

Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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March 15, 1996



IRISH RELAYS--Northwest Classen's Raven Bruner crosses the line to win the sprint medley relay March 11th at McGuinness High School. Bruner has the state's top time in the 300 hurdles. Photo by John Hoke

1996 High School Track Preview 2A-A-B

By John Hoke, Editor

There hasn't been much competition in these classes yet and there wasn't much to be gleaned from the TEAM REPORTS we had received by press time so take these predictions with a grain of salt.

2A Girls

With Holdenville moving to 3A, Class 2A is wide open. Watonga--led by double hurdle winner Duffy--and Jones appear the early favorites while Pawnee has several returning lettermen and could be strong. Wynnewood lost a lot to graduation and Vanessa Williams is hurt. If Elgin can build around returning double winner Kelleigh Sanders (800/3200) they could be a factor.

Alva is a mystery but Madill should be improved with their 3200 relay team returning in full. Davis returns Ebony Shirley (2nd 400/800) and she will account for a lot of points by herself. Teams on the rise include Prague, Lexington and Stroud.

2A Boys

Wynnewood is the pre-season pick to dethrone defending state champion Stroud. The Savages, runnerup in '95, return all but on trackster while Stroud lost some key personell, but still should be a strong contender for the title. Jones will be tough with long jump champ Haskins back but 300 hurdle champ Russell is not out and this will hurt. Wynnewood's state champion high jumper, Harris, has already cleared 6-8 and Stroud has nationally ranked Kyle Bookout in the discus (180-2.5) and Scott Wilkinson in the pole vault (15-0).

Prague has been looking real strong after winning the OTCA Indoor State Meet and making some very impressive showings in early season meets. Newcomers Dickson and Wewoka will be looking to have an impact on the state meet.

A Girls

Velma-Alma returns 71 points from last year's runnerup team led by senior double winner Mandy Sims (100H/300H) and '94 800 champ Brandi Cruse. The Comets had an awesome cross country team and will be tough to beat on the track. Defending champion Laverne returns 63 points but lost relay star LeAnn Hendrick. Boise City is up to A this--combined with Keyes--year after winning it all in B last year and they are always tough. Canton was hurt by graduation but has been steadily improving and had a good cross country season to build from.

A Boys

This class is a black hole for lack of information. Turpin won with 111 points to runnerup Laverne's 82 last year so you can bet they will be strong again. Boise City, winner of the B boys title as well as the

Continued on page 3

On TRACK

By John Hoke, Editor

The 1996 track season is off to a normal start--a mix of great weather and lousy weather, but that's Oklahoma. However, speaking for myself, I am getting tired of workouts in the cold and wind and I'm definitely ready for the sun.

The weather certainly didn't hamper a couple of Stroud athletes. Discus thrower Kyle Bookout threw the discus 180-2.5 at the Chandler Invitational March 9th for the nation's best reported throw up to that point. Brother Casey won the 2A State Meet last year for the third time in a row--doubling in the shot/discus--with a meet-record toss of 181-8, breaking Gilbert Hornbeck of Marietta's 1981 record of 181-2. Kyle is only a sophomore.

In another brother-like-brother act, pole vaulter Scott Wilkinson vaulted 15-0 at the Chandler meet for the third-best jump in the nation. Most of us can remember his state champion brother, Jay. Congratulations to both athletes and their coach, Bob Wood.

This issue contains the first listing of season leaders, one of the most popular features of *Oklahoma TRACK & FIELD NEWS* and one that takes the most time to compile. I appreciate all the help I get from coaches, parents, fans and athletes in keeping these listings as accurate as possible and encourage input from anyone that wants to offer it. In the next issue we will begin to break the listings down by class as long as there are enough results reported to justify it. In order for a performance to be considered for listing we must have the full results of the meet in which it occurred.

In case you're interested, these listings cover almost 1,000 athletes in each issue along with nearly 4,000 placewinners in meets reported at the peak of the season. It's only the middle of March and I'm already getting nervous just thinking about the computer typing it takes. Add ranking six classes, boys and girls, to the mix and you have a full-time job for three or four people. Don't get me wrong, I'm not complaining, it's a lot of fun keeping up with my favorite sport this way but if there is anyone out there that would be interested in contributing in some fashion, please let me know.

The Season Leader listings and Team Rankings are available by FAX to your local newspaper as long as they have a subscription. If you would like to see them your hometown rag, ask them to give us a call.

The next issue will be dated March 29th and will be the last issue out before regional assignments are made. If you want to have an impact on those assignments you need to do two things: first, make sure all the meets you attend are reported promptly--by FAX--and completely to us, and, secondly, contact your representative on the coaches' advisory committee listed at the bottom right hand of this page and let him know how you think the teams stack up against each other. Don't wait to complain about your regional assignment if you don't take the time to give your input to the committee. We will publish regional assignments in the April 12th issue.

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

See you at a track meet!

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Preview - Class B Wide Open

Continued from page 1

girls and now in A joined with Keyes, will certainly be a contender along with Waurika and Velma-Alma who replaced distance ace Zac Johnson with freshman phenom Mylo Miller.

B Girls

With champion Boise City moving up and Beaver hurt by graduation this is your classic wide-open race. Texhoma, led by 400 champ Winchester, gets the nod for the top spot but Cherokee, led by hurdler Allison, 300H champ will be in the hunt. Pond Creek-Hunter is looking to be much stronger and Temple returns three-time 100/200 double winner, April Kindred and double runnerup, sophomore Erin Evans. Wakita has Nikki Lanie, 3200 champ, to round out the top five.

B Boys

This was a relatively low-scoring race last year and with Boise City out of this race it looks to be another tight race with Hydro getting the nod for the moment over Texhoma based on a strong young team with a seasoned distance crew from a runnerup finish in cross country. Fox, Forgan and Tyrone round out the rest of the top five.

