

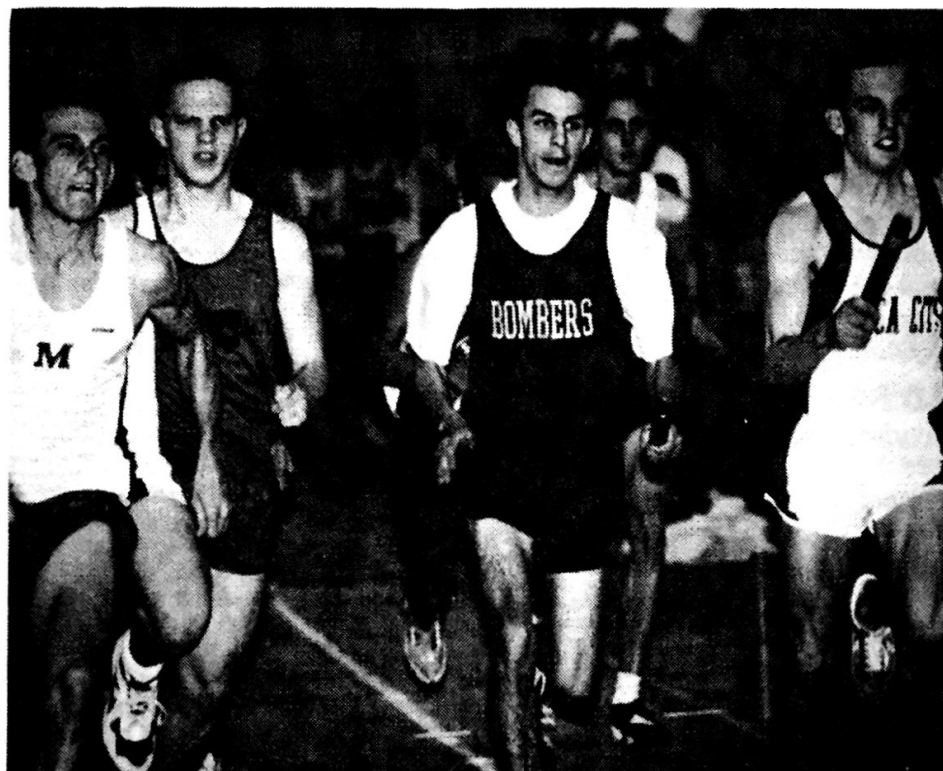
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Volume 4, Number 6

\$4.00

February 29, 1996



PRAGUE-LITTLE AXE INDOOR INVITATIONAL--The 5A boys 20 Lap relay gets off to a tight start with Edmond Memorial the eventual winner in 8:09.72 for 3,060 meters. Photo by John Hoke

OTCA Indoor State Championships

Shawnee

2/9-10/96

SHAWNEE--The Oklahoma Track Coaches Association held their annual Indoor State Championships here for the second year in a row in the Shawnee Exposition Center, February 9th and 10th, on the 153-meter banked board track. 94 teams in seven divisions scored points though there were some notable absences including defending 4A boys and girls champions John Marshall.

Indoor track is not recognized by the Oklahoma Secondary Schools Activities Association but this meet, conducted by the OTCA, is considered the unofficial state championship.

The Fighting Irish of McGuinness were the only school to win both boys and girls titles with the boys taking the trophy by a whopping 70 points over runnerup Noble with six individual wins and both relays. The Irish girls easily outpointed Hale by 33, grabbing three individual titles and both relays.

Prague junior, Roderick Burdine, captured four gold medals (55H, 200, 400, 8 Lap Relay) and had the meet's best time of 22.04 in the 200 while leading the Red Devils to the team title. In all, Prague took four individual titles and the 8 Lap Relay to beat Tishomingo 130-86.

The tightest race of the meet was between 5A girl superpowers Norman and Jenks with the Tigers successfully defending their indoor title by the narrowest of margins, one point, 88-87. The Tigers captured three individual titles and one relay while the Trojans failed to take home a single gold medal. Del City's Sherie Northington won three golds (55, 200, 8 Lap Relay) and the Eagle's 8 Lap time of 3:06.66 (1,224 meters) was the best in the meet.

In 5A boys Moore handily won the title behind a triple-gold performance from senior Jon Leon (200, 400, 8 Lap Relay) who had the meet's best 400 (51.04) and led the Lions to the meet's best 8 Lap Relay (2:33.49). Edmond North's Ben Schadeegg won all the jumps (long, triple and high) for the only other triple-gold performance and his long jump was the meet's best (21-9).

Weatherford won a close race over Idabel, 102-96, for the 3A boys title with Justin Conkling taking three golds (55H, high jump, 8 Lap Relay).

In 3A-2A girls Plainview cruised to a 30-point victory over runnerup Watonga behind senior Sarah Harvey's triple-gold performance (1600, 3000, 20 Lap Relay). Her 1600 (5:27.56) and 3000 (11:25.80)

1996 High School Track Preview 5A-4A-3A

By John Hoke, Editor

The 1996 Oklahoma high school track season opens March 2nd with three or four meets around the state but the season doesn't really get into gear until spring breaks are over at the end of the month. As usual, coaches have not done a very good job of returning their TEAM REPORT forms which is where the bulk of the information for this preview comes from so team predictions are at best slightly educated guesses at this point.

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

This preview covers classes 5A, 4A and 3A. 2A, A and B will be covered in the next issue which will be dated March 15th.

5A Boys

Edmond North won handily last year after topping the rankings all season but they are hurt by graduation and had a lackluster performance at the indoor meets so the nod for the top spot goes to Moore, winner of the OTCA State Indoor meet, followed by Norman, Edmond Memorial and then Edmond North. This is truly a tough class to call at this point with only a couple of returning champions identified so far--Putnam City West's Rhoshod Browning (300 hurdles) and Moore's Matt Anderson (shot). There is always a lot of talent in this class but until the outdoor meets start sorting it out, it is just about anybody's call.

5A Girls

Jenks pulled off a bit of an upset in winning this class last year for their first-ever track title but the Trojans lose some significant talent. Tulsa neighbors, B.T. Washington and Union, both have double winners back on their squads--Kim Schumpert for the Hornets (100/200) and distance ace Megan Riddle for the Redskins (1600/3200). Norman won the OTCA State Indoor meet over Jenks but from there on it is a black hole.

The only other returning champion is Yukon's Keely Dean who will return to defend her 800 title but was sidelined during cross country after a serious basketball injury.

Continued on page 5

Continued on page 3

On TRACK

By John Hoke, Editor

Gun's up! Let's go--the 1996 track & field season is here. It looks like the first weekend of competition will be a lot like last year--cold and possibly wet. Too bad we couldn't have saved the weather we had for the OTCA Indoor State Meet for the opening of the outdoor season. Oh, well!

Speaking of the Oklahoma Track Coaches Association Indoor State Meet. I personally think that indoor track is one of the most exciting forms of running competition and--compared to outdoor meets that last all day and into the night--is a very compact and enjoyable spectacle. I was a little disappointed at the attendance, especially from 4A teams, but those that came put on a great performance. I think we should press the O.S.S.A.A. to recognize indoor track as an official sport, just as it is at the collegiate level. We are denying our athletes the opportunity to become proficient at a sport that is taken very serious by college coaches.

The Oklahoma TRACK & FIELD NEWS will again be offering to supply the current team and individual rankings by FAX to state newspapers so if you would like to see them in your local publication ask them to give us a call to make arrangements. As in the past, these rankings will be used as a guide by the regional assignment committee so please don't hesitate to let me know if you think they don't reflect the strength of your team.

The 1996 State Cross Country meet has been moved back to the Oral Roberts University campus in Tulsa and is set for Saturday, November 2nd. This has always been the site of choice by the O.S.S.A.A. but conflicts with ORU's calendar had conspired to prevent the meet from being held at there. However, we can thank Leap Year for adjusting the calendar enough to enable the meet to return to the ORU campus again.

The OTCA held their Winter Clinic in Norman again and I was again impressed with the enthusiasm shown by our state's high school coaches. The OTCA does an incredible amount of work sustaining and promoting track and cross country in Oklahoma and every coach in the state should be a member of their professional organization.

Benefits of being a member of the OTCA include: summer and winter clinics, eligible to receive coaches' service awards, coach of the year awards, induction into the OTCA Hall of Fame, coach one of the All-Star teams (Oklahoma vs. Arkansas dual or Great Southwest Classic), athletes eligible to participate in the State Indoor Meet or be on one of the All-Star teams and receive senior All-Star awards, and a subscription to Oklahoma TRACK & FIELD NEWS. What a great deal! Cost is only \$35.00 per year and you can join by sending a check--payable to the OTCA--to Oklahoma TRACK & FIELD NEWS. Do it now!

Coaches for the All-Star teams were selected at the winter clinic (story in this issue) and we will be printing nomination forms in upcoming issues. This is a great opportunity for our kids so please take the time to nominate your athletes.

Coaches--take a minute to tell your athletes to be sure to spell their names out for timers and scorekeepers, it will help immensely in improving our accuracy.

See you at a track meet!

Oklahoma TRACK & FIELD NEWS (ISSN 1080-8566) is dedicated to covering the sport of track and cross country in the state of Oklahoma at all levels and encourages submission of all results of any Oklahoma events. Oklahoma TRACK & FIELD NEWS is published 12 times a year as follows: twice in September and October, once in November (cross country season); once in February (indoor track season), twice in March, April and May (outdoor track season); no issues June, July, August, December or January. Oklahoma TRACK & FIELD NEWS is the official publication of the Oklahoma Track Coaches Association. Second class postage paid in Oklahoma City, OK.

Editor/Publisher - John Hoke
Editorial Assistant - Cheryl Good
Design/Art - Johanna Schneider

Oklahoma TRACK & FIELD NEWS is published by John Hoke, 6051 N. Brookline, Oklahoma City, OK 73112; MAILING ADDRESS: P.O. Box 54679, Oklahoma City, OK 73154-1679. PHONE: office 405-843-9992; FAX 405-843-8022. All contributions of results and photographs are welcome but we do not guarantee return of unsolicited materials.

SUBSCRIPTIONS: one year \$28.00 (12 issues); two years \$53.00 (24 issues).

BACK ISSUES: \$4.00 postage paid, if available.

ADVERTISING: rates on request, contact the publisher above.

COPYRIGHT 1996 by Oklahoma TRACK & FIELD NEWS. All rights reserved. Reproduction in whole or part without permission is prohibited.

CHANGE OF ADDRESS: to ensure uninterrupted deliver send both old and new addresses and Zip codes at least four weeks before moving.

POSTMASTER: send address correction to Oklahoma TRACK & FIELD NEWS, P.O. Box 54679, Oklahoma City, OK 73154.

OKLAHOMA TRACK COACHES ASSOCIATION OFFICERS

President: Bret Rider, Beaver, Girls
Vice-President: Amie Lampkin, Plainview;
Boys Vice-President, Steve Patterson, Edmond North; Executive Secretary: Pat Lennington, Norman, 822 Jona Kaye Terrace, Norman, OK 73069.

OSSAA TRACK ADVISORY COMMITTEE (boys, girls)

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, Wynnewood. A: George Lemons, Maud; Gary Rife, Turpin. B: Steve Lancaster, Pond Creek-Hunter; Bret Rider, Beaver.

Preview Ardmore Girls Tough To Beat

Continued from page 1

4A Boys

Newcomer Altus took the title last year and it doesn't look like anybody has the horses to take it away this year. The Bulldogs return individual champions Julius McMillan (200) and Chauncey Raiden (400) to boost their stock. McGuinness was a surprise winner in the OTCA Indoor State meet, by a whopping margin, so they get the nod as the best of the rest until the outdoor meets start the process of natural selection. Okmulgee, runnerup in 3A, is up to 4A this year led by Juan Smith who had the best 200 meter time at the state meet (21.19). John Marshall's Justin Mathews will get a chance to take his third 300 hurdle title but the Bears lost some major talent as the Calhoun twins graduated.

4A Girls

Ardmore looks pretty tough here again and if everybody shows back up they will have a good chance to grab their third title in a row. Almost all of their team was underclassmen including the winning 400 relay team of Lakendria Williamson, Lamonica Lee, Angel Asberry and Angela Lee. Add shot/discus star Shana Dowdy and 800 meter champ Becky Puckett to the mix and you get some pretty strong stuff.

McGuinness leads the chase pack with returning champions Ashley Boothe (1600, 1600/3200 '94) and Maggie Slavonic (high jump) and '93 double winner Jessica Hoke (1600/3200). Other returning champions include Kelley's Jenny Nemec (3200) and Elizabeth Bashaw (long jump) and '94 400 champion Nicole Monroe from Guthrie. The Bluejays also return their full winning 3200 relay team of Brandi Woodard, Monroe, Kelli Cowan and Hollie Mays. Northwest Classen is down from 5A and will join Northeast, Altus and John Marshall in the chase group.

