

# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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*DUNCAN INVITATIONAL--Altus' number-one ranked 4A boy, Brian Whitlock, leads McGuinness rivals Kevin Connolly (right) and Matt Sexauer (left) with Duncan's Ramon Gutierrez (far left) near the mile mark in their 4A-5A boys race held at the Simmons Center in Duncan. Whitlock won over Connolly by a whisker with Sexauer third and the Irish boys took the team title. Full results inside. Photo by John Hoke*

## Ardmore Triangular Ardmore High School 9/19/95

### Girls (1.7 miles)

**TEAM SCORING:** 1. Ardmore 28; 2. Purcell 34; 3. Wynnewood 66

**INDIVIDUALS:** 1. Becky Puckett, Ard. 10:30.8; 2. Beth Mighlortno, Ard. 10:44.67; 3. Jancy Gharkanla, Pur. 10:53.21; 4. Angela Asberry, Ard. 11:48.17; 5. Tia Holman, Ard. 11:49.30; 6. Holly Irwin, Pur. 11:58.43; 7. Lisa Clark, Pur. 12:01.55; 8. Arte Dunaway, Pur. 12:13.60; 9. Kristi Kinard, Wyn. 12:16.28; 10. Rebecca Farris, Pur. 12:17.33.

### Boys (2.7 miles)

**TEAM SCORING:** 1. Ardmore 15; 2. Purcell 47; NS--Wynnewood

**INDIVIDUALS:** 1. Jack Franks, Ard. 14:36.73; 2. Brandon Kinard, Wyn. 14:53.99; 3. Tom Hutton, Ard. 15:29.43; 4. Scott Ounbey, Ard. 15:45.18; 5. Brad Hutton, Ard. 16:26.93; 6. Aaron Blackburn, Ard. 16:36.32; 7. Wilt Warren, Pur. 16:39.01; 8. Dennis Taddock, Ard. 16:43.84; 9. Jacob Voth, Pur. 17:06.68; 10. Keith Beard, Ard. 17:48.06.

## Comet Classic Dickson High School 9/16/95

ARDMORE--Elgin's Kelleigh Sanders gave Plainview's defending state champion Sarah Harvey her first loss of the season while winning the individual title in the Comet Classic here at Dickson High School September 16th. The Velma-Alma girls continued to steamroll everything in their path, including 3A powers while the Dickson boys knocked off Plainview again to win the boys crown behind the individual win of defending state champ David Lampkin.

### Girls

**TEAM SCORING:** 1. Velma-Alma 30; 2. Plainview 56; 3. Jones 85; 4. Tishomingo 127; 5. Lexington 134; 6. Elgin 146; 7. Dickson 173; 8. Lindsay 191; 9. Ardmore 206.

**INDIVIDUALS:** 1. Kelleigh Sanders, El. 12:14; 2. Sarah Harvey, Pla. 12:18; 3. Cindy Fuller, VA. 12:40; 4. Rae Ann McCurry, VA. 13:02; 5. Amy Thacker, VA. 13:04; 6. Crystal Fuller, VA. 13:09; 7. Emily McCulloh, Pla. 13:16; 8. Karen Baumelster, J. 13:18; 9. Kim Herrera, J. 13:20; 10. Becky Harvey, Pla. 13:23.

### Boys

**TEAM SCORING:** 1. Dickson 39; 2. Plainview 67; 3. Duncan 145; 4. Tishomingo 147; 5. Riverstone 150; 6. Elgin 167; 7. Lindsay 167; 8. Marietta 174; 9. Velma-Alma 175; 10. McAlester 205; 11. Ardmore 216; 12. Sulphur 262.

**INDIVIDUALS:** 1. David Lampkin, Dic. 17:08; 2. Mylo Miller, VA. 17:55; 3. Tea Anderson, Riv. 18:11; 4. Cory Clark, Pla. 18:15; 5. Blake Jackson, Dic. 18:21; 6. Ryan Love, Dic. 18:25; 7. Marc Lampkin, Dic. 18:28; 8. Danny Romo, Pla. 18:32; 9. Scott Hutchins, Tish. 18:36; 10. Ernesto Serna, Mar. 18:54.

Next Issue:  
**October 13**

# On TRACK

By John Hoke, Editor

We're past the halfway point in the cross country season now and both team and individual races are beginning to shape up as the volume of competition increases. We were all looking forward to a break from the summer heat but it was a bit of a shock when the record-breaking cold front moved into the state on the last day of summer--brrrr.

Rankings seem to be getting quite a bit of attention these days, especially since the cross country regional assignment committee uses them as a basis for their assignments and the newspapers are printing them on a weekly basis. With all the attention the rankings are getting now I think it's time to explain--again--the basis for them and emphasize the fact that they are only opinions based on past results (received) and that, fortunately, the athletes themselves will decide the final rankings at the state meet in Norman, October 28th.

With the rankings being released on a weekly basis they mostly reflect what happened in the previous week with less weight given to previous weeks and very little or no consideration of next week. This means that if a team or individual is beaten by someone with a lower ranking they will most likely move ahead of them in the rankings for the current week. Weather conditions, tough or easy courses, injuries, other competitions, missing team members, bad races, or other factors that could have influenced the race are not taken into account. Runners that miss two consecutive races for any reason, injury or other, are dropped out of the rankings until they return. My own philosophy is that if you line up to race and get beat you don't make excuses for the loss but prepare to win the next time.

Unfortunately, the regional assignment committee wants to make assignments based on who the best teams are going to be when regionals roll around, as they should. This means that they are going to have to use the whole season's rankings and make their own interpretation of situations that would affect a team's standings. This puts a heavy burden on these individuals and means that they must consider many factors beyond just a ranking in making fair regional assignments. Add to this mix the necessary consideration of actual location in the state and you have a very tough job.

I enjoy doing the rankings--though I never seem to have enough time--because it gives me the opportunity to get pretty familiar with over 160 athletes every week. Hopefully our readers will realize that I'm going to miss someone, spell a name wrong or in general make mistakes but I assure you my intentions are honorable and I really do welcome any form of input from letter to phone calls.

Enough on rankings--regional assignments will appear in the next issue, October 13th.

There are a bunch of great meets coming up but one of my personal favorites is the Chile Pepper Cross Country Festival on the Prairie Grove Battlefield near Fayetteville, Arkansas, October 14th. This is an all-around great event with open citizen's races, college competition and some of the best high school racing in the Southwest. It is an opportunity to see collegiate powerhouses duke it out and then enjoy the best of Oklahoma, Arkansas and others go at it in one BIG high school race, regardless of class. I'll be there, hope you are too.

See you at a cross country race.

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**Duncan Invitational  
Simmons Center  
9/23/95**

DUNCAN--McGuinness captured both 4A-5A team titles in the Duncan Invitational held here at the Simmons Center September 23rd with two-time state champion Jessica Hoke leading a one-two-three Irish sweep with teammates Kelly Long and Brooke Boothe. The Irish boys had a tougher time, edging Midwest City 48-55 with Altus Brian Whitlock the individual winner by a half second over McGuinness freshman Kevin Connolly.

Plainview's defending state champ, Sarah Harvey, turned in another best time with an 11:58 while Dickson's defending state champ, David Lampkin, grabbed the boys best time with a 16:46.

**4A-5A Boys**

**TEAM SCORING:** 1. McGuinness 48; 2. Midwest City 55; 3. Duncan 73; 4. Western Heights 92; 5. Altus 144; 6. Noble 146; 7. Putnam City North 154; 8. Lawton 219; 9. John Marshall 230; NS--Durant.

**INDIVIDUALS:** 1. Brian Whitlock, Al. 17:07.45; 2. Kevin Connolly, McG. 17:07.81; 3. Matt Sexauer, McG. 17:30.43; 4. Toby Flener, Dun. 17:42.66; 5. Ramon Gutierrez, Dun. 17:42.92; 6. Carey Goudeau, MWC. 17:43.77; 7. Anthony Allen, MWC. 17:44.42; 8. Jeremy Foutch, WH. 17:52.67; 9. Matt Hodge, PCN. 18:05.05; 10. Josh Corley, Dur. 18:03.35; 11. Paul Starkus, Dur. 18:06.03; 12. Matt Brown, WH. 18:14.71; 13. Patrick Eberle, McG. 18:15.97; 14. B.J. Milsap, McG. 18:19.35; 15. Dexter Johnson, MWC. 18:20.09; 16. Colin White, MWC. 18:21.44; 17. Anthony Davis, MWC. 18:22.06; 18. Andy Dalrymple, WH. 18:22.94; 19. Manuel Ramirez, Dun. 18:24.04; 20. Rebel Smith, MWC. 18:29.05; 21. Jack Tracy, Nob. 19:30.54; 22. Jonathon Pittman, McG. 18:34.96; 23. Bryan Pickett, Al. 18:36.34; 24. Derek Luper, Dun. 18:38.44; 25. Clayton Earl, Law. 18:39; 26. Vern Baker, Nob. 18:40.48; 27. Ryan Reese, Dun. 18:41.04; 28. Justin Hall, WH. 18:48.63; 29. Reed Knight, PCN. 18:50.23; 30. Steve Lagan, Nob. 18:52.19.

**2A-3A Boys**

**TEAM SCORING:** 1. Dickson 39; 2. Plainview 74; 3. Riverside 92; 4. Velma-Alma 93; 5. Lindsay 96; 6. Elgin 102; 7. Petrolia (Tx) 192; NS--Lexington.