Chandler Invitational Chandler High School 3/9/96

CHANDLER--The cold weather--38 degrees--didn't stop the meet held here at Chandler High School March 9th and there were a couple of really hot performances. Stroud sophomore Kyle Bookout--heir apparent to his brother Casey's throwing titles--tossed the discus a nation-leading 180-2.5 and teammate, senior Scott Wilkinson, vaulted 15-0 for the third-leading pole vault in the nation up through the weekend of the 9th. The Tigers swept to the team title over Jones, 198-116, with Bookout doubling in the shot/discus and junior teammate Dominique Hornbeck taking both relays.

Jones took the girls title over Catoosa, 168-119, with Beggs Langford winning the 100 and 200 dashes and Stroud's Andrus taking both hurdles.

Boys

TEAM SCORING: 1. Stroud 198; 2. Jones 116; 3. Cascia Hall 53; 4. Chandler 46; 5. Catoosa 43; 6. Bristow 35; 7. Cushing 33; 8. Beggs 32; 9. (tie) Berryhill, Ripley 6.

100: 1. Byers, CH, 11.60; 2. Heatherman, CH, 11.94; 3. Thompson, Bri, 12.0; 4. Siegfied, CH, 12.24; 5. Chitwood, Jo, 12.25; 6. Hastings, CH, 12.46.

200: 1. Thompson, Bri, 23.61; 2. Heatherman, CH, 23.90; 3. Barnes, Str, 24.47; 4. Cheatwood, Jo, 24.84; 5. Siegfied, CH, 25.19; 6. Hastings, CH, 25.65.

400: 1. Rich, Beggs, 52.30; 2. Byers, CH, 55.10; 3. Ledbetter, Bri, 56.44; 4. Lyon, Str, 56.98; 5. Murfin, Str, 57.25; 6. Marr, Cus, 57.44.

800: 1. Heller, Cat, 2:06.59; 2. Mira, Str, 2:07.60; 3. Cazzelle, Rip, 2:09.16; 4. Heller, Cat, 2:11.06; 5. Bivins, Str, 2:12.72; 6. West, Bri, 2:13.64.

1600: 1. Holmes, Cha, 4:46.0; 2. Niccum, Str, 5:01.92; 3. Bivin, Str, 5:04.88; 4. Perry Cus, 5:08.22; 5. Stevens, Str, 5:10.92; 6. Ary, Cha, 5:15.81.

3200: 1. Sudduth, CH, 10:54.52; 2. Holmes, Cha, 10:59.13; 3. Hawkins, Beg, 11:13.47; 4. Kelly, Bri, 11:13.69; 5. Nelson, Jo, 11:22.12; 6. Niccum, Str, 11:30.94.

110H: 1. Hornbeck, Str, 15.81; 2. Mixon, Str, 16.79; 3. Six, Cat, 17.43; 4. Gray, Cus, 21.16.

300H: 1. Hornbeck, Str, 43.36; 2. Gordon, Str, 43.22; 3. Willis, Str, 44.50; 4. Guthrie, Jo, 45.18; 5. Gay, Cus, 46.35; 6. Six, Cat, 46.88.

400 Relay: 1. Jones 45.01; 2. Stroud 45.80; 3. Cushing 48.34; 4. Chandler 52.51.

1600 Relay: 1. Jones 3:36.44; 2. Stroud 3:38.06; 3. Beggs 3:40.25; 4. Catoosa 3:47.31; 5. Cushing 3:48.80; 6. Bristow 3:49.44.

3200 Relay: 1. Stroud 8:41.03; 2. Chandler 8:42.06; 3. Catoosa 8:42.12; 4. Beggs 8:49.82; 5. Bristow 9:16.76; 6. Jones 9:25.23.

Shot: 1. Bookout, Str, 51-8.5; 2. Cordell, Jo, 48-2.25; 3. Wilson, Jo, 45-7; 4. Morris, Cus, 35-2.5; 5. Wright, Ch, 34-11; 6. Pritch, Bri, 34-3.

Discus: 1. Bookout, Str, 180-2.5; 2. Wilson, Jo, 137-8; 3. Foshee, Jo, 106-0; 4. Cordell, Jo, 93-7; 5. Morris, Cus, 91-7; 6. Ward, Cha, 91-3.

Long Jump: 1. Haskins, Jo, 20-9.5; 2. Lyons, Str, 18-10.5; 3. Lucas, Jo, 18-3.5; 4. Barnea, Str, 18-3.5; 5. Lindsey, Be, 17-10.5; 6. Smith, Bri, 17-10.5.

High Jump: 1. Hamilton, Jo, 5-10; 2. Mixon, Str, 5-8; 3. Antwine, Be, 5-8; 4. Lindsey, Be, 5-8; 5. Lucas, Jo, 5-8.

Pole Vault: 1. Willdnson, Str, 15-0; 2. Willis, Str, 13-0; 3. Murfin, Str, 12-6; 4. McNamara, CH, 12-0; 5. Rainey, Cat, 12-0.

Girls

TEAM SCORING: 1. Jones 168; 2. Catoosa 119; 3. Stroud 83; 4. (tie) Beggs, Berryhill 58; 6. Chandler 56; 7. Cascia Hall 18; 8. Ripley 17; 9. Glencoe 10; 10. Jones JV 7; 11. Bristow 6.

100: 1. Langford, Be, 13.59; 2. Nichols, Jo, 13.90; 3. Phillips, Ber, 13.94; 4. Bigby, Str, 14.18; 5. Shaffer, Cat, 14.28; 6. Shaw, Jo, 14.33.

200: 1. Langford, Be, 27.97; 2. Bigby, Str, 28.59; 3. Shaffer, Cat, 29.50; 4. Russell, Jo, 30.12; 5. Nethon, Be, 30.22; 6. Massey, Str, 30.40.

400: 1. Magee, Cat, 1:07.02; 2. Brant, Cat, 1:07.13; 3. Greenfield, Cha, 1:08.57; 4. Alspa, Rip, 1:09.84; 5. Walker, Jo, 1:10.62; 6. Baumeister, Jo, 1:10.69.

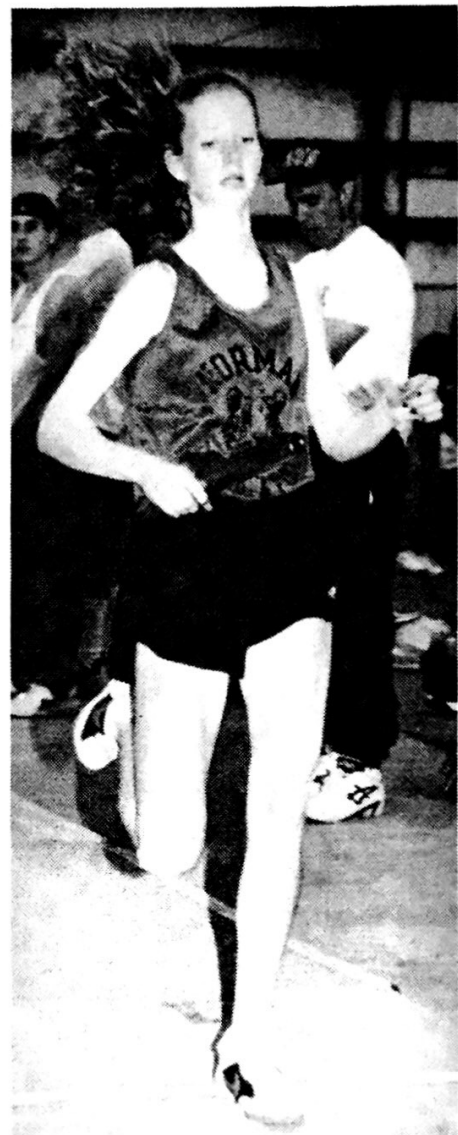
800: 1. Hurst, Str, 2:36.84; 2. Guruswamy, CH, 2:38.75; 3. Baumeister, Jo, 2:47.31; 4. Walker, Jo, 2:49.25; 5. Wagner, Cat, 2:49.64; 6. Smith, Cha, 2:49.97.

1600: 1. Guruswamy, CH, 5:56.69; 2. Scott, Ber, 6:03.78; 3. Baumeister, Jo, 6:13.94; 4. Hurst, Str, 6:19.82; 5. Hinckle, Jo, 6:20.42; 6. Jones, Jo, 6:22.07.

3200: 1. Scott, Ber, 12:48.28; 2. Jones, Jo, 13:33.0; 3. Baumeister, Jo, 13:56.0; 4. Jones, Cat, 14:19.0; 5. Ross, Be, 14:41.44; 6. Newton, Cat, 15:02.02.

100H: 1. Andrus, Str, 17.38; 2. Cross, Cha, 18.22; 3. Taylor, Ber, 18.57; 4. Freeman, Be, 19.16; 5. Russell, Jo, 19.87; 6. Barnes, Cat, 21.17.

300H: 1. Andrus, Str, 52.25; 2. Johnston, Jo, 55.91; 3. Ratcliff, Jo, 58.19; 4. Freeman, Be, 1:00.82; 5. Pierce, Cha, 1:02.19; 6. Barnes, Cat, 1:02.22.



NORMAN'S Andrea Delozier--shown here at the indoor state meet--holds down the number two spot in the Season Leader listings at 800 and 1600 meters. Photo by Roger Taylor

400 Relay: 1. Catoosa 52.45; 2. Berryhill 53.43; 3. Jones 58.82; 4. Stroud 55.75; 5. Chandler 57.60; 6. Jones JV 58.18.

800 Relay: 1. Catoosa 1:54.07; 2. Jones 1:55.01; 3. Berryhill 1:56.32; 4. Beggs 1:58.25; 5. Jones JV 2:06.83.

1600 Relay: 1. Catoosa 4:29.79; 2. Stroud 4:37.59; 3. Jones 4:43.59; 4. Chandler 4:53.13; 5. Beggs 5:04.13.

3200 Relay: 1. Jones 11:06.20; 2. Catoosa 11:15.73; 3. Stroud 12:00.0

Shot: 1. Bunch, Cus, 32-11; 2. Cien, Be, 28-11.5; 3. Lawrence, Jo, 28-7.5; 4. Flasher, Be, 27-10.5; 5. Wilson, Jo, 27-8.5; 6. Ebert, Rip, 27-04.

Discus: 1. Casselle, Rip, 93-10; 2. Lawrence, Jo, 91-6; 3. Langford, Jo, 78-0; 4. Wilson, Jo, 73-0; 5. Ebert, Rip, 69-7; 6. Smith, Jo JV, 68-10.

Long Jump: 1. Greenfield, Cha, 15-7.75; 2. Langford, Jo, 14-0.5; 3. Walker, Jo, 14-0.25; 4. Pierce, Cha, 10-0.5.

High Jump: 1. Childers, Cha, 5-0; 2. Anderson, Cat, 4-10; 3. Galatin, Bri, 4-8.

Intern/Volunteer Position

If there is anyone near the Oklahoma City area that would be interested in learning a bit about journalism and newspaper/magazine publishing by working a few hours a week as an intern/volunteer, we would be happy to hear from you. We do it all here, from typing results and writing stories through processing subscriptions and mailing issues. Call editor John Hoke at 405-843-9992 to set up an interview.

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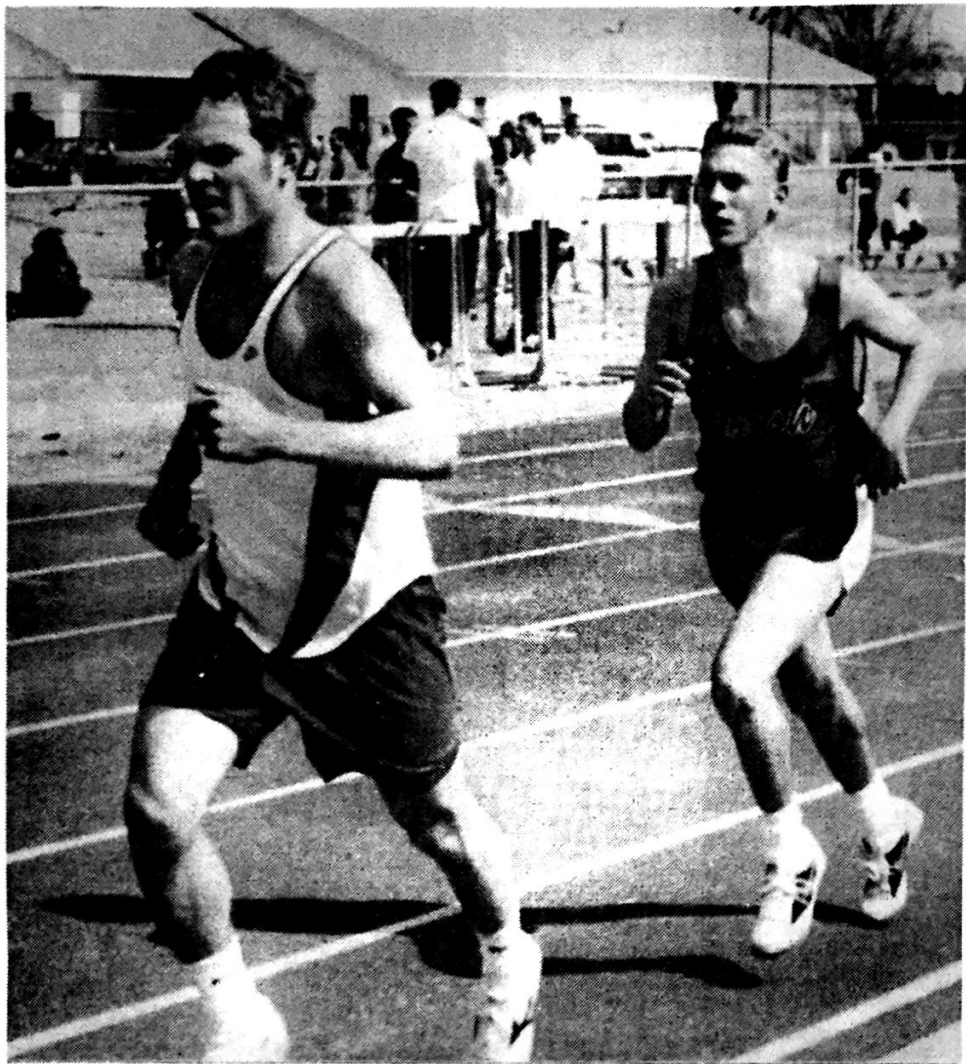
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TROJAN INVITATIONAL--Guthrie's Jeremy Cleek leads McGuinness' Kevin Connolly en route to winning the Division 2 boys 3200 meter race at Jenks High School March 2nd. Photo by John Hoke

Plainview Invitational Ardmore 3/9/96

ARDMORE--Cold weather kept a lot of teams home but the Plainview Invitational went on under the chilly conditions March 9th at Plainview High School. No team scores were kept.

Boys

TEAMS COMPETING: Marietta, Dickson, Moyers, Plainview, Velma-Alma, Wynnewood.

100: 1. Bynum, Dic, 11.89; 2. Borgess, Pla, 12.05; 3. Pitts, Mar, 12.14; 4. Bartling, VA, 12.29; 5. Sampson, Dic, 12.38; 6. Bartling, VA, 12.43.

200: 1. Pitts, Mar, 24.75; 2. Bartling, VA, 25.13; 3. Sampson, Dic, 25.21; 4. Bynum, Dic, 25.28; 5. Bartling, VA, 25.44; 6. Winchester, Mar, 26.43.

400: 1. Stone, Moy, 55.88; 2. Lampkin, Dic, 56.80; 3. Wilson, Mar, 59.66; 4. Eavea, VA, 60.94; 5. Cook, Dic, 61.77; 6. Lindsey, Dic, 62.18.

800: 1. Merlyn, Pla, 2:02.27; 2. Miller, VA, 2:03.14; 3. Cunningham, Pla, 2:06.90; 4. Salas, Mar, 2:11.80; 5. Lampkin, Dic, 2:13.4; 6. England, Moy, 2:16.91.

1600: 1. Miller, VA, 4:41.02; 2. Lampkin, Dic, 4:45.03; 3. Womack, Pla, 4:53.59; 4. Clark, Pla, 4:56.46; 5. Merlyn, Pla, 4:57.06; 6. Thomas, Pla, 5:11.28.

3200: 1. Miller, VA, 10:00.64; 2. D. Lampkin, Dic, 10:14.06; 3. Clark, Pla, 10:35.0; 4. Thomas, Pla, 10:46.17; 5. J. Lampkin, Dic, 10:52.92; 6. Romo, Pla, 11:27.28.

110H: 1. Bell, Mar, 18.25; 2. Player, Mar, 18.33; 3. Peoples, Dic, 18.47; 4. Hill, Mar, 20.59; 5. Collins, Moy, 23.49.

300H: 1. Merlyn, Pla, 42.54; 2. Peoples, Dic, 45.74; 3. Love, Dic, 46.57; 4. Bell, Mar, 47.74; 5. Hill, Mar, 48.48; 6. Player, Mar, 48.93.

400 Relay: 1. Dickson 47.38; 2. Marietta 48.29.
1600 Relay: 1. Marietta 3:48.34; 2. Dickson 3:54.32; 3. Moyers 4:03.65.

3200 Relay: 1. Plainview 8:33.05; 2. Marietta 9:02.97; 3. Dickson 9:08.78; 4. Moyers 9:54.91.

Shot: 1. Kay, Wyn, 52-8.25; 2. Knight, Dic, 45-5.5; 3. Boles, Mar, 41-10; 4. Ratterree, Mar, 40-8.5; 5. Bartgis, Pla, 39-6.5; 6. Knight, Wyn, 38-7.

Discus: 1. Kay, Wyn, 124-9; 2. Bartgis, Pla, 119-2; 3. Knight, Dic, 117-1; 4. Thompson, Mar, 113-2; 5. Ratterree, Mar, 105-2; 6. Cain, Mar, 100-11.

Long Jump: 1. Josh Bartling, VA, 18-5.25; 2. Peoples, Dic, 18-2.5; 3. Jason Bartling, VA, 18-0.5; 4. Player, Mar, 17-9; 5. Vinson, Mar, 17-6.75; 6. Sampson, Dic, 16-9.

High Jump: 1. Harris, Wyn, 6-8; 2. Bartling, VA, 5-10.
Pole Vault: 1. Love, Dic, 13-0; 2. Harris, Dic, 11-6; 3. Peoples, Dic, 11-0.

Girls

TEAMS COMPETING: Plainview, Velma-Alma, Dickson, Moyers.

100: 1. Range, Pla, 13.41; 2. Litteken, Pla, 13.50; 3. Thacker, VA, 14.09; 4. Morris, Pla, 14.36; 5. L. Brown, Pla, 14.46; 6. Gray, Dic, 14.97.

200: 1. Range, Pla, 28.18; 2. Litteken, Pla, 28.28; 3. Morris, Pla, 29.88; 4. Burris, Pla, 29.92; 5. Hopson, Moy, 30.48; 6. L. Brown, Pla, 30.68.

400: 1. Orr, Pla, 1:09.26; 2. A. Brown, Pla, 1:16.22.
800: 1. McCulloh, Pla, 2:32.68; 2. B. Harvey, Pla, 2:38.95;

3. Waller, Pla, 2:39.49; 4. Saville, VA, 2:40.68; 5. George, Pla, 2:52.01; 6. Zimmerman, Pla, 2:59.49.

1600: 1. S. Harvey, Pla, 5:32.18; 2. McCurry, VA, 5:43.68; 3. B. Harvey, Pla, 6:12.37; 4. Horn, VA, 6:14.48; 5. Helms, Pla, 6:20.80; 6. Waller, Pla, 6:23.95.

3200: 1. S. Harvey, Pla, 12:09.35; 2. Fuller, VA, 12:47.84; 3. Horn, VA, 13:01.23; 4. Helms, Pla, 13:09.54; 5. Hicks, Dic, 13:09.79; 6. Linke, VA, 13:54.16.

100H: 1. Wall, Pla, 17.67; 2. Cunningham, Pla, 20.31; 3. Hennan, VA, 20.68; 4. Colvard, Dic, 21.76.

300H: 1. Wall, Pla, 53.15; 2. Chaney, Pla, 55.46; 3. Hennan, VA, 57.27; 4. Cunningham, Pla, 57.87; 5. Colvard, Dic, 62.80; 6. Ivey, Moy, 62.86.

400 Relay: 1. Plainview 53.54; 2. Plainview 57.78; 3. Dickson 58.57.

800 Relay: 1. Plainview 1:56.01; 2. Velma-Alma 1:57.91; 3. Dickson 2:09.45; 4. Moyers 2:15.06.

1600 Relay: 1. Plainview 4:32.75; 2. Plainview 4:50.45; 3. Dickson 5:04.48; 4. Moyers 5:19.49.

3200 Relay: 1. Plainview 10:26.49; 2. Velma-Alma 10:39.48; 3. Moyers 12:34.61.

Shot: 1. Easterling, Pla, 36-4; 2. Simpler, Dic, 34-8; 3. McMickens, Pla, 25-2; 4. Ratcliff, Dic, 23-8.

Discus: 1. Vance, Pla, 101-4; 2. Simpler, Dic, 97-8; 3. Chandler, Pla, 88-6; 4. Hendrix, Pla, 83-8; 5. Ratcliff, Dic, 65-11.

Long Jump: 1. Roberts, Dic, 11-8; 2. Hicks, Dic, 11-6.25; 3. Chandler, Pla, 11-2.5; 4. Thomason, Pla, 11-0; 5. Haggard, Dic, 10-9.

High Jump: 1. Burns, Pla, 5-0; 2. Blackwell, Pla, 4-10; 3. (tie) Hendrix, Pla, and Harris, Pla, 4-8.

Chisholm Trail Classic Chickasha High School 3/9/96

Small School Girls

TEAM SCORING: 1. Weatherford 181; 2. Marlow 170; 3. Elgin 38; 4. Anadarko 36; 5. Riverside 16.

100: 1. Smith, Wea, 14.28; 2. Reece, Wea, 14.29. 200: 1. Langford, Wea, 28.10; 2. Daulata, Ana, 28.79. 400: 1. Stata, Mar, 1:05.09; 2. Graham, Mar, 1:10.09. 800: 1. Shufer, Wea, 2:41.51; 2. Miller, Wea, 2:46.86. 1600: 1. Sanders, Elg, 5:56.10; 2. Lemons, Mar, 6:08.32. 3200: 1. Sanders, Elg, 13:00.98; 2. Lemons, Mar, 13:16.35. 100H: 1. Kavlati, Ana, 19.18. 300H: 1. Dial, Mar, 49.58; 2. Parker, Mar, 52.11. 400 Relay: 1. Weatherford 54.10; 2. Marlow 58.03. 800 Relay: 1. Marlow 1:54.80; 2. Weatherford 1:56.80. 1600 Relay: 1. Marlow 4:27.38; 2. Weatherford 4:40.80. 3200 Relay: 1. Marlow 10:58.17; 2. Weatherford 11:45.02. Shot: 1. Marshall, Wea, 38-1; 2. Faust, Wea, 29-1. Discus: 1. Marshall, Wea, 96-2; 2. Oliver, Elg, 91-6. Long Jump: 1. Dial, Mar, 15-3; 2. Daulata, Ana, 14-7.

Large School Girls

TEAMS COMPETING: Santa Fe, Western Heights, Lawton, Altus, Edmond Memorial, Edmond North, Eisenhower, Putnam City West, MacArthur, Westmore.

100: 1. Bicknell, SF, 13.59; 2. Butler, EN, 13.62. 200: 1. Brito, EN, 28.29; 2. Sternson, PCW, 28.49. 400: 1. West, Al, 1:01.51; 2. Marden, EM, 1:02.15. 800: 1. Yinger, EN, 2:34.44; 2. Alvarez, Ike, 2:41.57. 1600: 1. Jones, SF, 5:36.48; 2. Scott, SF, 6:02.22. 3200: 1. Jones, SF, 12:07; 2. Shaw, WH, 12:40. 100H: 1. Webb, SF, 17.40; 2. Cooper, Law, 18.82. 300H: 1. Nicholson, PCW, 57.86; 2. Humphires, Wm, 1:01.87. 400 Relay: 1. Altus 52.88; 2. Lawton 53.67. 800 Relay: 1. Altus 1:51.84; 2. Western Heights 1:53.53. 1600 Relay: 1. Altus, 4:19.15; 2. Edmond North 4:20.96. 3200 Relay: 1. Edmond North 10:46.1; 2. Santa Fe 11:00.49. Discus: 1. Freelan, WH, 94-11; 2. Smith, Ike, 89-3. Long Jump: 1. Kendore, Mac, 15-10; 2. Bischoff, EN, 14-4. High Jump: 1. Arant, Mac, 5-0; 2. Brewer, SF, 4-8.

Small School Boys

TEAM SCORING: 1. Weatherford 215; 2. Anadarko 70; 3. Tuttle 66; 4. Elgin 64; 5. Marlow 54; 6. Weatherford B 26; 7. Riverside 25.

100: 1. Willis, Wea, 11.47; 2. Sehl, Wea, 11.56. 200: 1. Willis, Wea, 23.27; 2. Sehl, Wea, 23.54. 400: 1. Sharp, Tut, 57.48; 2. Sprinkle, Wea, 57.72. 800: 1. Connolly, Mar, 2:07.23; 2. Donnelly, Wea, 2:11.53. 1600: 1. Connolly, Mar, 4:45.01; 2. Smith, Elg, 5:00.02. 3200: 1. Connolly, Mar, 10:43.73; 2. Nez, Riv, 11:04.78. 110H: 1. Fertil, Wea, 15.53; 2. Conkling, Wea, 15.54. 300H: 1. Fertil, Wea, 50.08; 2. Phillips, Wea, 50.55. 400 Relay: 1. Weatherford 43.74; 2. Anadarko 45.23. 1600 Relay: 1. Weatherford 3:35.41; 2. Weatherford B 3:49.44. 3200 Relay: 1. Weatherford 9:05.23; 2. Weatherford B 9:08.07. Shot: 1. Henson, Tut, 46-11; 2. West, Elg, 42-9. Discus: 1. Henson, Tut, 142-6; 2. West, Elg, 124-9. Long Jump: 1. Metheny, Wea, 18-7; 2. Maniphonh, Wea, 17-9. High Jump: 1. Conkling, Wea, 6-0; 2. Barton, Ana, 5-10. Pole Vault: 1. Marlow, 13-6; 2. Dial, Mar, 13-6.

Large School Boys

TEAM SCORING: 1. Santa Fe 118; 2. Edmond Memorial 108; 3. Edmond North 84; 4. Lawton 56; 5. Mustang 45; 6. Putnam City West 44; 7. Western Heights 40; 8. Chickasha 38; 9. MacArthur 24.

100: 1. Laisle, SF, 11.50; 2. Young, Chi, 11.52. 200: 1. Wakefield, EN, 22.70; 2. Johnson, EN, 22.74. 400: 1. Boudreau, SF, 51.17; 2. Hill, Chi, 53.64. 800: 1. Wyant, EM, 2:05.31; 2. Ingram, Mus, 2:11.35. 1600: 1. Thompson, EM, 4:39.53; 2. Jones, SF, 4:42.40. 3200: 1. Thompson, EM, 9:53.41; 2. Buhl, EM, 9:53.78. 110H: 1. Curtis, Dun, 15.06; 2. Davison, Law, 15.07. 300H: 1. Davison, Law, 41.10; 2. Segnetti, PCW, 41.87. 400 Relay: 1. MacArthur 44.17; 2. Santa Fe 44.72. 1600 Relay: 1. Edmond North 3:30.13; 2. Santa Fe 3:33.32. 3200 Relay: 1. Edmond Memorial 6:19.03; 2. Mustang 8:54.80. Shot: 1. Zielny, PCW, 48-3; 2. Pogurg, Law, 47-4. Discus: 1. Zielny, PCW, 140-2; 2. Taylor, PCW, 139-1. Long Jump: 1. Porter, Law, 21-8; 2. Schadegg, EN, 21-0. High Jump: 1. Schadegg, EN, 6-2; 2. Johnson, Chi, 6-2. Pole Vault: 1. Conway, EN, 12-6; 2. Raney, EM, 12-0.

Ardmore 1st National Bank PowerAde Invitational

Ardmore

3/2/96

ARDMORE--The Norman girls opened their 1996 season with a whopping 164-88 win over host Ardmore in the First National Bank/PowerAde Invitational held here at Ardmore High School March 2nd under sunny but breezy conditions. The Moore boys were impressive in their first appearance outdoors, outscoring runnerup Norman, 116-81.

Double winners for the girls were Ardmore's Shana Dowday (shot/discus); Plainview's Sarah Harvey (1600/3200) and Norman's Hilary Reser (400/800). Doubling for the boys were Velma-Alma's Mylor Miller (1600/3200) and Norman's Turner (100/long jump).

Girls

TEAM SCORING: 1. Norman 166; 2. Ardmore (Red) 88; 3. Plainview 71; 4. Marlow 60; 5. (tie) Idabel, Velma-Alma 57; 7. Serman (Tx) 49; 8. Burkburnett (Tx) 36; 9. Shawnee 28; 10. Santa Fe 10; 11. Durant 2; 12. Ardmore (White) 2.

100: 1. Lee, Ard. 12.71; 2. Piggee, Ard. 12.77; 3. Simms, VA. 12.92; 4. Tate, Shaw. 13.10; 5. Scales, Id. 13.12; 6. King, Burk. 13.13.

200: 1. Bell, Id. 26.46; 2. Lee, Ard. 26.53; 3. Tate, Shaw. 27.49; 4. King, Burk. 27.84; 5. Scales, Id. 27.85; 6. Harding, Sher. 27.99.

400: 1. Reser, Nor. 1:02.52; 2. Moore, Burk. 1:03.23; 3. McCurry, VA. 1:03.89; 4. Puckett, Ard. 1:04.74; 5. Holman, Ard. 1:05.92; 6. Stats, Mar. 1:06.36.

800: 1. Reser, Nor. 2:23.83; 2. Delozier, Nor. 2:24.92; 3. Puckett, Ard. 2:30.39; 4. Waller, Pla. 2:35.70; 5. Holman, Ard. 2:37.81; 6. Horn, VA. 2:37.99.

1600: 1. Harvey, Pla. 5:25.64; 2. Delozier, Nor. 5:28.10; 3. McCulloh, Pla. 5:45.24; 4. Gibson, Shaw. 5:51.78; 5. Fuller, VA. 5:52.79; 6. Fry, Nor. 5:55.16.

3200: 1. Harvey, Pla. 12:12.0; 2. Gibson, Shaw. 12:23.0; 3. Fuller, VA. 12:39.60; 4. Lemons, Mar. 12:47.38; 5. Krieger, Dur. 12:53.31; 6. Kimberly, Nor. 12:53.56.

100H: 1. Coles, Nor. 17.43; 2. Currey, Nor. 17.79; 3. Kreml, Burk. 18.22; 4. Williams, Id. 19.54; 5. Atherton, Nor. 20.89; 6. Ritchie, Id. 21.07.

300H: 1. Dial, Mar. 49.44; 2. Atherton, Nor. 50.70; 3. Asberry, Ard. 51.96; 4. Jackson, Sher. 52.98; 5. Parker, Mar. 53.17; 6. Tombs, Mar. 53.62.

400 Relay: 1. Ardmore (Red) 51.72; 2. Idabel 51.75; 3. Norman 52.47; 4. Sherman 53.71; 5. Plainview 53.72; 6. Ardmore (White) 57.65.

800 Relay: 1. Idabel 1:49.56; 2. Sherman 1:52.15; 3. Norman 1:53.18; 4. Velma-Alma 1:54.47; 5. Marlow 1:54.88; 6. Ardmore 1:55.07.

1600 Relay: 1. Norman 4:25.01; 2. Velma-Alma 4:25.16; 3. Marlow 4:28.37; 4. Sherman 4:37.98; 5. Plainview 4:39.16; 6. Shawnee 4:39.38.

3200 Relay: 1. Norman 10:06.60; 2. Plainview 10:16.68; 3. Velma-Alma 10:20.08; 4. Marlow 10:34.70; 5. Shawnee 11:15.62; 6. Idabel 12:24.74.

Shot: 1. Dowdy, Ard. 40-4.5; 2. Johnson, Nor. 38-5.5; 3. Easterling, Pla. 37-5; 4. Simpler, Dic. 36-11; 5. Holt, Nor. 36-9.5; 6. Hutchinson, Burk. 36-11.

Discus: 1. Dowdy, Ard. 124-10; 2. Vance, Pla. 106-1; 3. Palmer, Nor. 102-10; 4. Hutchinson, Burk. 100-9; 5. Combs, Durk. 99-11; 6. Ford, Sher. 98-10.

Long Jump: 1. Harding, Sher. 15-11.75; 2. Dial, Mar. 15-6.5; 3. Bryant, Nor. 15-2.5; 4. Halverson, Nor. 15-2; 5. King, Burk. 15-2; 6. Jackson, Sher. 14-6.5.

High Jump: 1. Hayes, SF. 5-0; 2. King, Burk. 5-0; 3. Curry, Nor. 5-0; 4. Hill, Nor. 4-10; 5. Blackwell, Pla. 4-8; 6. Harris, Pal. 4-6.

Boys

TEAM SCORING: 1. Moore 116; 2. Norman 81; 3. Altus 79; 4. Santa Fe 35; 5. Mustang 32; 6. Plainview 31; 7. Broken Bow 30; 8. Dickson 26; 9. Ardmore 24; 10. Velma-Alma 21; 11. (tie) Ada, Duncan 16; 13. Durant 14; 14. (tie) Sherman (Tx), Denison (Tx) 10; 16. Marlow 4.

100: 1. Turner, Nor. 11.10; 2. Butler, BB. 11.31; 3. Williams, Mo. 11.36; 4. Thatcher, Nor. 11.38; 5. Jordan, SF. 11.39; 6. McMillan, Al. 11.43.

200: 1. McMillan, Al. 22.20; 2. Williams, Mo. 22.33; 3. Robinson, Al. 22.76; 4. Roland, Mo. 23.03; 5. Allen, Burk. 23.05; 6. Smith, Shaw. 23.19.

400: 1. Raiden, Al. 50.73; 2. Leon, Mo. 50.87; 3. Johnson, Mo. 51.49; 4. Jordan, SF. 51.60; 5. Bennett, Nor. 52.08; 6. Sutter, Dun. 52.20.

800: 1. Bennett, Nor. 1:58.76; 2. Martinez, Mo. 2:00.73; 3. Winchester, Ada. 2:02.88; 4. Connolly, Mar. 2:04.90; 5. Berkely, Shaw. 2:04.91; 6. Merlyn, Pla. 2:05.68.

1600: 1. Miller, VA. 4:40.77; 2. Clark, Pla. 4:43.49; 3. Lampkin, Dic. 4:48.44; 4. Abahure, Nor. 4:50.54; 5. Legray, Sher. 4:51.84; 6. Evens, Mus. 4:53.66.

3200: 1. Miller, VA. 10:06.72; 2. Jones, SF. 10:07.0; 3. Lampkin, Dic. 10:30.58; 4. Evens, Mus. 10:30.96; 5. Garey, Nor. 10:32.50; 6. Wright, Shaw. 10:47.68.

110H: 1. George, Mo. 15.17; 2. Maytubby, Ard. 15.22; 3. Barnes, Burk. 15.26; 4. Shivers, Al. 15.43; 5. Burkland, Shaw. 15.46; 6. Hawkins, SF. 16.18.

300H: 1. Robertson, Den. 40.54; 2. Shivers, Al. 40.65; 3. Banks, Ard. 41.28; 4. Maytubby, Ard. 41.38; 5. Burkland, Shaw. 41.40; 6. Daigle, Nor. 42.28.

400 Relay: 1. Altus 42.80; 2. Moore 42.91; 3. Broken Bow 43.86; 4. Burkburnett 45.39; 5. Ardmore 45.60; 6. Duncan 45.69.

1600 Relay: 1. Moore 3:22.74; 2. Altus 3:32.67; 3. Norman 3:34.87; 4. Santa Fe 3:35.56; 5. Burkburnett 3:36.73; 6. Ardmore 3:39.43.

3200 Relay: 1. Plainview 8:26.91; 2. Moore 8:34.11; 3. Duncan 8:39.92; 4. Norman 8:42.30; 5. Altus 8:42.45; 6. Dickson 8:47.94.

Shot: 1. Burcham, Mus. 52-7.5; 2. Knight, Dick 52-3; 3. Hawk, Nor. 52-2; 4. Ridgeway, Nor. 52-2; 5. Jackson, Id. 50-5.5; 6. Cotton, Sher. 50-3.6.

Discus: 1. Thomas, Ada. 146-7; 2. Burcham, Mus. 146-1.5; 3. Casey, Nor. 144-0; 4. Jackson, Id. 142-1.5; 5. Struggs, Sher. 142-0; 6. McGriff, Sher. 140-5.5.

Long Jump: 1. Turner, Nor. 21-5.75; 2. Thomas, BB. 20-8; 3. Strange, SF. 20-7; 4. McCarty, Dur. 19-11.5; 5. Thweatt, BB. 19-4.5; 6. Smith, Shaw. 18-6.25.

High Jump: 1. Primrose, Mo. 6-4; 2. An, Mus. 6-0; 3. Moten, Sher. 5-10; 4. Swade, Nor. 5-10; 5. Greer, Dun. 5-8; 6. Burkland, Shaw. 5-8.

Pole Vault: 1. Grider, Dur. 13-8.5; 2. Kinzer, Nor. 11-6; 3. Gammill, SF. 11-0; 4. Master, Mo. 10-6; 5. Harris, Dic. 10-6; 6. (tie) Peoples, Dic. and Griffin, Dur. 10-6.



SEASON LEADER--Plainview's Sarah Harvey-shown here at the indoor state meet--has the state's top time in the 1600 meter run with a 5:25.64 at the Ardmore Invitational. Photo by Roger Taylor

COACHES' CORNER

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 begin our listing of season leading performances in this issue with an overall list. We will break it down by class in the next issue if enough results are received. In order for a performance to qualify for

listing 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 Lerington, 822 Jona Kay Terrace, Norman, OK 73069. If you joined after cross country season and would like to have the back issues of OTF&N please call or drop a note and you will get them in the mail.

OVERALL SEASON LEADERS - BOYS

100: Hallman, Putnam City, 10.75 (PutC); Bivines, Midwest City, 10.84 (PutC); Wakefield, Edmond North, 10.94 (PutC); Johnson, Edmond North, 11.02 (PutC); Willis, Weatherford, 11.10 (PutC); Turner, Norman, 11.10 (Ard); Young, Chickasha, 11.16 (PutC); Herron, McLain, 11.28 (Jenks).

200: McMillan, Altus, 22.20 (Ard); Johnson, Edmond North, 22.22 (PutC); Williams, Moore, 22.33 (Ard); Hallman, PutC, 22.59 (PutC); Wakefield, Edmond North, 22.70 (Chick); Robinson, Altus, 22.76 (Ard); Bivines, Midwest City, 22.91 (PutC); Roalnd, Moore, 23.03 (Ard).

400: Willis, Del City, 50.50 (PutC); