Hoke*

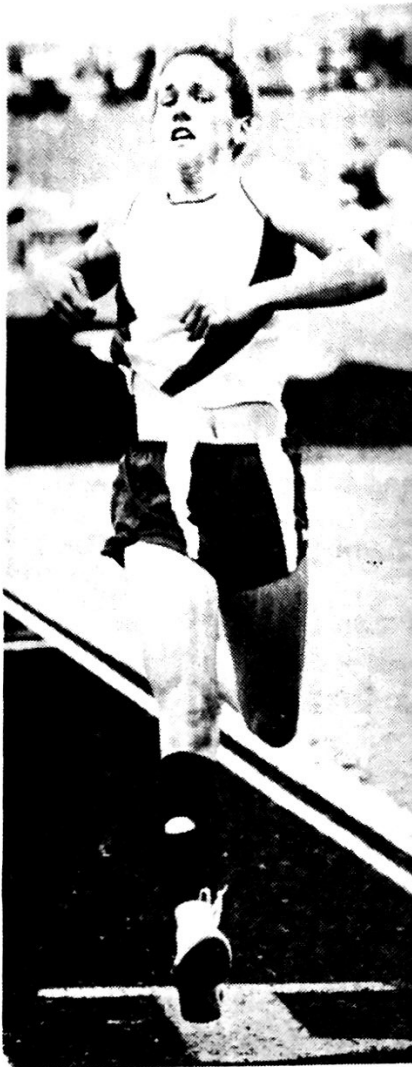


*5A STATE MEET--Yukon's Keely Dean (center) repeated as champion in the 800 meter run with Norman's Hilary Reser in second. Photo by John Hoke*

# 1996 State Meet High Point Scorers

Guthrie junior Brandi Woodard and Hydro sophomore Walt Ginn were the top individual scorers after two weeks of Oklahoma Secondary Schools Activities Association State Track & Field Championship competition in six classes at three sites: Moore High School, the University of Central Oklahoma in Edmond and Choctaw High School.

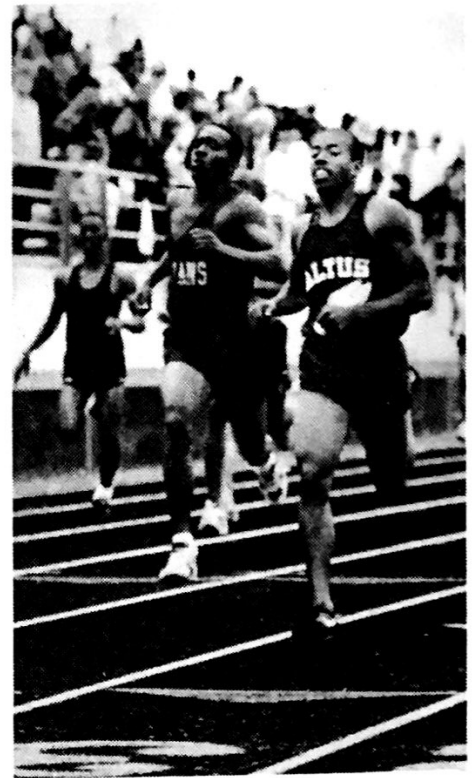
Both won the 800, 1600 and 3200 meter runs and ran on the runnerup 3200 meter relay teams.



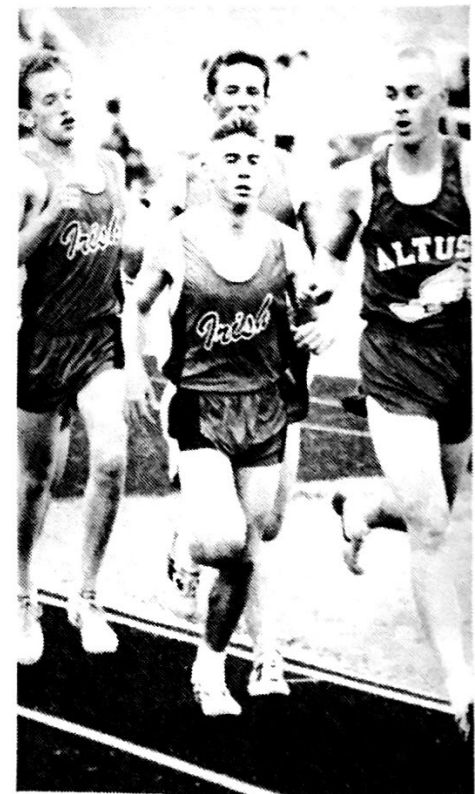
**Brandi Woodard  
Guthrie**



**Walt Ginn  
Hydro**



**4A STATE MEET--Altus junior, Chauncey Raiden, won the 400 meter dash with Carl Albert's Greg Smith second. Photo by John Hoke**



**4A STATE MEET--Altus senior Brian Whitlock (right) won the 3200 when apparent winner McGuinness junior Taylor Styron (middle back) was disqualified. Irish runners Matt Sexauer (left) and Kevin Connolly (middle) were second and third. Photo by John Hoke**



**5A STATE MEET--Enid's Denistra Miller won the 100 meter dash and the long jump as well. Photo by Roger Brown**



**4A STATE MEET--Kelley's Elizabeth Bashaw successfully defended her long jump title, winning with a leap of 17-11. Photo by Roger Brown**





**4A-5A STATE MEET--(From top left clockwise): 4A 110 meter hurdlers clear the first hurdle; Tulsa Central's Bertrain Bailey looks back as he wins the 4A 800 meter run; Northwest Classen's Raven Bruner wins the 4A 300 meter hurdles; Norman's Lashanna Johnson won the 5A shot put; Edmond North's Terrance Wakefield (right) nips teammate Frank Johnson in the 5A 200 meter dash; Bartlesville's Jeremy Ropp won the 5A pole vault. Photos by John Hoke and Roger Taylor**