**INDIVIDUALS:** 1. David Lampkin, Dic. 16:46.95; 2. Cory Clark, Pla. 17:07.35; 3. Mylo Miller, VA. 17:07.60; 4. Blake Jackson, Dic. 17:08.34; 5. Charles Cameron, Lin. 17:27.29; 6. Tea Anderson, Rtv. 17:42.26; 7. Dustin Lord, El. 17:45.42; 8. Mark Lampkin, Dic. 17:48.72; 9. Ryan Love, Dic. 17:58.72; 10. Casey Kirkpatrick, VA. 18:00.09; 11. Chris Hoyle, Lin. 18:01.77; 12. Jeremiah Smith, El. 18:03.04; 13. Roland Nez, Rtv. 18:08.84; 14. Bruce Antone, Rtv. 18:09.36; 15. Greg Merlyn, Pla. 18:09.66; 16. Danny Romo, Pla. 18:10.02; 17. Dustin Dew, Dic. 18:12.85; 18. Wes Womack, Pla. 18:22.09; 19. Michael Lytle, Dic. 18:29.16; 20. Kip Jennings, VA. 18:38.87; 21. John Taylor, Lin. 18:54.09; 22. Casey Sims, Pet. 18:57.65; 23. Otho Thomas, Pla. 18:59.63; 24. Steven Branch, Lin. 19:13.39; 25. Daniel Davis, Rtv. 19:15.64; 26. Justin Gullledge, El. 19:16.01; 27. Zach Smith, El. 19:29.05; 28. Michael Madden, Lex. 19:31.86; 29. Brian Firestone, VA. 19:34.97; 30. Jonathon Massey, Dic. 19:41.72.

**4A-5A Girls**

**TEAM SCORING:** 1. McGuinness 21; 2. Noble 55; 3. Altus 92; 4. Western Heights 95; 5. Duncan 107; 6. Putnam City North 128; 7. Lawton 181; NS--Durant, Midwest City, Moore.

**INDIVIDUALS:** 1. Jessica Hoke, McG. 12:44.04; 2. Kelly Long, McG. 12:44.93; 3. Brooke Boothe, McG. 12:47.79; 4. Lori Weaver, Nob. 13:01.86; 5. Kim Settle, Mo. 13:02.41; 6. Marthia Robinson, MWC. 13:04.69; 7. Natalie Drieger, Dur. 13:07.82; 8. Ester Shaw, WH. 13:35.92; 9. Charity Carney, Al. 13:40.29; 10. Maureen Martin, McG. 13:47.37; 11. Nicole Lawrence, NcG. 13:47.37; 12. Melissa Cobb, Nob. 13:56.56; 13. Mary Shaw, WH. 14:00.03; 14. Debbie Logan, Nob. 14:02.04; 15. Kelly Parish, Mo. 14:07.17; 16. Kyna Padgett, Dun. 14:12.38; 17. Jennifer Heller, Nob. 15:18.53; 18. Tracy Arnold, Al. 14:30.44; 19. Courtney Rodgers, McG. 14:35.05; 20. Deverly Casteel, Dun. 14:43.53; 21. Gretchen

Imel, McG. 14:55.29; 22. Autumn Robinson, MWC. 15:09.39; 23. Misty Johnson, Nob. 15:10.47; 24. Tosha Mullinsk, Dur. 15:11.29; 25. Merdeth Cox, MWC. 15:17.45; 26. Melanie Whitlock, Al. 15:27.39; 27. Tebitha Kirkes, WH. 15:28.98; 28. Robin Olsta, PCN. 15:38.86; 29. Amber Willis, Dur. 15:40.69; 30. Amy Wilson, Dun. 15:40.99.

**2A-3A Girls**

**TEAM SCORING:** 1. Velma-Alma 27; 2. Plainview 42; 3. Lexington 95; 4. Elgin 104; 5. Dickson 117; 6. Petrolia (Tx) 164; 7. Riverside 189; NS--Lindsay.

**INDIVIDUALS:** 1. Sarah Harvey, Pla. 11:58.12; 2. Kelleigh Sanders, El. 12:16.97; 3. Cindy Fuller, VA. 12:28.65; 4. Crystal Fuller, VA. 12:42.94; 5. Rae Ann McCurry, VA. 12:50.21; 6. Emly McCulloh, Pla. 12:58.37; 7. Amber Thacker, VA. 13:03.04; 8. Chris Linke, VA. 13:09.96; 9. Becky Harvey, Pla. 13:22.88; 10. Kristi Beckham, Lex. 13:23.86; 11. Dana Sutton, VA. 13:33.44; 12. Amy Norton, Pla. 13:39.33; 13. Tiffany Hurst, El. 13:44.57; 14. Amie Dinson, Pla. 13:55.59; 15. Chance Wheeler, Lex. 13:57.22; 16. Mandy Sims, VA. 14:00.42; 17. Salina Alsenay, Rtv. 14:04.93; 18. Lindsey Hicks, Dic. 14:05.64; 19. Lara Helsey, Lex. 14:06.45; 20. Heather Huey, Dic. 14:08.10; 21. Vera Waller, Pla. 14:09.45; 22. Jennifer Dodson, Lin. 14:26.14; 23. Heather Denman, El. 14:45.64; 24. Kristie Chaney, Pla. 14:52.93; 25. Leslie Colvard, Dic. 14:58.01; 26. Betsy Barber, Lex. 15:18.48; 27. Beth Lewis, Lex. 15:25.12; 28. Shawna Bray, Dic. 15:29.13; 29. Laura Gray, Dic. 15:32.44; 30. Christy Boydston, Dic. 15:32.72.



*DEFENDING 3A STATE CHAMPION and number-one ranked, David Lampkin of Dickson, won the 2A-3A boys race at the Duncan Invitational with the fastest time of the day, 16:46. Photo by John Hoke*

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## Holland Hall Invitational

Tulsa  
9/23/95

### Girls

**TEAM SCORING:** 1. Rogers (Ark) 91; 2. Grove 117; 3. Sapulpa 128; 4. Kelley 134; 5. Union 150; 6. Owasso 186; 7. St. John's (Houston, Tx) 189; 8. Casady 190; 9. Bartlesville 229; 10. Holland Hall 237; 11. Greenhill (Dallas, Tx) 248; 12. Broken Arrow 255; 13. Caney Valley 331; 14. Catoosa 361; 15. Cascia Hall 386; 16. Tahlequah 387; 17. Kansas 404; 18. Mannford 446; 19. Oaks 485; 20. Glenpool 534; NS--Victory Christian.

**INDIVIDUALS:** 1. Tasha Lance, VC, 12:19; 2. Christine Novarra, Ow, 12:38; 3. Megan Riddle, Un, 12:39; 4. Carly McCulley, Gr, 12:42; 5. Stephanie Webb, Bart, 12:45; 6. Karla Hopklns, Bart, 12:49; 7. Melissa Corlett, Pry, 13:03; 8. Caroline Duncan, SJ, 13:04; 9. Jovi Wanamaker, Tah, 13:11; 10. Melissa Housley, Sap, 13:14; 11. Tracy Kmetz, Kel, 13:15; 12. Sara Jurek, CH, 13:18; 13. Katie Wagner, Kel, 13:19; 14. Amanda Wendelken, Cas, 13:26; 15. Heather Anderson, Pry, 13:26; 16. Alli Wilcox, HH, 13:27; 17. Abby Robertson, 13:29; 18. Jessica Zeitler, Rog, 13:29; 19. Tiffany Goetz, Oakridge, 13:35; 20. Angela Potochnik, Rog, 13:37; 21. Erin Sampter, Rog, 13:43; 22. Angela Parker, Mann, 13:47; 23. Amanda Narvaes, Kel, 13:48; 24. Jill Fuqua, Beg, 13:50; 25. Ragan Davis, Rog, 13:53; 26. Cheyenne Lerly, Sap, 13:54; 27. JoAnna Dossett, Ow, 13:54; 28. Mari Munoz, Rog, 13:55; 29. Lachresha Lopez, Un, 14:01; 30. Ali Streaves, Gr, 14:03; 31. Marci Hendrickson, Grh, 14:04; 32. Cydney Adair, Sap, 14:05; 33. Jennifer Roberts, HH, 14:08; 34. Tiffany Crawford, Beg, 14:10; 35. Amber Sreaves, Gr, 14:13; 36. Heather Holland, Ow, 14:14; 37. Brook McElwain, Un, 14:14; 38. Dorothy Faris, Cas, 14:17; 39. Bear Long, Sap, 14:18; 40. Larcombe Teichgraber, SJ, 14:20.

### Boys

**TEAM SCORING:** 1. Rogers (Ark) 24; 2. Union 79; 3. Bartlesville 122; 4. Holland Hall 123; 5. Claremore 162; 6. St. Mark's (Dallas, Tx) 167; 7. Broken Arrow 175; 8. St. John's (Houston, Tx) 176; 9. Sapulpa 247; 10. Owasso 265; 11. Tahlequah 268; 12. Casady 291; 13. Grove 382; 14. Kelley 415; NS--Kinkaid, Victory Christian, Davenport.

**INDIVIDUALS:** 1. Rob Wistrand, Rog, 16:41; 2. David Carroll, Rog, 16:53; 3. Brian Hayes, Bart, 17:09; 4. Brad Friedman, Grh, 17:14; 5. John Balke, HH, 17:18; 6. Steve Oweal, Rog, 17:37; 7. Chris Cummings, Un, 17:40; 8. Jake Wells, Rog, 17:45; 9. Chris Ford, Cla, 17:49; 10. Mike Reynolds, Rog, 17:51; 11. Christopher Johnson, SJ, 17:51; 12. Ben Lake, Sap, 17:52; 13. Brandon Kissack, Bart, 17:57; 14. Ryan Starr, Bart, 17:57; 15. Jeremy Case, Un, 17:58; 16. Dave Brown, BA, 17:58; 17. Scott Anglin, Rog, 17:59; 18. Michael Cupp, Charles Page, 18:01; 19. Kevin Starr, Un, 18:04; 20. Tim Helton, Un, 18:09; 21. Worth Snyder, Kinkaid, 18:11; 22. Daniel Kraus, Grh, 18:15; 23. Greg Carlson, Cla, 18:15; 24. Tim Fehler, VC, 18:17; 25. Jason Geranen, Cla, 18:19; 26. Martin Ankamah, SJ, 18:21; 27. Jeremy Downs, SM, 18:23; 28. Anthony Martinez, Ow, 18:24; 29. Jose Boria, Un, 18:26; 30. Daniel McKinney, Dav, 18:28; 31. Luke Groom, HH, 18:29; 32. Jeremy Sudduth, CH, 18:30; 33. Andy Beasley, Rog, 18:31; 34. Mathew Helm, SJ, 18:31; 35. J.J. McCarthy, SM, 18:34; 36. David Ortigoza, SM, 18:36; 37. Lee Spencer, HH, 18:42; 38. Cason Carter, HH, 18:48; 39. Aaron Young, Tah, 18:50; 40. Ben Hildebrand, HH, 18:53.