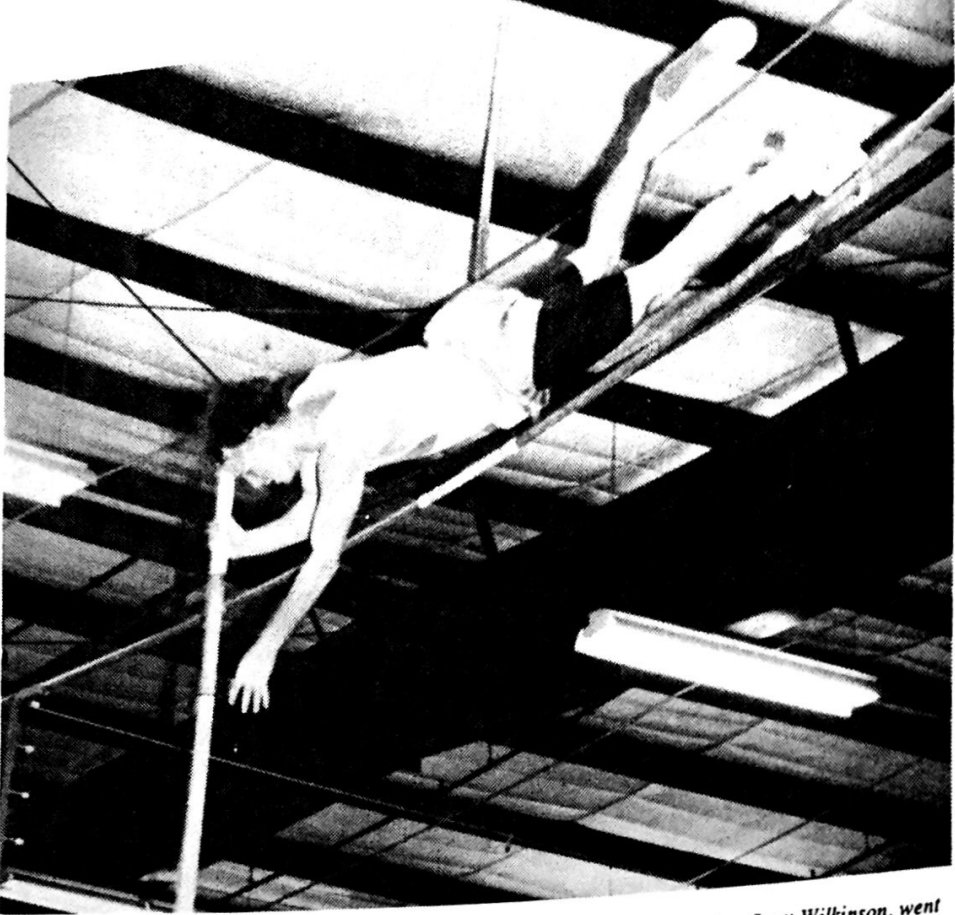
3A Boys

With Okmulgee up to 4A the path for Idabel to repeat again looked pretty clear—that is until you notice that Southeastern Oklahoma neighbor Broken Bow came down from 4A where they finished a strong third. Weatherford won the OTCA State Indoor meet and Chandler is up from 2A with triple winner Bobby Holmes (800/1600/3200). Returning champions include Little Axe's Jeremy Johnson (1600) and Elk City's Jarrod Heard (pole vault).

3A Girls

With eleven of twelve individual champions returning this is going to be a tough class. Grove looks to be the strongest again with Millwood and Plainview both serious challengers. Poteau, and Marlow should be strong teams along with Purcell and Holdenville—up from 2A where they were the champion. Broken Bow and Star Spencer are down from 4A which makes this a real strong class.

Returning champions: Atoka's J'Shawna Smith (100/long jump); Weatherford's Toke Randle (200); Idabel's Stanesha Bell (400); Grove's Amber Sreaves (800), Carly McCulley (1600) and Abby Robertson (300H); Plainview's Sarah Harvey (3200, 1600/3200 '93 & '94); Tecumseh's Angie Oliver (shot); Marlow's Carson (discus) and Guymon's Shauna McMurphy (high jump).



OTCA INDOOR STATE MEET—Stroud's defending state 2A pole vault champion, Scott Wilkinson, went 14-0 for first and had the best overall jump in the meet. Photo by Roger Taylor

1996 TRACK SCHEDULE

The schedule below was derived from information listed on TEAM REPORTS received by February 23rd. Over 120 meets are listed but there are several that have been held in years past that no information has been received on yet. Since this information comes from reported schedules and not directly from meet directors there are possibilities of error so it would be prudent to contact the school for a meet schedule if you are interested in attending as a spectator or in participating as a team. Please let us know if you notice an error or omission so we can correct it in the next issue.

March

2: Jenks, Ardmore, Iowa Park, Putnam City. 8: Purcell, Putnam City. 9: Broken Arrow, Chandler, Chickasha, McGuinness, Plainview. 15: Union, Carl Albert, Lone Grove. 16: Fairview, Boise City, Catoosa. 21: Muskogee, Tulsa All City. 22: Holdenville, Ada, Bartlesville, Pauls Valley, Claremore Sequoyah. 23: Medford, Velma-Alma, Hooker, Cascia Hall, Elk City, Enid. 29: Turpin, Adair, Purcell, Moore. 30: Medford, Pittsburgh (KS), Putnam City, Bethany, Sulphur, Poteau, Altus.

April

2: Buffalo, Pryor, Cushing, Yukon. 4: Texas Relays—Austin, Thomas, Skeltur Conference—Ringwood. 5: Texas Relays, Purcell, Heavener, Vernon (TX), Midwest City, Arkansas High (AR). 6: Texas Relays, Univ. Central Oklahoma, Little All City—Bethany, Owasso. 8: Tonkawas. 9: Forgan, Tulsa 7 Conference, Putnam City, Okla. Baptist—Shawnee, Casady Triangular. 11: Ringwood, Wyandotte, Konawa, Sapulpa. 12: John Jacobs—OU, Watonga, Choctaw. 13: Duncan, Waynoka, Chelsea, Vinita, Chadler, Wynnewood, Wilburton. 16: Merritt, Southern 8 Conference, Miami, 66 Conference, 2A Football Dist. 7, Arbuckle Conference, Harrah—UCO, Westmoore, Caldwell (KS). 17: Southwestern Missouri State Univ—Springfield. 18: Commerce, Spiro. 19: Elk City, Konawa, Western Heights, Kansas Relays—Lawrence. 20: Catoosa, Ringwood, Beaver, Tecumseh, Casady, Mustang, Marlow. 22: Panhandle Conference, Frontier. 23: Lucky 7 Conference—Commerce, Will Rogers Conference, Weatherford, OKC All City, Mid State Conference, Suburban Conference—Carl Albert. 25: Green Country Conference, Frontier Conference—Sapulpa, Carl Albert. 27: B-A-2A-3A Regionals—TBA, Southern Conference—Ardmore, McGuinness, Eastland Conference—Okmulgee.

May

2: Southern Preparatory Conference—Dallas. 3: SPC—Dallas, B-A-2A-3A State Meets. 4: B-A-2A-3A State Meets, 4A-5A Regionals. 10: 4A-5A State Meets. 11: 4A-5A State Meets. 18: Oklahoma vs. Arkansas Track Dual. 25: Great Southwest Classic—Phoenix, Arizona.



OTCA INDOOR STATE MEET--The 3A girls 20 Lap Relay heads down the track with Plainview (Sarah Harvey, far left) the eventual winner in 9:59.39. Photo by Roger Taylor

Letters

Move Girls to 5K

To the Editor:

I fully support your proposal to move the girls' distance from two miles up to a 5K. As you mentioned, most states have made this move and experienced no problems with it. I coach at a small (2A) school and all of our girls would be more than capable of making the jump to a longer race. I'm convinced that any girls could easily adjust to the 5K distance. For those of us with combined programs it would make a lot more sense and be much easier in terms of training for both our boys and girls teams. Also, life would be easier for those who mark a course or officiate on a course. When going over a course before a race, it would be a lot less complicated if everyone on the team was going to run the exact same route. In short, it would cut down on confusion. I hope that other coaches will speak out in favor of such a move.

Tom Clott
Casady School

Outside Qualifying

To the Editor:

I thought I would drop you a quick line after reading your editorial regarding outside qualifying for the state meet. I have enclosed a copy of the outline of the Arizona 4A Outside Qualifying Track & Field Procedures. I helped put this together five years ago and have shared this with a few Oklahoma coaches at your Summer Clinic.

I originally compiled marks for outside qualifying by averaging 1st and 4th places of our four regional meets for the six previous years. The 5A conference uses averages derived from the state meets, so they have much harder standards for athletes to reach.

The coaches couldn't be more pleased with the outside qualifying system since we get the top athletes to the state meet. Next year they have changed the number of athletes qualifying from each regional meet from three down to two. Now the outside qualifying becomes even more important. Our goal is to have the top 20 athletes in each event at the state meet.

In my opinion the coaches in Oklahoma should do everything they can to make sure you keep the Oklahoma TRACK & FIELD NEWS going. It is one of the best in the nation.

Clyde Volz
Arizona Track & Cross
Country Association

Jerry Loveall and Dave Sammons Named Cross Country Coaches of the Year

NORMAN--Velma-Alma's Jerry Loveall (girls) and Edmond Memorial's Dave Sammons were selected 1995 Cross Country Coaches of the Year by the Oklahoma Track Coaches Association at their Winter Clinic held here at the Ramada Inn February 2nd.

Loveall has been coaching for eleven years, five at the high school level, all at Velma-Alma. His cross country teams finished second two years in a row before capturing the top spot in the 1995 2A State Championship and were one of the top girls teams in the state regardless of class. His Comet track teams have been the runnersup in the last two state meets.

Loveall was named the Oklahoma Girls Track Coaches Association Cross Country Coach of the Year in Class 2A in 1993. He and his wife Jana have two children, Jeremy, 10, and Josh, 8.

Sammons has been coaching at Edmond Memorial for the last 22 years and has eight state championship teams (five in a row, 1979-83) including this year's team which ended Jenks' seven-year strangle hold on the title. Under his guidance the Bulldogs have also garnered five state runnerup titles, 17 regional championships, 13 Mid State Conference title, three Academic State Championship titles, 49 cross country All State runners and three high school All Americans.

Sammons, a 1972 OU graduate, has been selected boys coach of the year twice before, 1981 and 1983. He and his wife Diane have been married 24 years and have five children: Heather, 21, Summer 20, Monica 14, Myles 11 and Chase, 3.

Allen County C.C. Nabs State Runners

Little Axe coach Barry Klein announced that two of his senior runners, Jeremy Johnson and Lucresha DeLoanis, have signed letters of intent to run at Allen County Community College in Iola, Kansas, along with Holdenville's Ryan Turner.

Johnson was the 1995 3A state champion in cross country and led Little Axe to their second straight team title. He is also the defending 1600 meter state champion on the track.

Turner finished fourth in the 1995 3A state cross country race and was runnerup in the 1995 2A state track meet at 1600 meters.

DeLoanis finished seventh in the east regional in cross country and ended up 27th at the 1995 state meet.

Guthrie's Cowan To Southwestern

Guthrie senior Kelli Cowan has signed a letter of intent to run at Southwestern Oklahoma State University at Weatherford. Cowan was ninth in the 1995 4A state cross country meet and third in the east regional. She also ran on Guthrie's 1995 4A state championship 3200 meter relay team and was second 4A 800 meter run in the OTCA Indoor State Track Meet in February.

Indoor Championships

Continued from page 1

were the best in the meet. Watonga's Beverly Olive also took three golds (55, triple jump, 8 Lap Relay).

Other double gold medal winners: Mark Thompson, Edmond Memorial; Kyle Bennett, Norman; Anthony Moses, McGuinness; Kevin Connolly, McGuinness; Matt Sexauer, McGuinness; Eric Grider, Durant; Tyrone Moore, Idabel; Cory Clark, Plainview; Greg Merlyn, Plainview; Jordan, Idabel; Lampkin, Dickson; Hilary Reser, Norman; Andrea Delozier, Norman; Katie Cowden, McGuinness; and Natalie Treadwell, Holdenville.

5A Boys

TEAM SCORING: 1. Moore 98; 2. Norman 72; 3. Edmond Memorial 71; 4. Edmond North 40; 5. Midwest City 36; 6. Jenks 33; 7. Santa Fe 32; 8. Ponca City 27; 9. (tie) Putnam City, Muskogee 24; 11. Stillwater 16; 12. Del City 14; 13. Shawnee 9.

55: 1. Hallman, PutC, 6.28; 2. Bivins, MWC, 6.30; 3. Jones, Stw, 6.35; 4. Roland, Mo, 6.44; 5. Willis, DC, 6.45; 6. Swan, EN, 6.48.

55H: 1. Dean, MWC, 7.50; 2. George, Mo, 7.57; 3. Khalid, MWC, 7.92; 4. Berkland, Sha, 8.13; 5. Graham, Mo, 8.17; 6. Walker, Musk, 8.32.

200: 1. Leon, Mo, 22.45; 2. Roland, Mo, 22.94; 3. Ulmer, PutC, 23.16; 4. (tie) Gillette, Nor, and Smith, EM, 23.25; 6. Bennett, Je, 23.46.

400: 1. Leon, Mo, 51.04; 2. Wilson, Musk, 51.65; 3. Willis, DC, 51.68; 4. Jordan, SF, 53.53; 5. Young, SF, 53.93; 6. Johnson, Mo, 54.20.

800: 1. Bennett, Nor, 2:03.35; 2. Martinez, Mo, 2:08.23; 3. Metzger, PonC, 2:08.45; 4. Marden, EM, 2:11.40; 5. Current, Musk, 2:13.69; 6. Greenahelds, Stw, 2:13.43.

1600: 1. Thompson, EM, 4:44.14; 2. Phipps, EM, 4:47.12; 3. Abshire, Nor, 4:50.91; 4. Nieman, PonC, 4:52.46; 5. Jones, SF, 4:56.35; 6. Collins, EN, 4:59.52.

3000: 1. Thompson, EM, 9:27.53; 2. Jones, SF, 9:29.87; 3. Paschal, PonC, 9:39.92; 4. Wilson, Sha, 9:51.98; 5. Burkhardt, EM, 10:05.17; 6. McWalter, Mo, 10:08.88.

8 Lap Relay: 1. Moore 2:33.49; 2. Norman 2:37.38; 3. Muskogee 2:37.61; 4. Jenks 2:37.87; 5. Del City 2:38.28; 6. Edmond North 2:39.20.

20 Lap Relay: 1. Norman 8:00.61; 2. Edmond Memorial 8:02.00; 3. Jenks 8:11.34; 4. Ponca City 8:19.63; 5. Moore 8:35.02; 6. Putnam City 8:38.63.

Shot: 1. Anderson, Mo, 57-5; 2. Ridgeway, Nor, 50-4.5; 3. O'Neal, EN, 50-0; 4. Honk, Nor; 5. Sutton, SF; 6. Martinez, Musk.

Long Jump: 1. Schadegg, EN, 21-9; 2. Vernon, SF, 20-8; 3. Johnson, Je, 20-5; 4. Johnson, MWC, 20-0; 5. Young, 19-11; 6. Jones, Stw.

Triple Jump: 1. Schadegg, 40-11; 2. Wyant, EM, 38-5.5; 3. Andrew, PutC, 37-10; 4. Lester, Mo, 37-1; 5. Naff, DC, 37-0.25; 6. Livingston, Nor, 36-5.

High Jump: 1. Schadegg, EN, 6-4; 2. Primrose, Mo, 6-2; 3. Dean, MWC, 6-2; 4. Elders, Nor, 6-2; 5. Clarkson, PonC, 6-0; 6. Burkland, Sha, 5-10.

Pole Vault: 1. Ramey, EM, 12-6; 2. Barnes, Stw, 11-6; 3. Hassell, Je, 11-6; 4. Ward, SF, 11-6; 5. Gammill, SF, 11-0; 6. Williams, PonC, 11-0.

4A Boys

TEAM SCORING: 1. McGuinness 126; 2. (tie) Noble, Durant 56; 4. Guthrie 52; 5. MacArthur 42; 6. Northeast 39.5; 7. Hale 29; 8. Chickasha 23; 9. El Reno 20.5; 10. McAlester 29.

55: 1. Nelams, Mac, 6.52; 2. Casey, Hale, 6.56; 3. Young, Gu, 6.69; 4. Cohenour, McG, 6.78; 5. Braddy, NE, 6.79; 6. Sample, ER, 6.80.

55H: 1. Braddy, NE, 7.78; 2. Cyprain, NE, 8.46; 3. Thomas, Gu, 8.61.

200: 1. Sample, ER, 23.43; 2. Maddox, Mac, 23.48; 3. Nelams, Mac, 23.68; 4. Lee, Hale, 24.30; 5. Alex, 24.34; Chic, 24.34; 6. Denbinaki, McA, 24.56.

400: 1. Maddox, Mac, 53.43; 2. Mosley, NE, 57.17; 3. Hill, Chic, 57.39; 4. Green, Mac, 58.89; 5. (tie) Mason, NE, Samples, ER, 59.44.

800: 1. Moses, McG, 2:15.43; 2. Coffman, Gu, 2:17.65; 3. Hill, Chic, 2:21.06; 4. Mason, NE, 2:22.1; 5. Green, Mac, 2:23.20; 6. Baker, Nob, 2:24.24.

1600: 1. Sexauer, McG, 5:00.8; 2. Stokesberry, Nob, 5:09.01; 3. Corley, Dur, 5:12.46; 5. Yob, McA, 5:19.42; 5. Jutras, Dur, 5:27.69; 6. Nichols, Hale, 5:30.87.

3000: 1. Connely, McG, 10:00.75; 2. Corley, Dur, 10:14.29; 3. Stokesberry, Nob, 10:26.61; 4. Lagan, Nob, 10:59.21; 5. Morales, Mac, 11:12.38; 6. Cole, Nob, 12:00.42.

8 Lap Relay: 1. McGuinness 2:43.47; 2. Guthrie 2:43.80; 3. McAlester 2:47.61; 4. Hale 2:49.78; 5. Noble 3:01.16.

20 Lap Relay: 1. McGuinness 8:41.9; 2. Guthrie 8:53.68; 3. Noble 9:38.99; 4. Hale 9:54.91; 5. Northeast 10:05.60; 6. McAlester 10:09.71.

Shot: 1. Ward, McG, 43-5; 2. Walker, Chic, 42-10; 3. Burland, Nob, 40-0; 4. Ashmore, McG, 38-9; 5. Hilby, Nob, 35-11.5.

Long Jump: 1. Enoch, McG, 19-11; 2. McCarty, Dur, 19-7;



OTCA INDOOR STATE MEET--The 5A boys 1600 meter run jams into the first turn with Edmond Memorial's Mark Thompson (center) winning in 4:44.15 for the meet's best overall time. Thompson also took the 3,000 in a meet best 9:27.53. Photo by Roger Taylor

twid's



sporting goods

Nike • Diamond • Easton
Rawlings • Adidas • Converse
Mikasa • Wilson • Bike
Speedline • Blazer • Holloway
Russell • Pacer • Gill

ALL STATE JACKETS IN STOCK

1305 Gateway Plaza-Midwest City, Okla. 73110

The corner of 15th & Air Depot

405-733-1757 • FAX 405-737-1339

Continued on page 6



OTCA INDOOR STATE MEET--Wynnewood's Don Harris cleared 6-8 in the high jump for the 2A boys gold medal and the best overall jump of the meet. Photo by Roger Taylor

State Indoor Championships

Continued from page 5

3. Helms, Nob, 19-0.5; 4. McLaughlin, McG, 18-7; 5. Cyprian, NE, 18-4; 6. Escarceza, Chic, 18-0.
Triple Jump: 1. Grider, Dur, 39-5; 2. McCarty, Dur, 38-6; 3. Helms, Nob, 34-1.
High Jump: 1. McLaughlin, McG, 6-2; 2. Blankenahp, McG, 5-8.
Pole Vault: 1. Grider, Dur, 13-0; 2. Eccard, ER, 11-6; 3. Bagnaro, McG, 10-8; 4. Griffin, Dur, 9-6.

3A Boys

TEAM SCORING: 1. Weatherford 102; 2. Idabel 96; 3. Broken Bow 80; 4. Catoosa 54; 5. Plainview 50; 6. Elk City 25; 7. Holdenville 14; 8. (tie) Tecumseh, Little Axe 13; 10. (tie) Chandler, Mannford, Cleveland 10; 13. Tuttle 6; 14. (tie) Marlow, Purcell 2; 16. Harrah 1.
55: 1. Thomas, BB, 6.43; 2. Schi, Wea, 6.52; 3. Jordan, Id, 6.80; 4. Butler, BB, 6.61; 5. Willis, Wea, 6.84; 6. Norman, Pur, 6.85.
55H: 1. Conkling, Wea, 7.66; 2. Thiel, Wea, 7.71; 3. Stx, Cat, 8.75; 4. Stevenson, BB, 9.07; 5. Allen, Id, 9.36; 6. Sparks, Har, 9.37.
200: 1. Jordan, Id, 22.99; 2. Thomas, BB, 23.33; 3. Butler, BB, 23.41; 4. Schi, Wea, 23.83; 5. Neven, Clew, 23.90; 6. King, Id, 24.28.
400: 1. Jordan, Id, 55.10; 2. Short, BB, 55.68; 3. Sprinkle, Wea, 55.78; 4. Andrews, Id, 56.09; 5. Smith, Wea, 56.44; 6. Roete, Tec, 57.19.
800: 1. Merlyn, Pla, 2:05.81; 2. Short, BB, 2:08.34; 3. James Heller, Cat, 2:11.93; 4. Jason Heller, Cat, 2:15.44; 5. Johnson, Id, 2:16.89; 6. Smith, LA, 2:16.69.
1600: 1. Clark, Pla, 4:49.68; 2. Turner, Hol, 4:51.28; 3. Womack, Pla, 4:57.77; 4. Walling, EC, 5:03.59; 5. Woodrow, EC, 5:11.49; 6. Leckman, Wea, 5:23.86.
3000: 1. Holmes, Chan, 9:37.87; 2. Johnson, LA, 9:55.68; 3. Turner, Hol, 9:58.59; 4. Thomas, Pla, 10:17.79; 5. Conolly, Mar, 10:11.80; 6. Crow, EC, 10:40.87.
8 Lap Relay: 1. Weatherford 2:41.78; 2. Idabel 2:44.02; 3. Catoosa 2:46.50; 4. Cleveland 2:49.70; 5. Broken Bow 2:54.71; 6. Little Axe 2:55.18.
20 Lap Relay: 1. Plainview 8:16.94; 2. Catoosa 8:28.40; 3. Tecumseh 8:31.55; 4. Weatherford 8:45.64; 5. Idabel 9:04.16; 6. Broken Bow 9:21.21.
Shot: 1. Grimm, Man, 48-5.5; 2. Jackson, Id, 36-10; 3. Henson, Tut, 47-3; 4. Billy, BB, 45-9.5; 5. Williams, Id, 44-4; 6. Page, Pur, 43-2.5.
Long Jump: 1. Moore, Id, 21-4.5; 2. Thweatt, BB, 19-11; 3. McHenry, Wea, 19-1; 4. Butler, BB, 18-11; 5. Again, LA, 18-5.5; 6. Frost, Id, 18-4.5.
Triple Jump: 1. Moore, Id, 39-3; 2. Thweatt, BB, 38-4.5; 3. Patton, Wea, 39-0.5; 4. Johnson, Id, 38-3.25; 5. Frost, Id, 35-4.75; 6. Parkhurst, Wea, 33-1.
High Jump: 1. Conkling, Wea, 6-2; 2. Moore, Id, 5-10; 3. Sprinkle, Wea, 5-8; 4. Smith, Wea, 5-6; 5. Frost, Id, 5-6.
Pole Vault: 1. Heard, EC, 13-6; 2. Payton, EC, 12-0; 3. Rainy, Cat, 11-6; 4. Fitzgerald, Cat, 9-0.

2A Boys

TEAM SCORING: 1. Prague 130; 2. Tishomingo 86; 3.

Stroud 53; 4. Dickson 36; 5. Beggs 31; 6. Tonkawa 28; 7. Watonga 24; 8. Davenport 22; 9. Wewoka 21; 10. (tie) Wynnewood, Riverside 18; 12. Inola 9; 13. Claremore Sequoyah 8; 14. Jones 4.

55: 1. Emery, Wew, 6.53; 2. Schatz, Ton, 6.56; 3. Rich, Be, 6.79; 4. Tonkawa, 6.80; 5. Jacks, Wat, 6.81; 6. Kelly, Wew, 6.82.
55H: 1. Burdine, Pra, 7.65; 2. Jacks, Wat, 8.17; 3. Inman, Tish, 8.34; 4. Smith, Pra, 8.88; 5. Ripley, Pra, 8.96; 6. Darden, In, 9.48.

200: 1. Burdine, Pra, 22.04; 2. Rich, Be, 23.15; 3. Williams, Tish, 23.80; 4. Barnes, Str, 24.06; 5. White, Wat, 24.19; 6. Chitwood, Jo, 24.44.

400: 1. Burdine, Pra, 51.54; 2. Rich, Be, 53.64; 3. Williams, Tish, 53.85; 4. Jordan, Pra, 54.96; 5. Gordon, Str, 56.5; 6. Pennington, Tish, 56.97.

800: 1. Lampkin, Dic, 2:11.34; 2. Affentranger, Pra, 2:12.22; 3. Johnson, Tish, 2:15.74; 4. McKinney, Dav, 2:15.95; 5. Watt, Wat, 2:23.68; 6. Hill, Pra, 2:23.68.

1600: 1. McKinney, Dav, 5:04.13; 2. Graham, Pra, 5:09.91; 3. Hutchings, Tish, 5:10.16; 4. Stone, Pra, 5:14.42; 5. Hawkins, Be, 5:22.44; 6. Blakemore, Tish, 5:27.22.

3000: 1. Lampkin, Dic, 9:50.84; 2. McKinney, Dav, 9:53.57; 3. Nez, Riv, 10:11.61; 4. Davis, Riv, 10:18.87; 5. Hutchings, Tish, 10:25.42; 6. Hawkins, Be, 10:31.19.

8 Lap Relay: 1. Prague 2:39.14; 2. Tishomingo 2:39.28; 3. Stroud 2:47.68; 4. Watonga 2:57.94; 5. Beggs 2:59.01.
20 Lap Relay: 1. Tishomingo 8:28.95; 2. Dickson 8:46.76; 3. Prague 8:55.17; 4. Riverside 9:24.09.

Shot: 1. Bookout, Str, 54-1; 2. Kay, Wyn, 52-6.5; 3. Riddle, Pra, 49-0; 4. Gastineau, Tish, 48-5.5; 5. Cordell, Jo, 46-10; 6. Wilson, Jo, 46-7.5.

Long Jump: 1. Kelly, Wew, 20-1.5; 2. Schatz, Ton, 19-1.5; 3. Auld, Ton, 18-7; 4. Wood, Tish, 18-1.5; 5. Freeze, Pra, 18-1.5; 6. Bugg, Pra, 17-8.5.

Triple Jump: 1. Jordan, Pra, 40-11.5; 2. Ripley, Pra, 35-5; 3. Lyon, Str, 35-3.75; 4. Ryan, Pra, 35-0; 5. Murfin, Str, 34-11; 6. Morris, Wat, 33-10.5.

High Jump: 1. Harris, Wyn, 6-8; 2. Darden, In, 6-6; 3. Wood, Tish, 5-8; 4. Johnson, Tish, 5-6; 5. Lindsey, Be, 5-6; 6. Clewell, Wat, 5-6.

Pole Vault: 1. Wilkinson, Str, 14-0; 2. Walters, CS, 13-0; 3. Willis, Str, 13-0; 4. Kinslow, Pra, 11-6; 5. Martin, Ton, 11-0; 6. Murphree, Str, 11-0.

5A Girls

TEAM SCORING: 1. Norman 88; 2. Jenks 87; 3. Del City 66; 4. Edmond North 54; 5. Midwest City 39; 6. Edmond Memorial 32; 7. Moore 29; 8. Santa Fe 24; 9. Shawnee 22; 10. Sapulpa 12; 11. Stillwater 10; 12. Muskogee 6.

55: 1. Northington, DC, 7.09; 2. Dulaney, EN, 7.10; 3. Edwards, Mus, 7.82; 4. Snyder, Je, 7.53; 5. Blakea, MWC, 7.61; 6. Alexander, DC, 7.63.

55H: 1. Blakea, MWC, 8.81; 2. Freeman, DC, 8.99; 3. Curry, Nor, 9.18; 4. Malcolm, Je, 9.38; 5. Cardenas, Je, 9.42; 6. Pierce, Mo, 9.68.

200: 1. Northington, DC, 25.77; 2. Dulaney, EN, 26.87; 3. Webb, SF, 27.40; 4. Freeman, DC, 27.61; 5. Butler, EN, 27.99; 6. Tate, Shaw, 28.5.

400: 1. Hansen, EM, 1:00.97; 2. Reaser, Nor, 1:03.47; 3. Robinson, MWC, 1:04.48; 4. Freeman, DC, 1:05.88; 5. Schwarz, Je, 1:06.82; 6. Tate, Shaw, 1:06.92.

800: 1. Reaser, Nor, 2:28; 2. O'Rourke, Je, 2:29.35; 3. Robinson, MWC, 2:33.22; 4. Miles, Mo, 2:36.63; 5. Hansen, EM, 2:36.99; 6. Yinger, EN, 2:37.52.

1600: 1. Delozier, Nor, 5:53.84; 2. Shelters, Mo, 5:54.82; 3. Gibson, Shaw, 6:00.93; 4. McKinney, SF, 6:10.60; 5. Fry, Nor, 6:10.88; 6. Parrish, Mo, 6:14.71.

3000: 1. Gibson, Shaw, 11:33.19; 2. Housley, Sap, 11:52.88; 3. McKinney, SF, 12:04.70; 4. Boyls, Nor, 12:27.88; 5. Stiglets, EN, 12:30.92; 6. Jensen, Je, 12:36.05.

8 Lap Relay: 1. Del City 3:06.66; 2. Jenks 3:10.50; 3. Edmond North 3:11.31; 4. Midwest City 3:11.52; 5. Norman 3:15.56; 6. Edmond Memorial 3:18.32.

20 Lap Relay: 1. Norman 9:49.69; 2. Jenks 9:58.54; 3. Moore 9:58.86; 4. Edmond North 10:20.48; 5. Sapulpa 10:25.12; 6. Santa Fe 10:25.62.

Shot: 1. Taylor, Stw, 36-0.5; 2. Holt, Nor, 34-6; 3. Johnson, Nor, 34-1.5; 4. Rhatigan, Je, 31-3.5; 5. Sims, Je, 28-9.5; 6. Martinez, SF, 28-9.

Long Jump: 1. Bischoff, EN, 15-9.5; 2. Austin, EM, 15-8.5; 3. Sejeck, Je, 15-6; 4. Freeman, DC, 15-0.5; 5. Gaines, Shaw, 14-11.5; 6. Robinson, MWC, 14-10.25.

Triple Jump: 1. Austin, EM, 31-2.5; 2. Cardenas, Je, 31-1.5; 3. Robinson, MWC, 30-1.5; 4. Carter, DC, 29-5; 5. Bischoff, EN, 29-2; 6. Nash, DC, 29-2.

High Jump: 1. Curry, Nor, 5-2; 2. Cardenas, Je, 5-0; 3. Rademeyer, Je, 4-10; 4. (tie) Hayes, SF, and Parrish, Mo, 4-10; 6. Bischoff, EN, 4-8.

4A Girls

TEAM SCORING: 1. McGuinness 118; 2. Hale 85; 3. Northeast 70; 4. Guthrie 41; 5. Durant 32; 6. Noble 27; 7. El Reno 10; 8. Chickasha 8.

55: 1. Weatherall, NE, 7.06; 2. Fields, NE, 7.16; 3. M. Kelly, McG, 7.39; 4. Harbin, Hale, 7.68; 5. E. Kelly, McG, 7.79; 6. Brown, Gu, 7.88.

55H: 1. Evans, McG, 9.28; 2. Keaton, McG, 9.84; 3. Silkes, Hale, 10.07; 4. Coleman, NE, 10.62; 5. Gouldsby, ER, 10.93; 6. Gidley, Hale, 11.01.

200: 1. Fields, NE, 26.14; 2. Weatherall, NE, 26.76; 3. Cowden, McG, 27.20; 4. Harbin, Hale, 27.59; 5. Brown, Gu, 31.05; 6. Willett, Hale, 31.34.

400: 1. Johnson, Nob, 1:08.38; 2. Gouldsby, ER, 1:09.59; 3. Miller, Dur, 1:10.94; 4. Harbin, Hale, 1:10.98; 5. Clement, McG, 1:11.23; 6. Jaffar, Hal, 1:12.66.

800: 1. B. Bratton, Hale, 2:38.82; 2. Cowan, Gu, 2:40.05; 3. Miller, Dur, 2:49.78; 4. Dennis, McG, 2:50.48; 5. Johnson, Nob, 3:02.06; 6. Saunders, Hale, 3:02.83.

1600: 1. Long, McG, 6:08.86; 2. Krieger, Dur, 6:17.53; 3. Willis, Dur, 6:24.10; 4. Heller, Nob, 6:38.38; 5. Koss, Hale, 6:45.08; 6. Johnson, Nob, 6:51.49.

3000: 1. A. Bratton, Hale, 11:32.65; 2. Klinger, McG, 11:47.27; 3. Krieger, Dur, 12:20.81; 4. Lawrence, McG, 12:29.21; 4. Kuhn, Hale, 14:56.02.

8 Lap Relay: 1. McGuinness 3:08.30; 2. Hale 3:14.93; 3. Guthrie 3:16.45; 4. Chickasha 3:43.90.
20 Lap Relay: 1. McGuinness 10:09.46; 2. Hale 10:32.86; 3. Guthrie 11:12.33.

Shot: 1. Gilbert, NE, 32-5; 2. Heller, Nob, 31-9; 3. Troutman, Hale, 28-3; 4. Bennett, NE, 23-3.25; 5. McMahan, Nob, 19-11.

Long Jump: 1. Weatherall, NE, 15-6.5; 2. Evans, McG, 14-9.5; 3. Fields, NE, 14-9; 4. Hardiman, Gu, 13-10; 5. Brown, Gu, 13-5; 6. Gidley, Hale, 12-7.

High Jump: 1. Cowden, McG, 4-8.

3A-2A Girls

TEAM SCORING: 1. Plainview 96; 2. Watonga 66; 3. Purcell 48; 4. Jones 38; 5. Prague 33; 6. Velma-Alma 31; 7. Catoosa 30; 8. Holdenville 26; 9. Little Axe 20; 10. Weatherford 17; 11. Marlow 12; 12. (tie) Laverne, Berryhill, Tecumseh 8; 15. Tishomingo 7; 16. Stroud 6; 17. Beggs 3; 18. (tie) Meeker, Elk City 2; 20. (tie) Chandler, Tonkawa 1.

55: 1. Olive, Wat, 7.31; 2. Sims, VA, 7.62; 3. Treadwell, Hol, 7.65; 4. Regus, Pur, 7.82; 5. Mason, Mec, 7.74; 6. Longford, Beg, 7.75.

55H: 1. Wall, Pla, 9.47; 2. Ryan, Pra, 9.82; 3. Andrus, Str, 9.93; 4. McAnally, Pra, 9.99; 5. Cheasmore, Pur, 10.1; 6. Cunningham, Pla, 10.18.

200: 1. Treadwell, Hol, 26.60; 2. Olive, Wat, 26.84; 3. Rogers, Pur, 27.72; 4. Sims, VA, 27.81; 5. Langford, Beg, 27.86; 6. Range, Pla, 28.07.

400: 1. Treadwell, Hol, 1:03.34; 2. Null, Lav, 1:05.25; 3. Gharthania, Pur, 1:05.90; 4. Dial Mar, 1:07.14; 5. Wolf, Wea, 1:09.20; 6. Fridrich, Pra, 1:09.52.

800: 1. McCurry, VA, 2:37.30; 2. B. Harvey, Pla, 2:42.43; 3. Warr, Pla, 2:42.91; 4. Gharthania, Pur, 2:44.55; 5. Helms, Pla, 2:45.90; 6. Sable, VA, 2:47.19.

1600: 1. S. Harvey, Pla, 5:27.56; 2. McCurry, VA, 5:41.67; 3. McCulloh, Pla, 5:41.88; 4. Walters, LA, 5:44.95; 5. Baumeister, Jo, 5:49.47; 6. Waller, Pla, 6:05.43.

3000: 1. S. Harvey, Pla, 11:25.80; 2. Scott, Ber, 11:43.75; 3. Baumeister, Jo, 12:36.25; 4. Jones, Jo, 12:36.88; 5. Delonals, LA, 12:45.25; 6. Lackey, Pla, 12:57.59.

8 Lap Relay: 1. Watonga 3:15.98; 2. Catoosa 3:18.62; 3. Weatherford 3:19.05; 4. Plainview 3:20.43; 5. Jones 3:33.61; 6. Little Axe 3:44.31.

20 Lap Relay: 1. Plainview 9:59.39; 2. Jones 10:26.04; 3. Little Axe 10:32.86; 4. Watonga 10:43.64; 5. Catoosa 10:44.43.

Shot: 1. Clements, Pur, 36-8; 2. Oliver, Tec, 36-6.5; 3. Jones, Wat, 34-11.75; 4. Curry Wat, 34-1.75; 5. Easterling, Pla, 33-4.5; 6. Lake, Ton, 29-8.

Long Jump: 1. Dunaway, Pur, 15-5.5; 2. Dial, Mar, 15-2.5; 3. Langford, Jo, 14-3.5; 4. Ryan, Pra, 14-1.5; 5. Shaffer, Cat, 14-0; 6. Russell, Tish, 13-11.

Triple Jump: 1. Olive, Wat, 32-10.25; 2. Ryan, Pra, 30-8.75; 3. Dunaway, Pur, 30-6.75; 4. Cavin, Pra, 28-10; 5. Wolf, Wea, 27-4.5; 6. Thomas, Wea, 27-2.

High Jump: 1. Blackwell, Pla, 5-0; 2. Anderson, Cat, 5-0; 3. Wyatt, Tish, 4-10; 4. Cavin, Pra, 4-8; 5. Bank, EC, 4-8; 6. Childers, Chan, 4-8.

State Top Track Teams

3A Boys

1. Idabel
2. Broken Bow
3. Weatherford
4. Chandler
5. Catoosa
6. Plainview
7. Lone Grove
8. Anadardo
9. Elk City
10. Dickson

3A Girls

1. Grove
2. Millwood
3. Plainview
4. Poteau
5. Marlow
6. Purcell
7. Catoosa
8. Vinita
9. Idabel
10. Broken Bow

4A Boys

1. Altus
2. McGuinness
3. Duncan
4. Okmulgee
5. John Marshall
6. Douglas
7. Guthrie
8. Claremore
9. Carl Albert
10. Ardmore

4A Girls

1. Ardmore
2. McGuinness
3. Northeast
4. Altus
5. Northwest Classen
6. John Marshall
7. Guthrie
8. Duncan
9. Hale
10. Durant

5A Boys

1. Moore
2. Norman
3. Edmond Memorial
4. Edmond North
5. Midwest City
6. Eisenhower
7. Jenks
8. Union
9. Santa Fe
10. Ponca City

5A Girls

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

Coaches' Corner

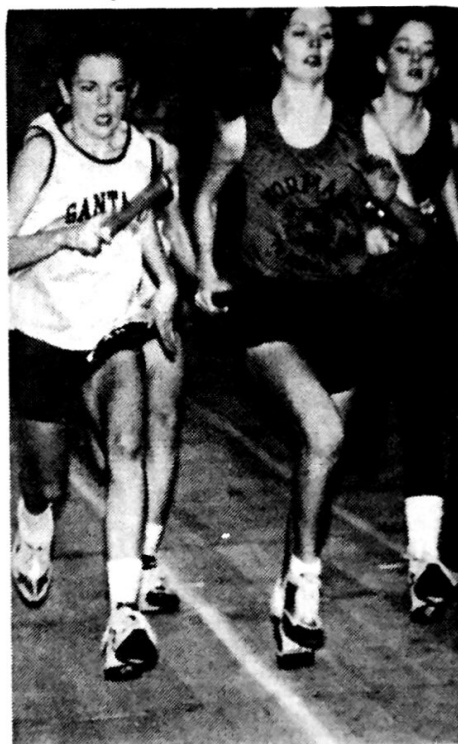
TEAM REPORT forms were mailed to all Oklahoma high schools with track teams (about 385) in January. These forms need to be completed and returned to OTF&N as soon as possible, either by mail or FAX. The TEAM REPORT is one of our main sources of information concerning correct spelling, class year, schedules, coaches, phone numbers, etc. If you haven't sent your's in yet, please do so ASAP. If you didn't receive one or have lost it, please at least send a team roster and schedule or call 405-843-9992 and we will see that you get another copy immediately.

RESULTS--Please FAX (mail is too slow in this age of computers) the results (six deep and all teams scores) of any meet you host and make sure that any meet your team participates in reports the results promptly. Needless to say, results are absolutely the heart of this publication and we need them fast in order to get them factored into the current rankings and into print in a timely fashion. Photos are also welcome, be sure to properly identify with names, schools, events, time/distances and the name of the photographer.

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

TEAM RANKINGS are based on results received and will be part of the criteria used by the Regional Assignment Committee as will individual rankings. Don't hesitate to communicate with us regarding your feelings about rankings.

OKLAHOMA TRACK COACHES ASSOCIATION--If you are not a member of the OTCA yet it is not too late to join. Selection to the two All-Star teams for post-season competition as a runner or coach requires that the coach be a member. You can join by sending \$35.00 to Pat Lenington, 822 Jona Kay Terrace, Norman, OK 73069.



PRAGUE-LITTLE AXE INDOOR MEET--Norman's Hilary Reser leads off in the 5A girls 20 Lap relay. The Tigers won with a time of 10:08.62. Photo by John Hoke

Oklahoma Track Coaches Association Winter Track Clinic Norman 2/2-3/96

NORMAN--The Oklahoma Track Coaches Association held their annual Winter Track Clinic here at the Ramada Inn, February 2nd and 3rd. Close to 150 coaches attended the two days of meetings, clinics and lectures.

Speakers covered all areas of track and field and the coaches selected Dave Sammons, Edmond Memorial (boys) and Jerry Loveall, Velma-Alma (girls) as cross country coaches of the year for 1995 (story in this issue). The OTCA Hall of Fame plaque was on display and will be housed permanently at the University of Central Oklahoma's fieldhouse in Edmond.

Coaches for the Oklahoma vs. Arkansas track dual and the Great Southwest Invitational were also selected: Mark Heard, Elk City (boys) and Bret Rider, Beaver (girls) are head coaches for the dual with Plainview's Amie Lampkin (girls) and Edmond North's Steve Patterson (boys) head coaches for the Great Southwest meet.

Sooner State Games Indoor Track Meet Shawnee Exposition Center 2/11/96

SHAWNEE--Athletes from all over Oklahoma and the surrounding states competed in the second annual Sooner State Games Sportsfest Indoor track meet here in the Shawnee Exposition Center February 11th.

Bad weather forced rescheduling the meet from the previous week which caused many pre-registered athletes to be unable to attend--over 200 had registered this year, significantly up from last year. Runners competed on the 153-meter banked board track which had been set up for the Oklahoma Track Coaches Association Indoor State Meet the same weekend.

Bantam Girls (10 & under)

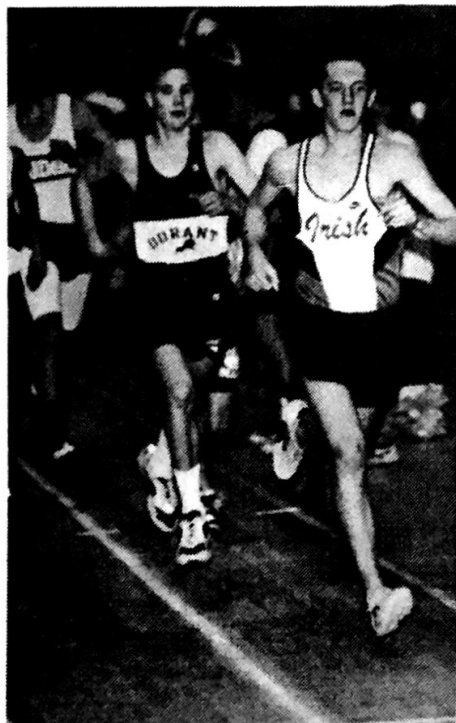
55: 1. Brittney Love, OKC, 9.0; 2. Raehauna Walker, MWC, 10.0; 3. Niki Hunt, Chandler, 11.1. High Jump: 1. Mandy Stinchcomb, Stonewall, 3-8; 2. Kiersten Dailey, Chandler, 3-8; 3. Rachel Stinchcomb, Stonewall, 2-4. Long Jump: 1. Chelsie Baldwin, Ponca City, 8-11; 2. Mandy Stinchcomb, 8-6.5; 3. Dailey, 8-6. Shot: 1. Mandy Stinchcomb, 12-4; 2. Hunt, 10-7; 3. Rachel Stinchcomb, 6-2.

Midget Girls (11-12)

55: 1. Marquessa Gray, OKC, 7.9; 2. Lori Lanier, Shawnee, 8.4; 3. Jovi Walker, OKC, 8.5. 800: 1. Jesse Ray Gordon, Ardmore, 2:47.8; 2. Stacey Fuller, Overbrook, 2:56.6; 3. Amanda Absure, Norman, 2:58.0. High Jump: 1. Absure, 4-4. Long Jump: 1. Lindsey Harris, Shawnee, 13-1; 2. Absure, 12-2; 3. Kristyn Coulter, OKC, 11-1; 4. Lanier, 10-11. Shot: 1. Harris, 21-8.5; 2. Bailey Glecker, Shawnee, 18-2.

Youth Girls (13-14)

55: 1. Alfreida Gordon, OKC, 7.5; 2. Katrina Brewer, OKC, 7.5; 3. Jacqueline Wilson, OKC, 7.8; 4. Kaci Bloodworth, Ardmore, 7.8; 5. Demekia Farmer, OKC, 8.2. 800: 1. Lindsey Trent, Claremore, 2:43.5; 2. Candice Cox, Ardmore, 2:47.5; 3. Nickie George, Ardmore, 2:48.2. High Jump: 1. Jamie Lillie, Stillwater, 5-0; 2. Kristen Bellmon, Waynoka, 4-8; 3. Gordon, 4-0; 4. Jennifer Bogle, Kingfisher, 4-0. Long Jump: 1. Brewer, OKC, 14-9; 2. Lillie, 14-3; 3. Wilson, 14-1.5; 4. Bloodworth, 14-1; 5. Trent, 14-0; 6. Brandi Coulter, OKC, 13-2. Shot: 1. Jamie Buck, Cherokee, 36-7; 2. Bogle, 26-10.5.



PRAGUE-LITTLE AXE INDOOR MEET--McGuinness' Matt Sexauer (right) won the 4A boys 3,000 meter run in 10:01.04. Photo by John Hoke

Intermediate Girls (15-16)

55: 1. Kayla Bellmon, Waynoka, 7.7; 2. Rebecca Mason, McLoud, 7.8; 3. Jamie Harvick, Luther, 7.8. 55H: 1. Angel Roediger, OKC, 11.7. 400: 1. Bellmon, 1:07.4. High Jump: 1. Harvick, 4-8. Long Jump: 1. Harvick, 15-11; 2. Bellmon, 15-2.5. Shot: 1. Barbara Phillips, Cherokee, 31-5.5.

Young Women (17-18)

55H: 1. Shannon Hansen, Edmond, 10.49. 400: 1. Hansen, 1:04.2; 2. Alicia Towers, Owasso, 1:16.7. 1500: 1. Towers, 5:50.3. High Jump: 1. Kate Hayes, Edmond, 4-10. Long Jump: 1. Hansen, 14-9.5.

Women 40-44

55: 1. Cindy Steenbergen, Ft. Worth, Tx, 7.6. 200: 1. Steenbergen, 26.7. Shot: 1. Glacia Otis, Cherokee, 36-10.

Women 50-54

55: 1. Nina Bryant, MWC, 9.0. 200: 1. Bryant, MWC, 35.8.

Women 55-59

1500 RACEWALK: 1. Marjorie Lovin, Ada, 8:51.97. Long Jump: 1. Sue Tunnell, Edmond, 7-4. Pole Vault: 1. Tunnell, 6-0. Shot: 1. Tunnell, 24-4.5.

Women 60-64

55: 1. Jean Cobb, Choctaw, 10.6. Long Jump: 1. Cobb, 9-8. Shot: 1. Cobb, 22-2; 2. Carolyn Ragozzino, Norman, 15-5.

Bantam Boys (10 & under)

55: 1. Ryan Harris, Shawnee, 10.2. Long Jump: 1. Casey Bogle, Kingfisher, 6-3. Shot: 1. Harris, 15-7; 2. Bogle, 14-3.

Midget Boys (11-12)

55: 1. Billy Wilson, OKC, 8.0; 2. Louis Dailey, Owasso, 8.3; 3. David Love III, OKC, 8.6. 800: 1. Vincent Moore, OKC, 2:58.4; 2. Grant Glecker, Shawnee, 3:10.9. High Jump: 1. Dailey, 4-4; 2. Glecker, 3-4. Long Jump: 1. Wilson, 13-6. Shot: 1. Daris George, Ardmore, 33-0; 2. Chase Lavalley, Shawnee, 28-1.5.

Youth Boys (13-14)

55: 1. Michael Crawford, Stroud, 8.3; 2. John Hunt, Chandler, 8.8. 800: 1. Patrick Patrick, Stroud, 2:48.7. High Jump: 1. Kyle Ellis, OKC, 4-0. Long Jump: 1. Ellis, 12-7. Pole Vault: 1. Ellis, 8-0. Shot: 1. Crawford, 22-5.5.

Intermediate Boys (15-16)

55: 1. David Williams, MWC, 7.0; 2. Leonard Hansen III, 7.3; 3. Steve Ballard, Bristow, 7.4. 400: 1. Blake Absure, Norman, 57.3; 2. Chris McWatters, Moore, 1:00.8; 3. Chris Bogle, Kingfisher, 1:02.8. 1500: 1. Absure, 4:31.6; 2. McWatters, 4:52.4; 3. Luke Hooper, Edmond, 5:30.3. High Jump: 1. Bogle, 5-6; 2. Hansen, 5-6. Long Jump: 1. Bogle, 17-1; 2. Hansen, 15-6.5; 3. Steve Ballard, Bristow, 15-1.5. Pole Vault: 1. Joshua Dial, Marlow, 14-0. Shot: 1. Josh Hawk, Norman, 47-1.5; 2. Bogle, 31-9.

Young Men (17-18)

55: 1. Josh Hallman, OKC, 6.4; 2. Jarrod Samples, El Reno, 6.8; 3. Jason Coulter, Helena, 6.8; 4. Billy Don Overstreet, Drumright, 7.0. 55H: 1. Eric Wyant, Edmond, 8.9. 400: 1. Samples, 55.9; 2. Coulter, 58.6; 3. Justin Martin, Drumright, 1:02.2. 1500: 1. Martin, 5:48.2. High Jump: 1. Wyant, 5-4; 2. Overstreet, 4-8. Long Jump: 1. Evert Hendrix, Drumright, 18-9; 2. Wyant, 18-6; 3. Coulter, 17-9.5; 4. Overstreet, 17-8; 5. Kenny McGough, Wynnewood, 16-3.5; 6. Ed Herndon, El Reno, 16-2.5. Pole Vault: 1. Chris Tamez, Austin, Tx, 14-6; 2. George Normandin, Broken Arrow, 12-6; 3. (tie) Karry Phillips, Tyrone, and Aaron Eccard, El Reno, 12-0; 5. Jason Taylor, OKC, 10-0. Shot: 1. Kyle O'Neill, Edmond, 47-3.5; 2. Wyant, 40-1.5; 3. Kevin Smith, Cherokee, 37-7.5; 4. Jesse Chaveriat, Edmond, 36-4.

Open Men

800: 1. Ed Herndon, El Reno, 2:25.0. 1500: 1. Trevor Swink, OKC, 5:14.5. Pole Vault: 1. Benjamin Daniel, Bethany, 15-6.

Men 30-34

55: 1. Philip Koons, Tuttle, 6.7; 2. Alan Sims, Houston, Tx, 6.8; 3. Tom Arrington, Edmond, 8.0. 55H: 1. Dan Cook, Ft. Stockton, 8.5. 800: 1. David Jackson, El Paso, Tx, 2:15.0. 1500: 1. Jackson, 4:35.4; 2. Steve Million, Norman, 5:32.1. High Jump: 1. Thomas Garzillo, Plano, Tx, 5-2. Long Jump: 1. Sims, 18-2; 2. Arrington, 14-5. Pole Vault: 1. Garzillo, 11-0. Shot: 1. Arrington, 41-9.

Men 35-39

55: Clifford Shock, Bartlesville, 7.0; 2. Roger Davis, Nowata, 7.3; 3. Brooks Wright, OKC, 7.7. 55H: 1. Ken Ellis, OKC, 7.75. 200: 1. Shock, 25.8; 2. Davis, 26.9; 3. Wright,

27.6; 4. Danny Coe, Wynnewood, 34.4. 400: 1. Davis, 1:04.8; 2. Wright, 1:06.4. 800: 1. Jeff Lindsay, Tulsa, 2:06.3. 1500: 1. Lindsay, 4:25.1; 2. Wright, 5:17.7. High Jump: 1. Ellis, 5-6; 2. David Hunt, Chandler, 4-4. Long Jump: 1. Shock, 15-1; 2. Hunt, 13-2. Pole Vault: 1. Ellis, 14-0; 2. Brian Elmore, Austin, Tx, 11-6. Shot: 1. Ellis, 40-7.

Men 40-45

55: 1. Colin Williams, OKC, 6.9; 2. Robert Hahn, Tyler, Tx, 7.1. 55H: 1. Williams, 7.3; 2. Neal Combs, Inman, Ka, 8.1; 3. Hahn, 9.0. 200: 1. Williams, 24.7; 2. Hahn, 26.3; 3. Michael Ariana, Tulsa, 26.3; 4. Steve Caloney, Norman, 29.3. 400: 1. Williams, 59.1; 2. Ariana, 1:04.8; 3. Caloney, 1:05.4. 800: 1. James Reppert, Plano, Tx, 2:18; 2. Caloney, 2:31.8. 1500: 1. Caloney, 5:09.9. High Jump: 1. Williams, 5-0. Long Jump: 1. Williams, 19-10; 2. Dennis Webb, Wichita, Ka, 16-4; 3. Ariana, 14-0. Pole Vault: 1. (tie) Dan Jones, Ft. Worth, Tx, and Larry McIntyre, Poteet, Tx, 12-0. Shot: 1. Williams, 32-0.

Men 45-49

55: 1. Jim Dolezel, MWC, 7.1; 2. Dodge Kirby, Little Rock, Ark, 7.4; 3. Sam Goodman, Pierce City, 7.7. 200: 1. Dolezel, 25.5; 2. Goodman, 27.5; 3. Leonard Hansen, Jr, Edmond, 29.5; 4. Dale Duevall, Tulsa, 30.7. 400: 1. Rick Sherrod, Gladwater, Tx, 58.1; 2. Dolezel, MWC, 59.2; 3. Deuvall, 1:12.6. 800: 1. John Hoke, OKC, 2:21.0; 2. Hansen, 2:49.4. 1500: 1. Hoke, 5:05.2; 2. Hansen, 5:59.5. 1500 RACEWALK: 1. William Penner, Stockton, Ca, 7:37.2. High Jump: 1. Larry McIntyre, Poteet, Tx, 5-2; 2. Dolezel, 4-8; 3. Deuvall, 3-6. Long Jump: 1. Dolezel, 17-2; 2. Deuvall, 11-3.

Men 50-54

55: 1. Ed Jones, Austin, Tx, 7.2; 2. Charlie Barnhart, Drumright, 7.9; 3. Dan McClelland, Norman, 4. Tim McGough, Wynnewood, 8.2; 5. Sam Pfennig, Hobart, 8.2. 55H: 1. Courtland Gray, Dallas, Tx, 8.0; 2. Ken Winters, Overland Park, Ka, 9.1; 3. Henry Clapper, Monnett, Mo, 11.0. 200: 1. Gray, 24.7; 2. Jones, 25.1; 3. Winters, 28.4; 4. Barnhart, 29.5; 5. Pfennig, 31.7. 400: 1. Gray, 57.6. 800: 1. Winters, 2:48.4. 1500 RACEWALK: 1. Jerry Whitten, Amarillo, Tx, 9:14.0. High Jump: 1. Clapper, 5-2; 2. Winters, 5-0; 3. McGough, 4-6; 4. Pfennig, 4-4; 5. Whitten, 3-6. Long Jump: 1. Jones, 18-6; 2. Pfennig, 12-0; 3. Barnhart, 11-6; 4. McGough, 10-7.5. Shot: 1. Sheppard Miers, Jr, OKC, 42-8; 2. Larry Greenwood, Cleveland, 40-8; 3. McGough, 36-5; 4. Winters, 36-3; 5. Whitten, 20-3.5.

Men 55-59

55: 1. Jimmy Weaver, Ft. Worth, Tx, 7.6; 2. Dale Lance, Tulsa, 7.6; 3. Wayne Bennett, Arlington, Tx, 7.7. 55H: 1. Lance, 8.5. 200: 1. Bennett, 27.4; 2. Weaver, 27.7. 400: 1. Bennett, 1:10.3; 2. David Renton, OKC, 1:12.8. 800: 1. Renton, 2:49.9. 1500: 1. Jim McFadden, Owasso, 5:06.5; 2. Renton, 6:03.8. 1500 RACEWALK: 1. McFadden, 6:47.3. High Jump: 1. Renton, 4-2; 2. Wayne Skartwed, MWC, 4-0. Long Jump: 1. Skartwed, 13-7; 2. Renton, 12-0.5. Pole Vault: 1. Lance, 11-0; 2. Renton, 6-6. Shot: 1. Skartwed, 29-1.

Men 60-64

55: 1. Bob Santine, Hulbert, 8.0; 2. Glendale Markwell, Meeder, 8.6; 3. Hector Cisneros, Austin, Tx, 8.6. 55H: 1. Lowell Bonfield, Lubbock, Tx, 9.6; 2. Cisneros, 10.9; 3. Markwell, 12.7. 200: 1. Bonfield, 28.6; 2. Cisneros, 29.6; 3. Santine, 31.0. 400: 1. Cisneros, 1:10.9; 2. Bonfield, 1:11.2. High Jump: 1. Markwell, 4-2. Long Jump: 1. Bonfield, 16-6; 2. Charles Crawford, Tulsa, 11-1. Pole Vault: 1. Crawford, 7-6. Shot: 1. Tom Wesselowick, Wichita, Ka, 48-4; 2. Wendal Palmer, Pampa, Tx, 47-3; 3. David Forester, OKC, 39-8; 4. Markwell, 34-9; 5. Santine, 32-8; 6. Crawford, 30-2.

Men 65-69

55: 1. Jack Pritchard, Stillwater, 8.5; 2. Sam Taylor, Wilburton, 9.0. 200: 1. Pritchard, 30.3; 2. Bill Pardue, Ft. Worth, Tx, 31.3; 3. Taylor, 34.5. 400: 1. Taylor, 1:21.1. 800: 1. Taylor, 3:19.2. 1500: 1. Taylor, 7:04.6. High Jump: 1. Pardue, 4-0. Shot: 1. Engel Grow, Edmond, 38-6.

Men 70-74

55: 1. Tim Murphy, Irving, Tx, 8.5; 2. Bob Wingo, Cleburne, Tx, 8.8. 200: 1. Murphy, 31.6; 2. Wingo, 33.7. 400: 1. Wingo, 1:22.8. 800: 1. Wingo, 3:20.3. Shot: 1. A.T. Richeson, Shawnee, 34-11.5.

Men 75-79

55: 1. Bob Warwick, Sr, Tulsa, 9.5; 2. Doc Bennett, Stonewall, 10.5. 55H: 1. Warwick, 13.0. 200: 1. Warwick, 39.0. 800: 1. Leo Wade, OKC, 3:53.9. 1500: 1. Wade, 8:13.8. High Jump: 1. Bennett, 3-9.5; 2. Warwick, 3-5.75. Long Jump: 1. Bennett, 10-5; 2. Warwick, 10-4.5; 3. Wade, 6-10. Pole Vault: 1. Warwick, 7-6. Shot: 1. Scott Herrman, Wichita, Ka, 41-7; 2. Warwick, 24-11; 3. Bennett, 23-9.

Youth Track Clubs

George Hall, Jenks America Track Club

There are approximately 29 USA Track & Field (USATF) clubs in Oklahoma that participate in youth running programs including both track & field and cross-country. Many of these same clubs are also affiliated with the Amateur Athletic Union (AAU), so that they can participate in state, regional, and national meets of either organization. Clubs are generally open to members of all ages and all abilities, and most have members that might represent several school districts. Some of the clubs (i.e., Tulsa Track & Field Club, Jenks America Track Club, others?) have members scattered widely across the state. The clubs provide an outlet for runners of all ages to compete in age-group competition in track, field, and cross-country. Most of the clubs have organized workouts, a coaching staff, a board of directors, committees as needed, basic equipment, club uniforms, and a host of adult/parent volunteers to make things happen. This article discusses the youth programs offered by the clubs and the relationship of these programs to school running programs. Club athletes participate in youth programs based on the following USATF age-group classifications; Bantam (10 and under), Midget (11-12), Youth (13-14), Intermediate (15-16), and Young Men/Women (17-18). Boys and girls compete separately, so a youth athletics team may actually consist of 10 separate track teams. The age is determined based on the year of the athlete's birthday; i.e., if an athlete will become 11 years old in November, then that athlete is considered a "Midget" for the entire year even though he/she will only be 10 during the summer track season. Grade in school is not a factor for age-group competition.

Club Programs

Some of the clubs participate in running sports year-round, including track, cross-country, indoor track, road racing, and even an "off-season" program in the winter months. Other clubs may participate only in some of these activities. Track programs include age-group competition in standard track and field events that are a part of the Oklahoma school programs, as well as events that are not part of the Oklahoma school programs such as the steeplechase, 5000 meter run, javelin, 400 meter hurdles, and women's pole vault. The clubs gear themselves towards competition in three national meets, including the USATF Youth Athletics National Championship, the USATF Junior Olympics, and the AAU Junior Olympics. There are qualifying meets at the local, state, and regional level for participation in the Junior Olympics programs, and there is a qualifying performance standard which must be reached to participate in the Youth Athletics National Championship. Athletes may "count" a performance at a school meet to qualify for the Youth Athletics National Championship, so many high school athletes qualify during their school

season and don't even know they have reached the standard to participate in a national meet. The location of the national championships varies each year, but since there are 3 of them at least 1 of them is usually located close to Oklahoma. Last year's Youth Athletics National Championship was held in Joplin, Missouri, and there were a lot of Oklahoma athletes present. Most of you reading this article probably don't know that the Oklahoma Champions Youth Boys (ages 13 - 14) 4x800 meter relay team set a new national record at this meet! Participation in the national meets provides the elite athletes with an opportunity to test themselves against the best in the nation, and you can bet that the college coaches are on hand taking notes. Of course, not all athletes can make it through the qualifying rounds to the nationals. The clubs offer plenty of competition for these athletes, as well. In addition to the state qualifying meets held as prelims for each of the 3 national meets, there were 11 "mini-meets" held in the Tulsa area last year for all comers of all ages and abilities. The Tulsa Spikes have traditionally hosted a mini-meet series, and last year they held 5 mini-meets at Cascia Hall. In addition, the Tulsa Track & Field Club, with assistance from the Northeast Oklahoma Track Club and the Jenks America Track Club, held a series of 6 mini-meets at various locations within the Tulsa area. A mini-meet consists of an abbreviated meet that includes a portion of each category of events, meaning that there are some but not all sprints, distance, relays,

hurdles, and field events such that the entire meet only lasts for 2 - 3 hours. Mini-meets are absolutely fantastic affairs that are rather informal and allow youth athletes to sometimes compete in a race against older athletes. Literally all ages are represented, and I have found myself racing against 6 year olds and 60 year olds in the same event (of course, the winning places are determined based on age-group). Other all-comer age group meets include the Ponca City meet held in mid-May and the Sooner State Games meet held in late June. There were 16 meets available for all youth athletes this year, regardless of their ability. The Oklahoma Track & Field News publishes the schedule for the USATF and AAU meets each year.

Club cross-country programs consist primarily of preparation for the USATF and AAU national meets. Bantam and Midget athletes run 3K, Youth athletes run 4K, and Intermediate and Young Men/Women athletes run 5K. Qualification for the AAU national meet consists of participation in the AAU state meet. Likewise, qualification for the USATF national meet consists of participation in the USATF state. The procedure for qualifying consists of a specified number of winning teams plus a number of individuals in addition to the teams. However, in recent years, everybody who participated in the state meets has qualified, because there has not been enough teams/individuals to eliminate anyone. There are usually about 250-350 athletes in competition for each age group race at the national meets, and since

Continued on page 10



OTCA INDOOR STATE MEET--The 5A girls 3,000 meter run goes into the first turn with eventual winner, Shawnee's Jessica Gibson (center), in the lead. Photo by Roger Taylor



PRAGUE-LITTLE AXE INDOOR MEET—The 4A girls 20 Lap relay leaves the line with (left to right) Brooke Boothe, McGuinness; Brandy Bratton, Hale; and Kelli Cowan, Guthrie. McGuinness was the eventual winner.
Photo by John Hoke

Youth Track Clubs

Continued from page 9

these are some of the finest athletes in the nation it is truly an exciting time. As with the national track meets, you can be sure that there are college coaches amongst the spectators who are observing the Young Men/Women athletes with a keen eye in anticipation of next year's scholarship offers.

Most of the clubs participate in road races. Many youth athletes would never even consider entering a 3.1 mile (5K) road race, but a little training with a club and some encouragement gives them the courage to try.

Most of the club activity is currently centered around Tulsa, with the primary exception being the Ponca City TC which hosts an annual all-comers meet. There are clubs in most every major city of the state, and you may obtain information about particular locations by calling Loretta Hinkle, secretary of the Oklahoma Association of the USATF, at 405-942-6733.

Why Should School Athletes Also Participate in a Club?

Running is a year-round sport, and the best runners have a yearly plan that includes seasonal peaking, rest periods, and specific goals. Schools are unable to train year-round, but clubs have no such restrictions. The club cross-country season extends 6 weeks longer than the school season this year, so participation in a club cross-country program allows the school athlete to maintain and even improve conditioning prior to

the track season. The high school track season ends in mid-May, while the club season is just beginning then and continues on through July. Participation in both club and school programs allows your athletes to remain in competitive condition throughout most of the year, but still gives plenty of time for rest. Club athletes may participate in different events than they see in the school program, such as the 5000 meter run, 400 meter hurdles, 2000 meter steeplechase, javelin, and pole vault for women. They have the opportunity to qualify and participate at the national meets, and this is an experience they won't soon forget. Of course, participation at the national meets gets them more exposure than they receive at the state meet and sure doesn't hurt their scholarship potential. The clubs provide mentoring, with the older runners naturally assuming a leadership role for the younger members. Many of the clubs have coaches who also participate as athletes in the age-group meets, and younger athletes tend to relate more to a coach when they see that he/she suffers the same pain they do from a supreme race effort. Some of the clubs have the financial ability to provide scholarships for their youth members to attend running camps, or to attend a national championship event, or for other worthy purposes. It benefits the athlete to be exposed to other coaches, and learn philosophy and training techniques that are different from his/her norm.

Relationship of School and Club Running Programs.

If a school coach and a local club cooperated, they could both work together to bring

about beneficial gains for the athletes. After all, that is what it's all about, right? The school coach will benefit from the extended seasons made possible by the club programs, and the athletes will develop better and faster from this combination. School coaches need to consider a difference in philosophy between their perception of the athlete and the perception of a club. While a school coach will only have the athlete for a maximum of 4 years through high school, the club may have the athlete from age 6 to age 100. The school coach wants to win championships with the athlete, and therefore wants the maximum development of the athlete during their 4-year tenure with the school program. The athlete will develop better if he/she also trains and participates with a club. Many clubs view the athlete's development as a life-long process, and are perhaps more interested in "peaking" the athlete for collegiate or later performances, but most all the clubs want to ensure that the athlete continues to compete forever. These goals are not incompatible, however, and the school coach should realize significant benefits from their athlete's participation in a club. Not meaning to be too controversial, nevertheless the following point has to be made. Athletes, especially those in strong club areas like Tulsa, have a choice; they don't have to run in a school program unless they choose to do so. They can participate solely in a club program, train and compete most of the year with a club, and benefit from a collegiate scholarship if they are good enough. Most clubs have a primary goal of obtaining college scholarships for their elite athletes. School coaches can also participate with a club, as a member, athlete, or club coach (subject to state rules regarding off-season coaching of their athletes). School coaches can encourage the development of clubs, and at least participate in an advisory capacity regarding coaching techniques, philosophy, workouts, etc. Parents and former collegiate runners are eager to donate their time and ability to help out with such clubs, and it can become a matter of civic pride to march off and compete against athletes from other clubs. This in no way detracts from a school program, and should even enhance the school's own program.

What Should You Do?

As a school coach and member of the Oklahoma Track Coaches Association, you are a professional responsible for the development of your young athletes. Consider the long-term benefit of establishing a relationship with a local running club, both to individual athletes and to your overall school program. School systems that have a club "feeding" young athletes into their programs are going to be and remain strong competitors, while those that don't will have to start from scratch with each freshman class. Be an active participant with your local club, promote the club concept and be proactive with the club's coaches in developing training plans for your athletes during periods when they run for a club. Become an athlete again and participate in age group meets yourself.

Prague-Little Axe Indoor Invitational Shawnee Exposition Center 1/26-27/96

SHAWNEE—No teams scores were kept in the first indoor track meet of the season held here in the Shawnee Exposition Center on a 153-meter banked board track Friday and Saturday, January 26th and 27th. All individual distances were accurate with the relays approximately 612 meters (4 Lap); 1224 meters (8 Lap); and 3060 meters (20 Lap). Four classes were contested with boys and girls divisions in each.

2A Girls

55: 1. Olive, Wat, 7:36; 2. Sims, VA, 7:45; 3. Thacker, VA, 7:50; 4. Olive, Wat, 7:94; 5. Russell, Tish, 8:02; 6. Bigby, Str, 8:03.

55H: 1. Davis, VA, 9:54; 2. Edsall, Wat, 10:68.
400: 1. Null, Lav, 1:06.74; 2. Esparza, Wyn, 1:10.82; 3. Biby, Wak, 1:11.41; 4. Johnson, Jo, 1:11.58; 5. Walker, Jo, 1:12.57; 6. Long, Lav, 1:13.29.

800: 1. McCurry, VA, 2:37.72; 2. Hurst, Str, 2:38.95; 3. Rapp, Wak, 2:45.9; 4. Agerman, 3:07.97; 5. Pulpjoy, Wyn, 3:10.40; 6. Coffee, Jo, 3:22.24.

1600: 1. Laney, Wak, 5:51.92; 2. Horn, VA, 5:58.60; 3. Baumeister, Jo, 6:05.12; 4. Jones, Jo, 6:37.12; 5. Krites, Wat, 6:37.94; 6. Hinkle, Jo, 6:43.82.

3000: 1. Laney, Wak, 11:24.43; 2. Horn, VA, 3. Fuller, VA, 4. Linke, VA, 5. Baumeister, Jo, 6. Johnson, VA.

4 Lap Relay: 1. Velma-Alma 1:28.65; 2. Prague 1:31.38; 3. Watonga 1:31.61; 4. Laverne 1:33.19; 5. Jones 1:35.28.

8 Lap Relay: 1. Watonga 3:17.99; 2. Velma-Alma 3:18.61; 3. Prague 3:27.95; 4. Watonga B 3:40.26.

20 Lap Relay: 1. Velma-Alma 10:34.17; 2. Jones 10:38.69; 3. Wadita 10:52.68; 4. Watonga 10:57.01; 5. Prague 11:52.23.

Shot: 1. Jones, Wat, 35-8.5; 2. Curry, Wat, 34-6; 3. Ford, Wat, 32-4; 4. Wilson, Jo, 28-1; 5. Jett, Lav, 27-9; 6. Lawrence, Jo, 28-8.5.

Long Jump: 1. Ryan, Pra, 14-4.75; 2. Lanie, Wak, 14-1; 3. Lanford, Jo, 13-3.5; 4. Russell, Tish, 13-2.75; 5. Esparza, Wyn, 12-10.75; 6. Baumeister, Jo, 11-3.5.

Triple Jump: 1. Ryan, Pra, 30-7; 2. Cavin, Pra, 29-11.75.
High Jump: 1. Cavin, Pra, 4-8; 2. Ratcliff, Jo, 4-8; 3. Ageman, Jo, 4-2.

2A Boys

55: 1. Hampton, Wat, 6:61; 2. Kelly, Wew, 6:70; 3. White, Wat, 6:81; 4. Jordan, Pra, 6:87; 5. Jacks, Wat, 6:93; 6. Bynum, Dic, 6:94.

55H: 1. Burdine, Pra, 7:63; 2. Inman, Tish, 7:96; 3. Jacks, Wat, 8:26; 4. Brauer, Pra, 8:65; 5. Etheridge, Kon, 8:68; 6. Smith, Pra, 8:68.

400: 1. Burdine, Pra, 52.78; 2. Williams, Tish, 54.10; 3. Cloud, Kon, 55.30; 4. Gordon, Str, 57.18; 5. Guthrie, Jo, 58.04; 6. Lyon, Str, 58.47.

800: 1. Affenteranger, Pra, 2:09.19; 2. Inman, Tish, 2:09.40; 3. Cazzelle, Rip, 2:11.70; 4. Cloud, Kon, 2:15.24; 5. Mimms, Str, 2:15.51; 6. Lampkin, Dic, 2:27.70.

1600: 1. Miller, VA, 4:49.76; 2. McKinney, Dav, 4:58.78; 3. Stone, Pra, 5:15.36; 4. Graham, Pra, 5:15.57; 5. Hutchins, Tish, 5:19.35; 6. Cates, Glen, 5:29.59.

3000: 1. Miller, VA, 9:34.23; 2. McKinney, Dav, 10:07.93; 3. Lampkin, Dic, 10:20.79; 4. Graham, Pra, 10:39.69; 5. Hutchins, Tish, 10:48.37; 6. Wright, Glen, 11:02.52.

4 Lap Relay: 1. Prague 1:13.78; 2. Stroud 1:15.32; 3. Konowa 1:15.67; 4. Tishomingo 1:15.85; 5. Watonga 1:17.20; 6. Wewoka 1:17.36.

8 Lap Relay: 1. Prague 2:39.63; 2. Tishomingo 2:41.55; 3. Konowa 2:47.82; 5. Prague B 2:55.91; 6. Prague C 3:02.39.

20 Lap Relay: 1. Tishomingo 8:38.27; 2. Prague 8:57.17; 3. Dickson 8:58.51.

Shot: 1. Kay, Wyn, 53-0.5; 2. Gastineau, Tish, 45-6; 3. Green, Wyn, 45-6; 4. Leslie, Kon, 37-6; 5. Zinno, Tish, 36-7; 6. Cox, Kon, 31-7.

Long Jump: 1. Kelly, Wew, 20-4; 2. Ethridge, Kon, 19-0.25; 3. Wood, Tish, 18-1; 4. Kiker, Kon, 17-11.75; 5. Welch, Kon, 17-9.5; 6. Barnes, Str, 17-8.5.

Triple Jump: 1. Jordan, Pra, 40-8.5; 2. Morris, Wat, 36-5.75; 3. Lyon, Str, 34-11.5; 4. Jett, Lav, 33-11.5.

High Jump: 1. Harris, Wyn, 6-9; 2. Couch, HH, 5-8; 3. Wood, Tish, 5-8; 4. Johnson, Tish, 5-8; 5. Winner, Pra, 5-8; 6. Barnes, Str, 5-6.

Pole Vault: 1. Brauer, Pra, 12-6; 2. Willis, Str, 11-0; 3. Walters, CSeq, 11-0; 4. Walters, CSeq, 11-0; 5. Murphy, Str, 11-0.

3A Girls

55: 1. Hayes, Mil, 7:26; 2. Ford, Mil, 7:27; 3. Littlepage, Mil, 7:68; 4. Treadwell, Hol, 7:75; 5. Anderson, Cat, 7:78; 6. Martin, Pur, 7:81.

55H: 1. Wall, Pla, 9:58; 2. Chessmore, Pur, 9:79; 3. Christensen, Wa, 10:14; 4. Cunningham, Pla, 10:25; 5. Williams, Mil, 10:42; 6. Christensen, Wa, 10:56.

400: 1. Steele, Pot, 1:03.83; 2. Treadwell, Hol, 1:05.34; 3. Gharkhanian, Pur, 1:06.64; 4. Forsha, Mil, 1:06.77; 5. Morris, Mil, 1:08.31; 6. Griffin, Mil, 1:08.31.

800: 1. Harvey, Pla, 2:45.02; 2. Waller, Pla, 2:47.49; 3. Helms, Pla, 2:47.70; 4. Thomas, Wec, 2:48.14; 5. Smith, EC, 2:49.19; 6. Cantrell, EC, 2:49.85.

1600: 1. McCulloh, Pla, 5:42.07; 2. Walters, LA, 5:57.11;

3. Cochran, LA, 6:09.46; 4. Waller, Pla, 6:15.98; 5. Delonais, LA, 6:37; 6. Cloud, EC, 6:43.66.

3000: 1. Harvey, Pla, 11:03.72; 2. Hammond, Pot, 3. Delonais, LA, 4. Farris, Pur, 5. Jones, Cat, 6. Murray, Bri.

4 Lap Relay: 1. Millwood 1:26.47; 2. Weatherford 1:28.64; 3. Plainview 1:28.80; 4. Poteau 1:30.25; 5. Catoosa 1:30.68; 6. Purcell 1:36.92.

8 Lap Relay: 1. Millwood 3:12.97; 2. Weatherford 3:20.80; 3. Plainview 3:24.62; 4. Poteau 3:26.16; 5. Little Axe 3:41.75.

20 Lap Relay: 1. Plainview 10:04.02; 2. Catoosa 11:04.50; 3. Poteau 11:07.06; 4. Little Axe 11:11.20; 5. Purcell 11:38.83; 6. Tecumseh 12:30.81.

Shot: 1. Clements, Pur, 35-6; 2. Eaterling, Pla, 35-1; 3. Oliver, Tec, 34-2; 4. Marshall, Wec, 30-6; 5. Foust, Wec, 30-6; 6. Marley, Tec, 27-4.

Long Jump: 1. Griffin, Mil, 15-5; 2. Dunaway, Pur, 14-6; 3. Bartlett, Wec, 13-10.75; 4. Martin, Pur, 13-9; 5. Adington, Pot, 13-1.5; 6. Thomas, Wec, 12-6.5.

Triple Jump: 1. Dunaway, Pur, 30-3.25; 2. Bartlett, Wec, 29-5; 3. Thomas, Wec, 28-2.5; 4. Wolf, Wec, 27-0.5.

High Jump: 1. Dunaway, Pur, 5-0; 2. Galation, Bri, 5-0; 3. Anderson, Cat, 5-0; 4. Blackwell, Pla, 4-10; 5. Washington, EC, 4-8; 6. Bank, EC, 4-8.

3A Boys

55: 1. Bunch, Pot, 6:35; 2. Johnson, Mil, 6:58; 3. Burris, Ana, 6:66; 4. Willis, Wec, 6:75; 5. Thiel, Wec, 6:83; 6. Jordan, Id, 6:84.

55H: 1. Thiel, Wec, 7:68; 2. Conkling, W3ea, 7:72; 3. Six, Cat, 8:40; 4. Mangrum, Mil, 9:06; 5. Stevenson, BB, 9:13; 6. Allen, Id, 9:58.

400: 1. Swindall, Mil, 51.47; 2. Brown, Pur, 54.00; 3. Short, BB, 55.11; 4. Maverick, Mil, 56.20; 5. Sprinkle, Wec, 56.49; 6. Arturo, Tec, 56.98.

800: 1. Merlin, Pla, 2:08.05; 2. Heller, Cat, 2:10.41; 3. Williams, Wec, 2:11.68; 4. Short, BB, 2:12.82; 5. Tosan, Tec, 2:15.50; 6. Heller, Cat, 2:17.36.

1600: 1. Clark, Pla, 4:56.62; 2. Johnson, LA, 5:04.25; 3. Turner, Hol, 5:05.67; 4. Goldsmith, Tec, 5:14.49; 5. Crow, EC, 5:14.96; 6. Walling, EC, 5:16.28.

3000: 1. Turner, Hol, 10:12.46; 2. Womack, Pla, 10:29.85; 3. Thomas, Pla, 10:35.72; 4. Oxley, Sul, 10:48.99; 5. Kelley, Bri, 10:58.74.

4 Lap Relay: 1. Anadarko 1:14.13; 2. Millwood 1:14.85; 3. Idabel 1:15.89; 4. Weatherford 1:18.56; 5. Harrah 1:18.84; 6. Tuttle 1:19.19.

8 Lap Relay: 1. Weatherford 2:41.33; 2. Millwood 2:44.55; 3. Weatherford 2:49.24; 4. Cleveland 2:52.05; 5. Catoosa 2:52.79; 6. Harrah 3:00.06.

20 Lap Relay: 1. Plainview 8:20.77; 2. Tecumseh 8:37.92; 3. Catoosa 8:45.16; 4. Elk City 8:45.91; 5. Elk City 8:59.79; 6. Little Axe 9:25.12.

Shot: 1. Grimm, Man, 47-6.5; 2. Jackson, Id, 47-4.5; 3. Henson, Tut, 46-11; 4. Maddox, Pot, 45-4.5; 5. Odum, Pot, 44-4; 6. Page, Pur, 42-6.

Long Jump: 1. Taylor, Ana, 19-8.5; 2. Thweatt, BB, 19-1; 3. Moore, Id, 18-10.5; 4. Magrum, Mil, 17-2.5; 5. McClendon, Bri, 17-2; 6. Pottee, Wec, 17-2.

Triple Jump: 1. Taylor, Ana, 38-5.25; 2. McClendon, Bri, 38-2.25; 3. Thweatt, BB, 37-5; 4. Patee, Wec, 36-6; 5. Parkhurst, Wec, 33-9.

High Jump: 1. Conkling, Wec, 5-10; 2. Sprinkle, Wec, 5-6; 3. Moon, Id, 5-4; 4. McClendon, Bri, 5-2.

Pole Vault: 1. Heard, EC, 12-6; 2. Rainey, Cat, 12-0; 3. Dayton, EC, 11-6; 4. Bollinger, Cat, 10-0; 5. Fitzgerald, Cat, 9-6.

4A Girls

55: 1. Weatherall, NE, 7:31; 2. Fields, NE, 7:34; 3. Harbin, Hale, 7:49; 4. Kelly, McG, 7:56; 5. Brown, Gu, 7:68; 6. Kelly, McG, 7:71.

55H: 1. Evans, McG, 10:34; 2. Sikes, Hale, 11:04; 3. Phillips, Hale, 11:21.

400: 1. Wood, Hale, 1:08.65; 2. Gouldsby, ER, 1:11.04; 3. Johnson, Nob, 1:12.26; 4. Harbin, Hale, 1:13.49; 5. Jaffar, Hale, 1:14.44; 6. Gidley, Hale, 1:16.34.

800: 1. Hoke, McG, 2:39.54; 2. Bratton, Hale, 2:39.95; 3. Cowen, Gu, 2:45.73; 4. Dennis, McG, 2:51.06; 5. Reynolds, Ha, 3:01.58; 6. Miller, Hale, 3:15.35.

1600: 1. Boothe, McG, 5:49.87; 2. Heller, Nob, 6:46.52; 3. Koss, Hale, 6:46.52; 4. Kuhn, Hale, 7:03.11.

3000: 1. Bratton, Hale, 11:39.57; 2. Anderson, Pry, 12:25.68; 3. Kreiger, Dur, 12:35.68; 4. Lawrence, McG, 13:00.88.

4 Lap Relay: 1. McGuinness 1:25.88; 2. Hale 1:28.27; 3. Guthrie 1:30.85; 4. Northeast 1:34.90; 5. Noble 1:41.53; 6. Northeast B 1:46.91.

8 Lap Relay: 1. Guthrie 3:23.44; 2. Hale 3:25.35; 3. McGuinness 3:28.85; 4. Northeast 3:51.77; 5. Northeast B 3:52.77.

20 Lap Relay: 1. McGuinness 10:17.80; 2. Hale 10:37.19; 3. Guthrie 10:59.66; 4. Noble 11:35.97.

Shot: 1. Heller, Nob, 31-10.5; 2. Troutman, Hale, 27-2; 3. McMahon, Nob, 24-0; 4. Tripp, Nob, 23-3; 5. Slajer, Nob, 20-3.5.

Long Jump: 1. Evans, McG, 14-0.5; 2. Baker, NE, 12-8; 3. Blaylock, McG, 11-5; 4. Jafai, Hale, 11-3; 5. Smith, NE, 11-3; 6. Gidley, Hale, 11-0.

High Jump: 1. Cowden, McG, 4-6; 2. Evans, McG, 4-2.

4A Boys

55: 1. Herron, McL, 6:47; 2. Young, Gu, 6:59; 3. Braddy, NE, 6:65; 4. Brooks, McL, 6:67; 5. Rhode, Cla, 6:67; 6. Cantwell, Cla, 6:67.

55H: 1. Braddy, NE, 7:90; 2. Teal, Cla, 7:99; 3. Cyprain, NE, 8:39; 4. Thomas, Gu, 8:41.

400: 1. Young, Gu, 54.10; 2. Phillips, McL, 54.51; 3. Gladney, Cla, 55.46; 4. Samples, ER, 56.36; 5. Lee, Hale, 57.99; 6. Mason, NE, 58.37.

800: 1. Moses, McG, 2:15; 2. Mazon, Gu, 2:19.34; 3.

Pitman, McG, 2:24.02; 4. Cortez, NE, 2:24.39; 5. Mason, NE, 2:26.87.

1600: 1. Ford, Cla, 4:56.06; 2. Cleek, Gu, 5:00.35; 3. Connolly, McG, 5:06.24; 4. Stokesberry, Nob, 5:07.35; 5. Blackwell, ER, 5:14.31; 6. Starkus, Dur, 5:17.05.

3000: 1. Sexauer, McG, 10:01.04; 2. Stokesberry, Nob, 10:08.16; 3. Corley, Dur, 10:17.40; 4. Carlson, Cla, 10:49.56; 5. Keefe, Hale, 11:07.29; 6. Burkenfeld, Fry, 11:14.81.

4 Lap Relay: 1. McLain 1:15.34; 2. Claremore 1:15.85; 3. Guthrie 1:17.52; 4. Northeast 1:18.75; 5. Noble 1:25.67.

8 Lap Relay: 1. Guthrie 2:46.91; 2. Northeast 2:48.85; 3. El Reno 2:51.23; 4. Hale 2:52.96; 5. Noble 3:10.14.

20 Lap Relay: 1. McGuinness 8:29.78; 2. Claremore 8:35.08; 3. Guthrie 8:42.58; 4. Noble 9:09.21; 5. Northeast 9:14.07; 6. Hale 9:25.86.

Shot: 1. Helms, Nob, 38-7; 2. Burland, Nob, 37-5; 3. Ashmore, McG, 37-4; 4. Davenport, McG, 35-5; 5. Hilty, Nob, 32-9; 6. Dunaway, McG, 26-0.

Long Jump: 1. McCarty, Dur, 19-3.5; 2. Rhode, Cla, 18-4.5; 3. Teel, Cla, 17-11.5; 4. Martinez, 16-5.5; 5. Brower, Cla, 16-0; 6. Charier, Cla, 13-9.

Triple Jump: 1. McCarty, Dur, 38-5.5.
High Jump: 1. Rhode, Cla, 5-10; 2. Brower, Cla, 5-6; 3. Charter, Cla, 5-0.

Pole Vault: 1. Foster, Cla, 11-6; 2. Dee, Cla, 11-0; 3. Griffin, Dur, 10-6; 4. Eccard, ER, 10-6.

5A Girls

55: 1. Northington, DC, 7:22; 2. Edward, Mus, 7:34; 3. Dulaney, EN, 7:47; 4. Butler, EN, 7:49.

55H: 1. Freeman, DC, 9:45; 2. Trammell, PutC, 9:47; 3. Curry, Nor, 9:47; 4. Blakes, MWC, 9:66; 5. Reid, PutC, 9:76; 6. Haddox, Mo, 9:85.

400: 1. Hansen, EM, 1:00.39; 2. Reser, Nor, 1:03.83; 3. Singleton, Yu, 1:04.67; 4. Freeman, DC, 1:04.97; 5. Dulaney, EN, 1:05.41; 6. Miles, Mo, 1:06.91.

800: 1. DeLozer, Nor, 2:32; 2. Robinson, MWC, 2:36; 3. Hansen, EM, 2:42; 4. Ward, SF, 2:47; 5. Towers, Ow, 2:50.1; 6. Vervinsk, EN, 2:54.

1600: 1. Navarro, Ow, 5:52.44; 2. Gibson, Sha, 5:58.66; 3. Shelters, Mo, 6:04.17; 4. Paris, Mo, 6:09.17; 5. Fry, Nor, 6:15.47; 6. Boyla, Nor, 6:18.

3000: 1. Settle, Mo, 11:48.95; 2. McKinney, SF, 12:15.20; 3. Jones, PutCm, 12:21.57; 4. Bales, EN, 12:26.0; 5. Stilets, EN, 12:49.27.

4 Lap Relay: 1. Del City 1:24.48; 2. Edmond North 1:25.70; 3. Midwest City 1:29.31; 4. Moore 1:29.65; 5. Santa Fe 1:30.54; 6. Muskogee 1:31.08.

8 Lap Relay: 1. Del City 3:11.60; 2. Midwest City 3:14.94; 3. Edmond North 3:18.28; 4. Norman 3:20.32; 5. Santa Fe 3:20.64; 6. Edmond Memorial 3:20.89.

20 Lap Relay: 1. Norman 10:08.62; 2. Moore 10:17.30; 3. Edmond North 10:28.68; 4. Owasso 10:35.93; 5. Santa Fe 10:38.42; 6. Santa Fe 11:03.26.

Shot: 1. Brown, Yu, 32-5; 2. Holt, Nor, 31-11.5; 3. Johnson, Nor, 31-6.5; 4. Winrow, Sha, 29-1.75; 5. Adchla, Ow, 28-6.5; 6. Stevenson, Nor, 28-2.

Long Jump: 1. Austin, EM, 15-8.5; 2. C. Bischoff, EN, 14-8; 3. Gains, Sha, 14-3; 4. M. Bischoff, EN, 14-0; 5. Freeman, DC, 14-0; 6. Hansen, EM, 13-11.

Triple Jump: 1. Austin, EM, 32-0; 2. Robinson, MWC, 27-5.5; 3. Bischoff, EN, 27-2.5; 4. Martinez, SF, 26-6.5; 5. Brown, EM, 24-5.75.

High Jump: 1. Parrish, Mo, 5-0; 2. Curry, Nor, 5-0; 3. Bischoff, EN, 4-10; 4. Hays, SF, 4-10; 5. Wilhite, Yu, 4-8; 6. (tie) Burkhar, MWC and Smith, MWC, 4-4.

5A Boys

55: 1. Bivins, MWC, 6:30; 2. Hallman, PutC, 6:39; 3. Willis, DC, 6:53; 4. Gillette, Nor, 6:55; 5. Woodward, Mus, 6:61; 6. Wakefield, EN, 6:62.

55H: 1. Dean, MWC, 7:77; 2. Drake, Choc, 8:11; 3. Lee, DC, 8:25; 4. Zimmerman, Yu, 8:28; 5. Johnson, MWC, 8:34; 6. Stinson, DC, 8:52.

400: 1. Wilson, Mus, 52.0; 2. (tie) Brooks, Mus, and Koosh, Nor, 55.7; 3. Dickens, Mo, 56.0; 4. Johnson, EM, 56.81; 5. Short, PutC, 56.96; 6. Jones, PonC, 57.0.

800: 1. Bennett, Nor, 2:05; 2. Loudermilk, MWC, 2:14; 3. Smith, Ow, 2:15.26; 4. Johnson, EM, 2:15.45; 5. Holton, Yu, 2:18.66; 6. Myers, PonC, 2:18.79.

1600: 1. Thompson, EM, 4:48.82; 2. Phipps, EM, 4:50.69; 3. Abshire, Nor, 4:52.47; 4. Metzger, PonC, 4:56.50; 5. Jones, SF, 5:00.45; 6. Collins, EN, 5:05.60.

3000: 1. Thompson, EM, 9:34.20; 2. Jones, SF, 9:39.02; 3. Wilson, Shaw, 10:05.64; 4. Nieman, PonC, 10:05.99; 5. Burkhar, EM, 10:14.96.

4 Lap Relay: 1. Del City 1:11.91; 2. Putnam City 1:12.52; 3. Santa Fe 1:14.76; 4. Muskogee 1:14.