## Jayhawk Invitational Lawrence, Kansas 9/16/95

### Women (5k)

**TEAM SCORING:** 1. Georgetown 16; 2. Kansas State 83; 3. Oklahoma State 96; 4. Kansas 102; 5. Loyola-Chicago 111; 6. Central Missouri State 150; 7. Pittsburg State 163.

**INDIVIDUALS:** 1. Miesha Marzell, Gt, 17:50; 2.



*OBU INVITATIONAL--(left to right): Brian Whitlock, Altus; Taylor Styron, McGuinness; Mark Thompson, Edmond Memorial; Welton Jefferson, Eisenhower; and Jason Jones, Santa Fe; at the start of the second mile on the Elks Golf Course in Shawnee. Thompson, defending 5A champion, was the winner with Jones second. Photo by John Hoke*

## Edison Invitational Tulsa 9/15/95

### Girls

**TEAM SCORING:** 1. Grove 82; 2. Kelley 112; 3. Owasso 121; 4. Holland Hall 176; 5. Tahlequah 201; 6. Hale 211; 7. Union 217; 8. Warner 267; 9. B.T. Washington 267; 10. Catoosa 280; 11. Tahlequah Sequoyah 293; 12. Caney Valley 331; 13. Cascia Hall 333; 14. Bartlesville; 15. Edison 406; 16. Mannford 415; 17. Oaks 430; 18. Tulsa Memorial 513; 19. Okmulgee 553; 20. Charles Page 643; NS--Victory Christian, Beggs, Berryhill.

**INDIVIDUALS:** 1. Tasha Lance, VC, 11:47.93; 2. Christina Novarra, Ow, 12:10.35; 3. Carly McCulley, Gr, 12:16.88; 4. Megan Riddle, Un, 12:20.78; 5. Jovi Wanamaker, Tah, 12:28.84; 6. Sara Jurek, CH, 12:32.15; 7. Stephanie Webb, Bart, 12:32.64; 8. Brandy Bratton, Hale, 12:35.23; 9. Amber Sreaves, Gr, 12:37.27; 10. Miley Turnbull, War, 12:38.45; 11. Katie Wagner, Kel, 12:43.11; 12. Amy Bratton, Hale, 12:44.02; 13. Tracy Kmetz, Kel, 14:44.48; 14. Abby Robertson, Gr, 12:55.58; 15. Joanna Dossett, Ow, 13:00.00; 16. Kate Rusley, HH, 13:04.44; 17. Alli Wilcox, HH, 13:05.02; 18. Tawni Wanamaker, Tah, 13:17.23; 19. Ali Sreaves, Gr, 13:17.54; 20. Cassie Neal, CV, 13:18.38; 21. Jill Fuqua, Beggs, 13:18.97; 22. Amanda Narvaes, Kel, 13:21.59; 23. Alicia Towers, Ow, 13:21.87; 24. Jai Scott, Berryhill, 13:22.29; 25. Jennifer Roberts, HH, 13:24.93; 26. Jenny Ne-

mec, Kel, 13:31.37; 27. Tiffany Crawford, Beggs, 13:35.58; 28. Regina Parker, Man, 13:36.02; 29. Tanya Guruswamy, CH, 13:41.58.

### Boys

**TEAM SCORING:** 1. Union 54; 2. Holland Hall 107; 3. Tahlequah Sequoyah 110; 4. Claremore 137; 5. Bartlesville 176; 6. Owasso 216; 7. Tahlequah 217; 8. Hale 310; 9. Tulsa Memorial 337; 10. Mannford 343; 11. Muskogee 346; 12. Pawhuska 361; 13. Catoosa 389; 14. Edison 425; 15. B.T. Washington 443; 16. Kelley 453; 17. Grove 484; 18. Okmulgee 592; NS--Victory Christian.

**INDIVIDUALS:** 1. Michael Cliff, CP, 16:36.84; 2. Jeremy Case, Un, 16:40.49; 3. John Balke, HH, 16:44.04; 4. Tim Fehler, VC, 16:52.47; 5. R. Starr, Bar, 17:04.22; 6. Kody Tsethlikai, TS, 17:05.80; 7. Chris Ford, Cla, 17:06.50; 8. B. Kissack, Bar, 17:07.69; 9. Chris Cummings, Un, 17:17.29; 10. Tim Helton, Un, 17:21.38; 11. Jeremy Sudduth, CH, 17:22.90; 12. Kevin Starr, Un, 17:25.65; 13. Jarrod Mooney, TS, 17:35.13; 14. Greg Carlson, Cla, 17:35.53; 15. David Pennington, Cla, 17:36.12; 16. West Pitcock, Ed, 17:36.28; 17. Anthony Martinez, TM, 17:44.97; 18. John Cunningham, Ow, 17:46.68; 19. Luke Gleason, HH, 17:49.44; 20. Jason Geranen, Cla, 17:53.04; 21. Justin Ware, Cla, 17:57.34; 22. Mike Tillman, Un, 18:02.97; 23. Ben Hildebrand, HH, 18:03.81; 24. Brian Wayland, Kel, 18:04.93; 25. Levi Wacoche, TS, 18:05.31; 26. Dave Carment, Mus, 18:07.70; 27. Joel Villarreal, Un, 18:07.18; 28. Lee Spencer, HH, 18:08.26; 29. J. Marray, Cat, 18:09.14; 30. Laron Young, Tah, 18:09.88.

## Jayhawk Invitational

Continued from page 4

Kirsten O'Hara, unat., 17:54; 3. Regina Gonzalez, Gt. 18:12; 4. Irma Betancourt, KSU, 18:04; 5. Laura Stargess, Gt. 18:26; 6. Fran Lord, Gt. 18:31; 7. Michelle Muehling, Gt. 18:33; 8. Sarah Heeb, K. 18:41; 9. Sandy Thomas, CMSU, 18:41; 10. Jenny Kunz, Gt. 19:04.

**OSU FINISHERS:** 18. Jessica Franzen, 19:16; 19. Danielle Coleman, 19:17; 27. Annie Forsberg, 19:30; 29. Valerie Spencer, 19:33; 49. Ann Colubski, 20:34; 52. Stacy Mahan, 20:54; 54. Jessica Wepfner, 21:05; 60. Charmaine Schmidt, 22:58.

## John Brown University Siloam Springs, Ark. 9/16/95

### Girls

**TEAM SCORING:** 1. Sapulpa 24; 2. Little Axe 38; 3. Broken Arrow 84; 4. Oaks 100; NS--Springdale (Ark), Pryor, Poteau, Westville.

**INDIVIDUALS:** 1. Melissa Housley, Sap. 12:37.57; 2. Melissa Warmjes, Spring. 12:38.34; 3. Amriel Walters, LA. 12:40.99; 4. Heather Anderson, Pry. 13:19.36; 5. Rashelle Phelps, Sap. 13:23.98; 6. Hillary Cochran, LA. 13:30.94; 7. Cheyenne Lierly, Sap. 13:37.49; 8. Lucresha DeLoants, LA. 13:40.86; 9. Katie DeVault, Sap. 13:47.24; 10. Kim Mourton, Sap. 13:47.51; 11. Andrea Long, Sap. 13:48.42; 12. Kara Nutter, Pry. 13:54.80; 13. Jackie Moss, BA. 13:56.29; 14. Elisa Bridgeman, Pot. 14:01.97; 15. Cydney Adair, Sap. 14:05.09; 16. Richelle Pace, LA. 14:06.76; 17. Darlene Dodd, Wv. 14:13.46; 18. Anita Ramirez, Oaks. 14:15.60; 19. Jackie Manie, LA. 14:21.09; 20. Amanda Ford, Wv. 14:23.98; 21. Hertz Blendsowski, BA. 14:26.20; 22. Jessie Brewer, Pot. 14:41.30; 23. Karl Detjen, LA. 14:49.84; 24. Kanyle Miron, BA. 14:50.64; 25. Amber Harrison, LA. 15:00.64.

### Boys

**TEAM SCORING:** 1. Broken Arrow 38; 2. Little Axe 54; 3. Springdale (Ark) 58; 4. Sapulpa 78; 5. Van Buren (Ark) 123; NS--Siloam Springs (Ark), Pryor.

**INDIVIDUALS:** 1. Jeremy Johnson, LA. 17:23.61; 2. Sean Jimenez, Spr. 17:43; 3. Ben Lake, Sap. 17:47; 4. Dave Brown, BA. 17:53; 5. Brach Stiemens, SS. 18:08; 6. Brad Donaldson, LA. 18:10; 7. Stephen Jimenez, Spr. 18:14; 8. Jason McDonald, BA. 18:36; 9. Raymond Swearingen, LA. 18:40; 10. Jason DiMauro, BA. 18:54; 11. Danny Hall, BA. 18:56; 12. Justin Brugger, BA. 18:59; 13. Kyle Webb, BA. 19:06; 14. Gavin Greeson, Sap. 19:10; 15. Mike Smith, LA. 19:14; 16. Daniel Harp, SS. 19:27; 17. Wes Nehterton, Spr. 19:30; 18. Phillip Hayes, Spr. 19:46; 19. David Hill, Sap. 20:05; 20. Cory Green, LA. 20:17; 21. Ron Bullcoming, LA. 20:19; 22. Chris Broyles, VB. 20:19; 23. David Gomez, LA. 20:19; 24. Jesse Beals, Spr. 20:30; 25. David Blood, Sap. 20:32.

## Laverne Invitational Laverne High School 9/23/95

### Girls

**TEAM SCORING:** 1. Laverne 34; 2. Weatherford 52; 3. Wakita 60; 4. Guymon 75; NS--Hydro, Alva, Turpin, Watonga.

**INDIVIDUALS:** 1. Nicki Lante, Wak. 12:51; 2. Ashlea Barby, Lav. 13:32; 3. Kristen Barby, Lav. 13:45; 4. Kiley Deal, Lav. 13:53; 5. Erin Rapp, Wak. 14:08; 6. Erin Curtis, Guy. 14:15; 7. Misty Jones, Hyd. 14:18; 8. Carrie Hennigh, Lav. 14:22; 9. Jyme Thomas, Wea. 14:47; 10. Lacy Christensen, Wea. 14:49; 11. Leslie Shafer, Al. 14:53; 12. Stephanie Beda, Wea. 15:03; 13. Tami Hayes, Wea. 15:05; 14. Emily Lante, Wak. 15:08; 15. Kindra Littrell, Guy. 15:10; 16. Shanah Vassar, Wea. 15:18; 17. Diane Owens, Guy. 15:27; 18. Lindsay Bartlett, Wea. 15:30; 19. Brandy Biby, Wak. 15:39; 20. Kelly Woods, Hyd. 15:41; 21. Kelli Null, Lav. 15:43; 22. Kari Childress, Guy. 15:43; 23. Dian Grederick, Lav. 15:45; 24. Kim Lin, Wea. 16:05; 25. Hannah Wolf, Wea. 16:08; 26.

Cassandra Hamilton, Wea. 16:15; 27. Tristin Musgrove, Wea. 16:19; 28. Wendi Keltaer, Al. 16:25; 29. Gina Massey, Guy. 16:46; 30. Susan Land, Tur. 17:01.

### Boys

**TEAM SCORING:** 1. Hydro 28; 2. Weatherford 36; 3. Guymon 64; NS--Fairview, Alva, Wakita, Turpin, Watonga, Laverne.

**INDIVIDUALS:** 1. Walt Ginn, Hyd. 18:01; 2. Kaleb Hennigh, Lav. 18:13; 3. Matt Donley, Wea. 18:46; 4. Chris Toolako, Hyd. 19:03; 5. Herbie Pebeashy, Hyd. 19:20; 6. Kent Johnson, Fal. 19:23; 7. Ryan Pieper, Hyd. 19:33; 8. Blake Farris, Wea. 19:38; 9. Josh Williams, Wea. 19:45; 10. Corey Johnson, Guy. 19:51; 11. Jason Banks, Guy. 19:54; 12. Mike Lettkeman, Wea. 20:02; 13. Eric Ratterree, Wea. 20:10; 14. Dustin Shoulders, Al. 10:11; 15. Nathan Priest, Guy. 20:21; 16. Nathan Hawkins, Wea. 20:24; 17. Gabe Thrasher, Lav. 20:47; 18. Andy Frame, Wea. 20:49; 19. Nathan Meget, Wea. 20:56; 20. Mike Gossen, Hyd. 21:10; 21. Shawn Hern, Wak. 21:16; 22. Josh Mosburg, Wea. 21:17; 23. Keith Props, Hyd. 21:25; 24. Jeremy Trout, Wea. 21:25; 25. Granger Nix, Wea. 21:28; 26. Chad Headrick, Tur. 21:29; 27. Scott Mitchell, Wea. 21:42; 28. Zac Miller, Guy. 21:54; 29. Kris Janzen, Tur. 22:03; 30. Billy Jack Tate, Guy. 22:06.

## Midwest City Medley Regional Park 9/16/95

**MIDWEST CITY--**The Edmond Memorial boys and McGuinness girls dominated the Midwest City Medley Relays held here at Regional Park September 16th with each team taking a first and fourth in their 4A-5A classes while Casady and Prague traded wins in the 2A-3A classes.

The format for the relays, run over the same course used for the west regional, was

1k-2k-1k-2k-3k, for a total of 9k.

### 4A-5A Girls

**TEAM SCORING:** 1. McGuinness (Hoke, Long, Martin, Lawrence, B. Boothe); 2. Santa Fe (Evans, Daniel, Wart, Jones, McKinney); 3. Westmoore (Cary, Franklin, Adamson, Hassell, Pendley); 4. McGuinness Team 2 (Rogers, Keaton, Burke, Imel, Avery); 5. Santa Fe Team 2 (Ward, Thompson, O'Herrann, Hayes, Jones); 6. Choctaw (Males, A. Hall, J. Hall, Holbrook, Hedd); 7. Westmoore Team 2 (Sexton, Moak, Parsons, Inman, Ball).

### 2A-3A Girls

**TEAM SCORING:** 1. Casady (Baker, London, Parekh, Farris, Wendelken); 2. Prague.

### 4A-5A Boys

**TEAM SCORING:** 1. Edmond Memorial (Wyant, Seat, Phipps, Thompson, Buhl); 2. McGuinness (Moses, Styron, Pitman, Sexauer, Connolly); 3. Mustang (Winter, Justin, Vincent, Black, Wood); 4. Edmond Memorial Team 2 ((Lancaster, Warner, Burkhardt, Johnson, Peterman); 5. Midwest City (Wentworth, Davis, Jackson, Goudeau, White); 6. Weatherford (Williams, Donley, Rafferree, Farris, Letterman); 7. Midwest City Team 2 (Laudermilk, Smith, Hooker, Allen, Johnson).

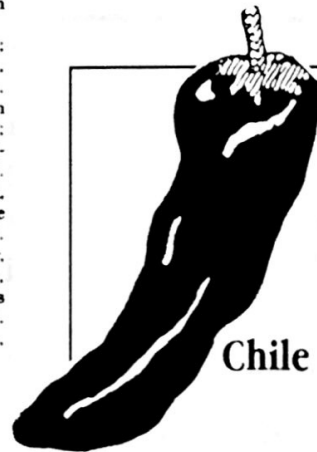
### 2A-3A Boys

**TEAM SCORING:** 1. Prague; 2. Casady (Stakem, Reeves, Robey, Smith, Saadah).

## Oklahoma Baptist University Shawnee 9/14/95

**SHAWNEE--**The number one ranked 4A McGuinness girls won their first go-round against number two Guthrie here in the Oklahoma Baptist University Invitational on the Elks Golf course

Continued on page 8



## SOME LIKE IT HOT!

And HOT means racing on last year's  
NCAA Cross Country Course.

October 14, 1995

## Chile Pepper Cross Country Festival

10K Cross Country Run

1.5 Mile Fun Walk/Run

Prairie Grove Battlefield Park

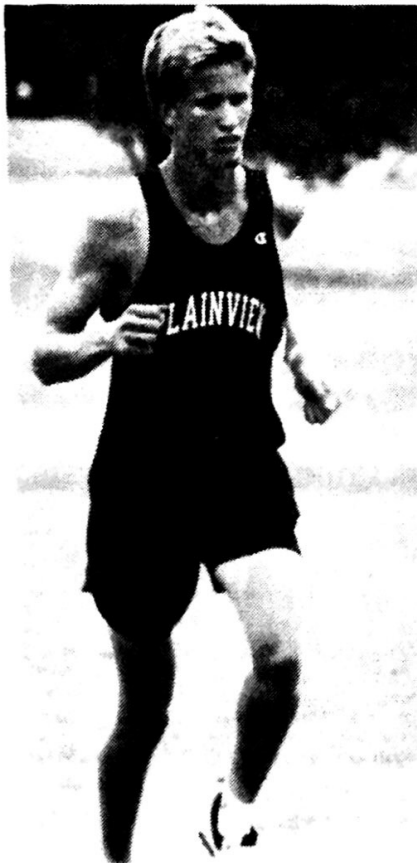
Prairie Grove, Arkansas

Spend a weekend in the Ozarks...

- Authentic cross country at its best. Sure to provide a challenge.
- Champion college cross country teams from across the nation.
- Boy's and girl's high school competitions, region-wide.

For more information or to register, call 1-800-952-1165 or write:  
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#2 University Center, Fayetteville, AR 72701

# Cross Country Team Rankings



*PLAINVIEW'S BEST--Defending state champion Sarah Harvey (top) and Cory Clark were the top individuals in the 2A-3A races at the Oklahoma Baptist University Invitational on the Elks Golf Course in Shawnee. Harvey had the best girls time of the day as well and is the number-one ranked runner in 3A while Clark is second-ranked. Photos by John Hoke*

## 5A Boys

1. Jenks
2. Edmond Memorial
3. Ponca City
4. Norman
5. Union
6. Enid
7. Bartlesville
8. Midwest City
9. Broken Arrow
10. Mustang

## 4A Boys

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

## 3A Boys

1. Dickson
2. Plainview
3. Little Axe
4. Marlow
5. Cascia Hall
6. Mannford
7. Anadarko
8. Pawhuska
9. Elgin
10. Edmond Deer Creek

## 2A Boys

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

## 5A Girls

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

## 4A Girls

1. McGuinness
2. Guthrie
3. Noble
4. Elk City
5. Kelley
6. Altus
7. Western Heights
8. Duncan
9. Hale
10. Ardmore

## 3A Girls

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

## 2A Girls

1. Velma-Alma
2. Laverne
3. Tishomingo
4. Lexington
5. Canton
6. Chisholm
7. Warner
8. Wakita
9. Alva
10. Tahlequah Sequoyah

# GIRLS INDIVIDUAL RANKINGS

## 2A

1. Nicki Lanie  
*Wakita*
2. Mylissa Seifried  
*Canton*
3. Ashlea Barby  
*Laverne*
4. Cindy Fuller  
*Velma-Alma*
5. Ebony Shirley  
*Davis*
6. Kristen Barby  
*Laverne*
7. Crystal Fuller  
*Velma-Alma*
8. Kiley Deal  
*Laverne*
9. Miley Wagner  
*Warner*
10. Dini Pineda  
*Heritage Hall*

Others: Rae Ann McCurry, Velma-Alma; Erin Rapp, Wakita; Amber Thacker, Velma-Alma; Chris Linke, Velma-Alma; Kari Sawyer, Chisholm; Misty Jones, Hydro; Carrie Hennigh, Laverne; Chance Wheeler, Lexington; Kristi Beckham, Lexington; Cassie Gray, Canton.

## 3A

1. Sarah Harvey  
*Plainview*
2. Kelleigh Sanders  
*Elgin*
3. Carly McCulley  
*Grove*
4. Leah McCauley  
*Marlow*
5. Emily McCulloh  
*Plainview*
6. Karen Baumeister  
*Jones*
7. Amriel Walters  
*Little Axe*
8. Becky Harvey  
*Plainview*
9. Melanie Lemons  
*Marlow*
10. Jancy Gharkhanian  
*Purcell*

Others: Gretchen Kohlbacker, Edmond Deer Creek; Kim Herrara, Jones; Dena Dial, Marlow; Sara Jurek, Cascia Hall; Abby Robertson, Grove; Rikki Hazen, Marlow; Amy Norton, Plainview; Cathleen Baumeister, Jones; Angela Parker, Mannford; Tiffany Hurst, Elgin.

## 4A

1. Brandi Woodard  
*Guthrie*
2. Nicole Monroe  
*Guthrie*
3. Jessica Hoke  
*McGuinness*
4. Kelly Long  
*McGuinness*
5. Brooke Boothe  
*McGuinness*
6. Kelli Cowan  
*Guthrie*
7. Amy Bratton  
*Hale*
8. Lori Weaver  
*Noble*
9. Brandy Bratton  
*Hale*
10. Melissa Corlett  
*Pryor*

Others: Tracy Kmetz, Kelley; Katie Wagner, Kelley; Natalie Kreiger, Durant; Becky Puckett, Ardmore; Valerie Smith, Elk City; Heater Anderson, Pryor; Beth Miglionino, Ardmore; Ester Shaw, Western Heights; Charity Carney, Altus; Maureen Martin, McGuinness.

## 5A

1. Andrea DeLozier  
*Norman*
2. Christine Novarra  
*Owasso*
3. Megan Riddle  
*Union*
4. Stephanie Webb  
*Bartlesville*
5. Jessica Gibson  
*Shawnee*
6. Jamie Marden  
*Edmond North*
7. Kristen Jones  
*Santa Fe*
8. Karla Hopkins  
*Bartlesville*
9. Danette Miller  
*Edmond North*
10. Kelli O'Rourke  
*Jenks*

Others: Hilary Reser, Norman; Jovi Wanamaker, Tahlequah; Melissa Housley, Sapulpa; Kim Settle, Moore; Laurie Bean, Edmond Memorial; Randi McKinney, Santa Fe; Martha Robinson, Midwest City; Rosie Solano, Eisenhower; Lindsay Shelters, Moore; Hilary Stiglets, Edmond North.

# BOYS INDIVIDUAL RANKINGS

## 2A

1. Mylo Miller  
*Velma-Alma*
2. Shaun Sawyer  
*Chisholm*
3. Walt Ginn  
*Hydro*
4. Kaleb Hennigh  
*Laverne*
5. Kody Tsethlikai  
*Tahlequah Sequoyah*
6. Jarrod Mooney  
*Tahlequah Sequoyah*
7. Tea Anderson  
*Riverside*
8. Scott Hutchings  
*Tishomingo*
9. Daniel McKinney  
*Davenport*
10. Sam Smith  
*Hydro*

Others: Charles Cameron, Lindsay; Chris Tookalo, Hydro; Renaldo Wiles, Prague; Cody Tahkofper, Carnegie; Ernesto Serna, Marietta; David Walingstick, Tahlequah Sequoyah; Herbie Pebeashy, Hydro; Cody Graham, Prague; Dustin Shoulders, Alva; Kent Johnson, Fairview.

## 3A

1. David Lampkin  
*Dickson*
2. Cory Clark  
*Plainview*
3. Theodore Roundface  
*Anadarko*
4. Jeremy Johnson  
*Little Axe*
5. Dustin Lord  
*Elgin*
6. Marc Lampkin  
*Dickson*
7. Ryan Love  
*Dickson*
8. Jeremiah Smith  
*Elgin*
9. Brad Donaldson  
*Little Axe*
10. Jon Connolly  
*Marlow*

Others: Greg Meryln, Plainview; Jeremy Sudduth, Cascia Hall; Darryl Romo, Plainview; Dustin Dew, Dickson; O.J. Rackler, Marlow; Kevin Minson, Marlow; Wes Womack, Plainview; Raymon Swearingen, Little Axe; Darren Jackson, Grove; Phillip

## 4A

1. Brian Whitlock  
*Altus*
2. Jeremy Cleek  
*Guthrie*
3. Kevin Connolly  
*McGuinness*
4. Brad Spinner  
*Guthrie*
5. Taylor Styron  
*McGuinness*
6. Matt Sexauer  
*McGuinness*
7. Chris Ford  
*Claremore*
8. Toby Filener  
*Duncan*
9. Ramon Gutierrez  
*Duncan*
10. Jeremy Foutch  
*Western Heights*

Others: Greg Carlson, Claremore; Josh Corley, Durant; Paul Starkus, Durant; David Pennington, Edison; Matt Brown, Western Heights; Jason Geranen, Claremore; Patrick Eberle, McGuinness; Brian Comstock, Guthrie; B.J. Millsap, McGuinness; Kurt Knop, Elk City.

## 5A

1. Mark Thompson  
*Edmond Memorial*
2. Welton Jefferson  
*Eisenhower*
3. Michael Pense  
*Jenks*
4. Jason Jones  
*Santa Fe*
5. Jeremy Buhl  
*Edmond Memorial*
6. Anthony Wilson  
*Shawnee*
7. Paul Paschal  
*Ponca City*
8. Jeff Reid  
*Jenks*
9. Brian Hayes  
*Bartlesville*
10. Jeremy Case  
*Union*

Others: Michael Cliff, Charles Page; Jared Rogers, Enid; Patrick Becker, Jenks; Chad Niemann, Ponca City; Rob Seat, Edmond Memorial; Chris Cummings, Union; Ben Lake, Sapulpa; Jordan James, Jenks; Jess Hyder, Eisenhower; J.P. Jankas, Shawnee.



**DUNCAN INVITATIONAL--McGuinness'** Brooke Boothe (left) leads teammate Jessica Hoke at the Simmons Center. The Irish went one-two-three with Hoke, Kelly Long and Boothe, in the 4A-5A girls race to notch their fourth team victory of the season. Photo by John Hoke

## Oklahoma Baptist University

Continued from page 5

September 14th. The Irish were without top-ranked Ashley Boothe who was out with an injured hip. Plainview's Sarah Harvey had the fastest time of the day but her Indian's were edged by Grove, 40-47, for the team title.

Edmond Memorial's Mark Thompson led the Bulldogs to the 4A-5A team title with the fastest boys time of the day with a 16:01.

### 4A-5A Girls

**TEAM SCORING:** 1. McGuinness 59; 2. Guthrie 69; 3. Edmond North 102; 4. Edmond Memorial 140; 5. Eisenhower 159; 6. Noble 186; 7. Norman 205; 8. Enid 260; 9. Ponca City 275; 10. Duncan 293; 11. Altus 295; 12. Putnam City North 339; 13. Carl Albert 372; 14. Shawnee 374; 15. MacArthur 421; 16. Choctaw 499; NS--Durant, Moore.

**INDIVIDUALS:** 1. Andrea DeLozier, Nor. 12:14.40; 2. Brandi Woodard, Gu. 12:16.61; 3. Nicole Monroe, Gu. 12:37.78; 4. Brooke Boothe, McG. 12:39.90; 5. Jessica Hoke, McG. 12:43.55; 6. Danette Miller, EN. 12:44.18; 7. Jamie Marden, EM. 12:44.39; 8. Kelli Cowan, Gu. 12:44.84; 9. Kelly Long, 12:45.25; 10. Hilary Reser, Nor. 12:52.02; 11. Lori Weaver, Nob. 12:59.53; 12. Natalie Krieger, Dur. 13:08.61; 13. Kim Settle, Mo. 13:09.05; 14. Lindsay Shelters, Mo. 13:09.46; 15. Roste Solano, lke. 13:15.51; 16. Laura Beam, EM. 13:16.0; 17. Kenyatta Jones, lke. 13:17.28; 18. Heather Miles, Moore. 13:21.16; 19. Jessica Morton, EN. 13:26.91; 20. Nicole Lawrence, McG. 13:27.50; 21. Lauren Avery, McG. 13:35.67; 22. Hilary Stiglets, EN. 13:36.01; 23. Charty Canney, Al. 13:42.54; 24. Adrienne Alvarez, lke. 13:43.27; 25. Samantha Privette, Gu. 13:45.10

### 2A-3A Girls

**TEAM SCORING:** 1. Grove 40; 2. Plainview 47; 3. Marlow 81; 4. Lexington 109; 5. Tuttle 160; 6.

## Junior High State Meet

The Second Annual Junior High State Cross Country Championships will be held again at Woodson Park, 3299 S. May, in Oklahoma City, Saturday, October 7th. All sixth, seventh and eighth grade students are eligible to compete--no ninth graders can compete.

Girls will race 2400 meters with the boys going 3200 meters. There will be two races this year, one for the top seven runners from each school and an open race for all others. The top three teams and top 25 runners will receive awards in the main race and the top 25 individuals in the open race.

Pre-registration is required by Oct. 5th, no race day entries will be accepted. For further information contact Jimmy Brackeen, 405-658-2619 (school) or 658-9336 (home).

Oklahoma Christian School 161; NS--Davis, Heritage Hall, Holdenville.

**INDIVIDUALS:** 1. Sarah Harvey, Pla. 11:56.48; 2. Carly McCulleyl, Gr. 12:34.99; 3. Leah McCauley, Mar. 12:55.78; 4. Emily McCulloh, Pla. 13:02.82; 5. Ebony Shirley, Dav. 13:08.68; 6. Amber Sreaves, Gr. 13:17.39; 7. Dini Pineda, HH. 13:22.14; 8. Abby Robertson, Gr. 13:24.78; 9. Melanie Lemmons, Mar. 13:25.53; 10. Kristi Beckman, Lex. 13:27.41; 11. Ali Sreaves, Gr. 13:33.74; 12. Amy Norton, Pla. 13:41.51; 13. Cheryl VanLear, Gr. 13:46.94; 14. Mandy Orr, Pla. 13:47.74; 15. Dena Dial, Mar. 13:52.41; 16. Kera Waller, Pla. 14:10.56; 17. Ganiens George, Hol. 13:54.18; 18. Stefanie Burton, Tut. 14:09.57; 19. Becky Harvey, Pla. 14:10.56; 20. Lara Helsey, 14:11.89; 21. Amlie Denson, Pla. 14:19.85; 22. Rikki Hazen, Mar. 14:23.56; 23. Becky Barber, Lex. 14:32.85; 24. Mindy Burks, OCS. 14:38.79; 25. Chance Wheeler, Lex. 14:42.89.

### 4A-5A Boys

**TEAM SCORING:** 1. Edmond Memorial 59; 2. Ponca City 104; 3. McGuinness 133; 4. Norman 141; 5. Enid 176; 6. Shawnee 179; 7. Moore 185; 8. Guthrie 196; 9. Santa Fe 259; 10. Edmond North 280; 11. Altus 291; 12. Putnam City 296; 13. Duncan 326; 14. Noble 336; 15. Carl Albert 338; 16. Putnam City North 296; 17. Choctaw 558; NS--Eisenhower.

**INDIVIDUALS:** 1. Mark Thompson, EM. 16:01.95; 2. Jason Jones, SF. 16:15.13; 3. Jeremy Buhl, EM. 16:18.98; 4. Paul Paschal, PonC. 16:22.4; 5. Anthony Wilson, Shaw. 16:25.70; 6. Brian Whitlock, Altus. 16:32.35; 7. Jeremy Cleek, Gu. 16:34.09; 8. Jared Rogers, Enid. 16:39.54; 9. Rob Seat, EM. 16:42.0; 10. Kevin Connolly, McG. 16:45.91; 11. Jess Hyder, lke. 16:48.13; 12. Brad Spinner, Gu. 16:49.28; 13. Taylor Styron, McG. 16:54.84; 14. David Metzger, PonC. 16:57.33; 15. J.P. Sankas, Shaw. 16:57.95; 16. Blake Collins, EN. 17:02.84; 17. Tim Boyls, Nor. 17:03.82; 18. Eric Wyant, EN. 17:04.30; 19. Chris Waring, SF. 17:05.51; 20. Chad Neiman, PonC. 17:11.14; 21. Kelvin Robinson, lke. 17:13.26; 22. Chris McWatters, Mo. 17:15.33; 23. Sam Stakup, PonC. 17:16.55; 24. Matt Sexauer, McG. 17:17.13; 25. Kyle McCoy, Mo. 17:17.70

### 2A-3A Boys

**TEAM SCORING:** 1. Plainview 32; 2. Anadarko 59; 3. Marlow 80; 4. Grove 194; 5. Heritage Hall 114; NS--Holdenville, Heavner, Oklahoma Christian School, Lexington.

**INDIVIDUALS:** 1. Cory Clark, Pla. 16:39.61; 2. Theodore Roundface, Ana. 17:19.09; 3. Kevin Minton, Mar. 17:26.42; 4. Wes Womack, Pla. 17:32.04; 5. O.J. Rackler, Mar. 17:44.19; 6. Danny Romo, Pla. 17:53.78; 7. Sean Strickland, HH. 18:18.06; 8. Otho Thomas, Pla. 18:36.45; 9. Phillip Tiger, Hol. 18:38.18; 10. Bill Tinney, Gr. 18:42.73; 11. Jared Williams, Ana. 18:51.42; 12. Lee Tsatoke, Ana. 18:59.81; 13. Chris Hare, Pla. 19:02.60; 14. Doug Vrooman, HH. 19:11.09; 15. Justin Teel, Gr. 19:32.06; 16. William Screws, Ana. 19:43.34; 17. Jason Mitchell, Hea. 19:52.60; 18. Brett Taylor,

Ana. 20:05.55; 19. Jordan Slater, OCS. 20:08.48; 20. Michael Madden, Lex. 20:17.56; 21. Johnny Chevers, Mar. 20:51.73; 22. Blake O'Brien, Gr. 21:00.99; 23. Hector Romo, Pla. 21:21.02; 24. Shannon Dover, Lex. 21:23.28; 25. Bryan Booker, Mar. 21:33.59.

## 26th Oklahoma Christian University Invitational Oklahoma City 9/16/95

### Men (8k)

**TEAM SCORING:** 1. Southwestern (Kan) 48; 2. Central Oklahoma 55; 3. Oklahoma Baptist 67; 4. Oklahoma Christian 79; 5. Southern Nazarene 122; 6. Tabor (Kan) 136; NS--Kansas Wesleyan

**INDIVIDUALS:** 1. Abel Kahunt, UCO. 26:19; 2. Frank Simon, UCO. 26:23; 3. Mike Shaw, SW. 27:23; 4. Martin Reid, OBU. 27:37; 5. Tommy Gooch, OC. 27:45; 6. Troy Jordan, SW. 27:49; 7. Chance Rush, OBU. 27:52; 8. Wes Gunter, OC. 27:53; 9. Jeremy Jost, Tabor. 27:55; 10. Jason Braun, SW. 28:01; 11. Darrell Jeffries, UCO. 28:11; 12. Jeff Prothro, SW. 28:17; 13. Casey Langdon, OC. 28:19; 14. Jeremy Hughes, OBU. 28:21; 15. Zac Johnson, OBU. 28:24; 16. Jared Black, SNU. 28:38; 17. Shawn Papon, SW. 28:40; 18. Omar Rutz, SNU. 28:43; 19. Shawn Johnson, UCO. 28:54; 20. Preston Richert, SW. 28:56; 21. Josue Martinez, SNU. 29:11; 22. Gyendell Miller, UCO. 29:16; 23. Brandon Shultz, UCO. 29:17; 24. Jon Cunningham, SW. 29:21; 25. Joe Podoll, OC. 29:25.

### Women (5k)

**TEAM SCORING:** 1. Southwestern (Kan) 38; 2. Southern Nazarene 41; 3. Central Oklahoma 105; 4. Oklahoma Baptist 117; 5. Oklahoma Christian 132; 6. Southwestern State (Ok) 135; 7. Southeastern State (Ok) 176; 8. East Central (Ok) 181; 9. Kansas Wesleyan 267.

**INDIVIDUALS:** 1. Raquel Rios, SWK. 19:21; 2. Kim Winter, SNU. 19:33; 3. Misty McWilliams, SWK. 20:23; 4. Alicia Andrews, OC. 20:25; 5. Stephanie Miller, SNU. 20:27; 6. Carrie Cook, SWK. 20:30; 7. Nicole Goldstein, SWOK. 20:37; 8. Katie Samartja, UCO. 20:50; 9. Melissa Flood, OBU. 21:01; 10. Jamie Hughes, SNU. 21:08; 11. Jessica Zapata, SNU. 21:10; 12. Heidi Hull, SWK. 21:14; 13. Chrissy Guild, SNU. 21:22; 14. Lori Williams, SNU. 21:27; 15. Andrea Haley, UCO. 21:31; 16. Tori Helmer, SWK. 21:36; 17. Hope Abbott, OC. 21:37; 18. Tara Overtreet, SWOK. 21:39; 19. Pam Richert, SWK. 21:47; 20. Lacey Sanford, SE. 21:53; 21. Dena Ensign, SWK. 21:54; 22. Lori Hogan, OBU. 21:55; 23. Leslie Zielny, UCO. 22:17; 24. Naimi Ramos, SE. 22:18; 25. Kimberly Armstrong, OBU. 22:22.

## Cowboys Duals Stillwater 9/16/95

### Women

**TEAM SCORING** (dual meet format): Southwest Missouri State 26. Wichita State 32; Tulsa 28. Wichita State 30; Wichita State 19. Oral Roberts 36; Tulsa 26. Southwest Missouri State 29; Southwest Missouri State 15. Oral Roberts 48; Tulsa 15. Oral Roberts 50.

**INDIVIDUALS:** 1. Dorothy Mellady, WS. 11:36.32; 2. Bev Serdon, WS. 11:50.12; 3. Rachel Hasser, TU. 11:54.61; 4. Jennifer Thompson, SWMS. 12:00.79; 5. Kirsten Aven, TU. 12:01.18; 6. Teresa Manning, TU. 12:05.48; 7. Karina Milan, SWMS. 12:11.16; 8. Katey Parsons, SWMS. 12:13.68; 9. Christy Horn, SWMS. 12:16.14; 10. Elizabeth Nopper, WS. 12:19.92

### Men

**TEAM SCORING** (dual meet format): Oklahoma State 15. Wichita 47; Oklahoma State 15. Oral Roberts 50; Wichita State 16. Oral Roberts 43.

**INDIVIDUALS:** 1. Jon Wild, OSU. 19:39.47; 2. Daniel Mutal, OSU. 19:39.97; 3. Ian Don Wauchope, OSU. 19:40.79; 4. Elphonso Curley, OSU. 19:45.33;

Continued on page 10



# The Athlete's Kitchen

## START YOUR ENGINES: The ABC's of Sports Nutrition

By Nancy Clark, MS, RD

Always eat breakfast! Be sure to fuel-up so you'll have plenty of energy to exercise and enjoy a high energy day.

Beer is a poor source of carbohydrates; it also has a dehydrating effect.

Carbohydrates are essential to fuel-up and refuel your muscles. Eating carbs within two hours before and after you exercise helps you perform better and recover faster. Good choices include juices, bananas, raisins, cereal, pasta.

Dehydration needlessly slows you down, so be sure to drink plenty of fluids before you exercise.

Because the kidneys require about 45-90 minutes to process fluids, drink in advance, pee, then tank-up again beforehand.

E is one vitamin that is hard to get through your diet in doses large enough to protect your health. A daily supplement of 200 to 400 IUs may be a wise nutritional investment--and may even enhance recovery from injuries.

Food is fuel--not a 'fattening enemy' as some weight-conscious athletes might believe. If you obsess about food and weight, call 1-800-366-1655 (American Dietetic Association) for a referral to a local sports nutritionist.

Gatorade and other sports drinks are designed to be used by athletes during exercise that lasts longer than 60 to 90 minutes. Water is fine during ordinary exercise that lasts less than an hour--and is much less expensive!

Hypoglycemia--as characterized by light-headedness, fatigue, and inability to concentrate--is preventable. Be sure to eat enough before you work out, perhaps 200 to 400 calories as tolerated in the hour or two beforehand.

Invest in a microwave oven and a freezer, so you can quickly enjoy dinners with minimal fuss and clean-up.

Junk food can be a legitimate part of your sports diet as long as you eat small amounts. That is, it's OK to enjoy a few cookies after eating a wholesome dinner, but don't try to rationalize eating several cookies instead of dinner.

Keep track of calories (not just fat grams) if you want to lose weight. You'll reduce body fat only if you create a calorie deficit. Even excess carbohydrates can be fattening when you eat too many jelly beans and bagels!

Lifting weights is the key to building muscles. For energy to lift weights, you need extra carbohydrates plus adequate (but not excessive) protein to support muscular growth. Target 0.5-0.75 grams of protein per pound of body weight.

Meats such as beef, pork, and lamb can be a good addition to your sports diet--as long as they are lean. Red meats are among the best sources of iron (helps prevent anemia) and zinc (aids with muscular growth and healing).

Never eat anything different or unusual before an important competition. You may discover, much to your dismay, that the food or fluid settles poorly and hurts your performance. Always experiment with sport-food during training.



Olive oil is a heart-healthy oil to include in a sports diet. Although excess calories from oil and other fats can be fattening, a little bit of fat balances your diet, adds taste and contributes to satiety (a pleasant full feeling).

Protein is an important part of a sports diet, needed for muscles and hormones. Female athletes who eat too little protein may stop menstruating. This enhances their risk of stress fractures and other injuries.

Quick energy sources are important during exercise that lasts more than 90 minutes. Target about 200 to 300 calories per hour after the first 90 minutes of exercise. Try sports drinks, diluted juice, sports bars--even gummy bears!

Rest is an important part of a training program; your muscles need time to recover. Plan one or two days off per week. Expect to feel just as hungry; your depleted muscles will be busy refueling by storing carbohydrates.

Sweet cravings are a sign that you've gotten too hungry. Experiment with having a bigger breakfast and lunch, to see if that alleviates the problem--as well invests in higher energy during the day and a better quality sports diet.

Thinner is not always better. If the cost of attaining your desired thinness is too few calories and too little food, be forewarned that injuries will likely take their toll. Good weight goals are to be fit and healthy--not just sleek and slim.

Urine that is pale yellow indicates that you've had enough to drink. Dark, concentrated urine indicates that you need to keep drinking! Don't rely on your thirst to determine if you've had enough fluids--drink extra to be sure.

Vegetarian athletes need to add plant proteins and not just subtract animal foods. Chili with beans, tofu, hummus and peanut butter are just a few suggestions for non-meat eaters who want to eat a balanced vegetarian diet.

Weight is more than a matter of will power; genetics plays a significant role. Top determine an appropriate weight for your genetics, compare yourself to your family members. The apple doesn't

fall to far from the tree.

Xtra vitamins are best found the 'all natural' way; in dark, colorful vegetables such as broccoli, spinach, peppers, tomatoes and carrots, or in fresh fruits such as oranges, grapefruit, cantaloupe, strawberries and kiwi. Chow down!

Yes, even you can optimally fuel your engines. The trick is: Don't get too hungry. When too hungry, you'll be less likely to care about what you choose and simply grab the handiest food around--but perhaps not the healthiest.

Zipp and zingy--that's how you'll feel when you fuel yourself with premium nutrition. Eat well; enjoy your energy!

Nancy Clark, RD, is author of her popular **Sports Nutrition Guidebook** (\$18) and her nutrition guide for endurance athletes, **The NYC Marathon Cookbook** (\$23). Send a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.





**OBU INVITATIONAL**--Plainview runners lead Anadarko's Theodore Roundface near the end of the first mile on the Elk's Golf Course in Shawnee. Plainview won the team title and Roundface finished second. Photo by John Hoke

## Cowboy Duals

Continued from page 8

5. Paul De La Cerda, OSU, 20:12.99; 6. Kim Critchley, OSU (unatt), 20:25.80; 7. Marc Wilson, WSU, 20:36.62; 8. Dan Mellady, WSU, 21:15.46; 9. Casey Pohlenz, WSU, 21:22.50; 10. Jeff McDaniel, OSU (unatt), 21:26.25.

## UCO/Arcadia Lake Challegne Edmond 9/21/95

**EDMOND**--Conditions were deplorable for the University of Oklahoma/Lake Arcadia Challenge held here at Lake Arcadia September 21st. It was raining with temperatures in the 40's and the course was a quagmire. Grove's Carly McCulley had the fastest time of the day with a 13:07 but the 4A-5A girls lead group got off course by about 300 yards which skewed the results.

Edmond Memorial's Mark Thompson had the fastest boys time with an 18:07 while leading the Bulldogs to the 4A-5A team title.

Marlow girls, the defending state champs, managed to edge Grove for the first time this year in the 2A-3A girls division.

The university division races were held the following day with Southern Nazarene winning the women's title behind the individual win of former Mustang star Kim Winter and Central Oklahoma took the men's race with Abel Kahuni the individual winner.

### 2A-3A Girls

**TEAM SCORING:** 1. Marlow 40; 2. Grove 45; 3. Casady 61; 4. Tahlequah Sequoyah 97; 5. Oklahoma Christian School 110; NS--Heritage Hall.

**INDIVIDUALS:** 1. Carly McCulley, Gr. 13:07; 2. Leah McCauley, Mar. 13:35; 3. Amanda Wendelken,

Cas. 13:56; 4. Melante Lemons, Mar. 14:00; 5. Dena Dial, Mar. 14:11; 6. Dini Penada, HH. 14:13; 7. Amber Sreaves, Gr. 14:13; 8. Ali Sreaves, Gr. 14:48; 9. Rikki Hazen, Mar. 14:49; 10. Lucy London, Cas. 14:50.

### 2A-3A Boys

**TEAM SCORING:** 1. Tahlequah Sequoyah 30; 2. Riverdale 74; 3. Marlow 80; 4. Anadarko 101; 5. Casady 118; 6. Grove 134; 7. Heritage Hall 138.

**INDIVIDUALS:** 1. Kody Tsethlikai, TS. 18:54; 2. Jarrod Mooney Mooney, TS. 19:06; 3. Tea Anderson Riv. 19:12; 4. Theodore Roundface, Ana. 19:34; 5. Jon Connolly, Mar. 19:43; 6. O.J. Rackler, Mar. 19:47; 7. David Walngstck, TS. 20:05; 8. Kevin Minton, Mar. 20:16; 9. Levi Wacoche, TS. 20:17; 10. Darren Jackson, Gr. 20:27.

### 4A-5A Girls

**TEAM SCORING:** 1. Edmond Memorial 44; 2. Santa Fe 57; 3. Edmond North 60; 4. Guthrie 71; 5. Shawnee 105.

**INDIVIDUALS:** 1. Jessica Gibson, Shaw. 13:25; 2. Megan Mitchell, EM. 14:11; 3. Jennifer Wards, SF. 14:14; 4. Jale Marden, EM. 14:17; 5. Kristin Jones, SF. 14:18; 6. Brandi Woodard, Gu. 14:19; 7. Laurie Bean, EM. 14:20; 8. Danette Miller, EN. 14:22; 9. Hillary Stiglets, EN. 14:27; 10. Kelli Cowan, Gu. 14:30.

### 4A-5A Boys

**TEAM SCORING:** 1. Edmond Memorial 40; 2. Ponca City 72; 3. Guthrie 93; 4. Mustang 114; 5. Shawnee 117; 6. Moore 125; 7. Edmond North 159; 8. Santa Fe 170.

**INDIVIDUALS:** 1. Mark Thompson, EM. 18:07; 2. Jason Jones, SF. 18:19; 3. Jeremy Buhl, EM. 18:24; 4. Anthony Wilson, Shaw. 18:29; 5. Paul Paschal, PonC. 18:34; 6. Jeremy Cleek, Gu. 18:36; 7. Chad Niemann, PonC. 18:37; 8. Rob Seat, EM. 18:48; 9. J.P. Jankas, Shaw. 18:48; 10. Brad Spinner, Gu. 19:00.

### Women (5k)

**TEAM SCORING:** 1. Southern Nazarene 39; 2. Ambassador 80; 3. Oklahoma Baptist 105; 4. Central Oklahoma 131; 5. West Texas A&M 142; 6. Southwestern 148; 7. Oklahoma Christian 173; 8. East Central 211; 9. Southeastern 215; 10. Northeastern 227; 11. Langston 258.

**INDIVIDUALS:** 1. Kim Winter, SNU. 19:44; 2. Christy Arner, AU. 20:23; 3. Stephanie Miller, SNU. 20:39; 4. Nicole Goldston, SW. 20:41; 5. Alicia Andrews, OC. 20:51; 6. Melissa Flood, OBU. 20:51; 7. Kate Samartja, UCO. 20:57; 8. Leslie Stacey, AU. 21:03; 9. Christian Bentley, WT. 21:10; 10. Jayme Hughes, SNU. 21:16; 11. Kathy Arvidsor, WT. 21:17; 12. Crissy Guild, SNU. 21:20; 13. Kristy Strickland, SNU. 21:32; 14. Amy Arner, NSU. 21:32; 15. Jessica Zapata, SNU. 21:36; 16. Becky Mojeau, AU. 21:39; 17. Andrea Haley, UCO. 21:40; 18. Lacy Sanford, SE. 21:41; 19. Tara Overstreet, SW. 21:42; 20. Lori Hogan, OBU. 21:51.

### Men (8k)

**TEAM SCORING:** 1. Central Oklahoma 38; 2. Oklahoma Baptist 50; 3. Oklahoma Christian 92; 4. Southern Nazarene 93; 5. Ambassador 97; 6. West Texas A&M 163.

**INDIVIDUALS:** 1. Abel Kahuni, UCO. 25:10; 2. Allan Kiuna, AU. 25:52; 3. Frank Simon, UCO. 25:53; 4. Chance Rush, OBU. 26:31; 5. Martin Reed, OBU. 26:32; 6. West Gunnar, OC. 26:44; 7. Darrell Jeffries, UCO. 27:01; 8. Josue Martinez, SNU. 27:12; 9. Jeremy Huey, OBU. 27:15; 10. Jared Black, SNU. 27:17; 11. Zac Johnson, OBU. 27:21; 12. Casey Langdon, OC. 27:34; 13. Quendell Miller, UCO. 27:34; 14. Shawn Johnson, UCO. 27:35; 15. Joe Podoll, OC. 27:36; 16. Brandon Schultz, UCO. 27:37; 17. Jeremy Ramsey, AU. 27:37; 18. Brent Murphy, WT. 27:46; 19. Omar Ruiz, SNU. 27:48; 20. Josh Gingrich, UCO. 27:50.

## Watonga Invitational Watonga High School 9/16/95

### Boys

**TEAM SCORING:** 1. Hydro 27; 2. Elk City 48; 3. Chisholm 54; 4. Edmond Deer Creek 107; NS--Alva, Carnegie, Fairview, Glencoe, Watonga.

**INDIVIDUALS:** 1. Shaun Sawyer, Chi. 13:56; 2. Caleb Hennigh, Lav. 14:17; 3. Derek Lieser, Chi. 14:33; 4. Sam Smith, Hy. 14:43; 5. Walt Ginn, Hy. 14:54; 6. Chris Tookalo, Hy. 14:56; 7. Herby Pebeashy, Hy. 14:57; 8. Kurt Knop, EC. 14:59; 9. Dustin Shoulders, Alva. 15:03; 10. Kent Johnson, Fair. 15:03; 11. Marc Crow, EC. 15:04; 12. Kenneth Cates, Gl. 15:04; 13. Ryan Pieper, Hy. 15:09; 14. John Shirley, EC. 15:12; 15. Tim Walling, EC. 15:19; 16. James Banks, EC. 15:22; 17. Utah Robinson, EC. 15:26; 18. Richard Schneburger, EC. 15:32; 19. Heath Payton, EC. 15:38; 20. Joe Ray, EDC. 15:39; 21. Dusty Edsall, Wat. 15:47; 22. Carl Tahkopper, Car. 15:48; 23. Brant Bishop, Chi. 15:48; 24. Jeremy Clifton, Chi. 15:52; 25. Jamey Unruh, Chi. 15:57.

### Girls

**TEAM SCORING:** 1. Laverne 43; 2. Elk City 46; 3. Canton 60; 4. Chisholm 75; 5. Alva 117; 6. Hennessey 140; NS--Deer Creek-Lamont, Glencoe, Hydro, Okeene, Timberlake, Watonga.

**INDIVIDUALS:** 1. Mylissa Seifried, Can. 9:31; 2. Ashlea Barby, Lav. 8:33; 3. Gretchen Kohlbacher, EDC. 9:37; 4. Valerie Smith, EC. 9:39; 5. Jennie Sherman, EC. 9:49; 6. Cori Dirickson, EC. 9:50; 7. Kristen Barbie, Lav. 9:52; 8. Kiley Deal, Lav. 10:01; 9. Karl Sawyer, Chi. 10:06; 10. Misty Jones, Hy. 10:08; 11. Carrie Hennigh, Lav. 10:15; 12. Joni Alexander, EDC. 10:22; 13. Jaci McGuar, Chi. 10:24; 14. Cassie Gray, Can. 10:26; 15. Amanda Cantrell, EC. 10:28; 16. Kelly Moore, Can. 10:34; 17. Halah Long, Al. 10:35; 18. Corrie Jones, EDC. 10:38; 19. Anna Boyd, Oke. 10:41; 20. Kelsi Bond, Can. 10:45; 21. Lindsay Voss, Chi. 10:47; 22. Leslie Shafer, Al. 10:52; 23. Amanda Nelson, Chi. 10:53; 24. Kelli Null, Lav. 10:59; 25. Jordan Garrtrott, Can. 11:02.

## Tulsa All-City O'Brien Park 9/21/95

**TULSA**--Hale captured both the boys and girls team titles in the Tulsa All-City meet held here at

Continued on page 11

## Tulsa All-City

Continued from page 10

O'Brien Park September 21st in record low temperatures and a steady rain. Amy Bratton led a one-two-three sweep for the Rangers, beating sister Brandy and Krista Zachariae for the top individual honors. Edison's David Pennington took the top boys spot.

### Boys

**TEAM SCORING:** 1. Hale 41; 2. Edison 65; 3. Tulsa Memorial 83; 4. B.T. Washington 99; NS--Rogers

**INDIVIDUALS:** 1. David Pennington, Ed. 17:54.58; 2. Wes Pitcock, TM. 17:57.90; 3. John Cunningham, TM. 18:08.16; 4. Bryan Graham, H. 18:14.27; 5. David Welch, W. 18:54.40; 6. Alan Kilgore, W. 19:00.13; 7. Jeremy Taylor, H. 19:05.91; 8. Mark Zuniga, Rog. 19:22.27; 9. Andy Francis, H. 19:28.87; 10. Justin Nichols, H. 19:31.75; 11. Josh Henderson, H. 19:32.83; 12. Andy Wood, H. 19:36.21; 13. William Hill, Ed. 19:39.12; 14. Charles Jack, BTW. 19:39.84; 15. Ed Wallace, Ed. 19:46.06.

### Girls

**TEAM SCORING:** 1. Hale 22; 2. B.T. Washington 64; 3. Webster 79; 4. Tulsa Memorial 81; 5. Edison 101.

**INDIVIDUALS:** 1. Amy Bratton, H. 12:34.57; 2. Brandy Bratton, H. 12:37.07; 3. Krista Zachariae, H. 14:08.31; 4. Nikki Lippert, BTW. 14:32.69; 5. Jana Cunningham, TM. 14:47.36; 6. Beth Robinowitz, BTW. 14:47.81; 7. Makesha Wood, H. 14:49.76; 8. Sara Lowe, BTW. 15:04.98; 9. Kortney Reynolds, H. 15:11.37; 10. Brandi Germany, W. 15:29.53; 11. Michelle Paden, W. 15:32.23; 12. Rachel Smith, TM. 15:35.05; 13. Lindsay Rippe, W. 15:38.06; 14. Molly Allen, TM. 15:46.26; 15. Sarah Miller, H. 15:49.90.

## Southern Methodist Invite Dallas, Texas 9/23/95

DALLAS--The number one ranked Jenks boys took second in the Southern Methodist University Invitational held here September 23rd with Eisenhower in fourth. In the girls division the Trojans were seventh and Ike was 20th.

Individually Ike's Welton Jefferson finished 4th in 16:17.6 and the Trojan's Michael Pense was 9th in 16:32.9. Marlow's Leah McCauley was the top Oklahoma finisher for the girls in 8th with a 13:15.4.

### Boys

**TOP TEAMS:** 1. Marcus 84; 2. Jenks 126; 3. St. Pius X 183; 4. Eisenhower 192; 5. Plano East 196; 11. Jenks B 391. 31. Marlow 883.

**INDIVIDUALS:** 1. Adrian Martinez, McKinney. 15:43.5; 4. Welton Jefferson, Eisenhower. 16:17.6; 9. Michael Pense, Jenks. 16:32.9.

### Girls

**TOP TEAMS:** 1. Grapevine 60; 2. Marcus 81; 3. LaPorte 152; 4. Allen 158; 5. St. Pius X 210; 6. Duncanville 250; 7. Jenks 291; 20. Eisenhower 534; NS--Marlow.

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*EDISON INVITATIONAL--Michael Cliff of Charles Page (Sand Springs) was the winner with a time of 16:36. Photo courtesy Jim McFadden*

*OBU INVITATIONAL--Norman's Andrea DeLozier (left) leads Guthrie's Brandi Woodard in the 4A-5A girls race on the Elk's Golf Course in Shawnee. DeLozier, number-one ranked in 5A, beat Woodard, number one in 4A, for the individual title. Photo by John Hoke*

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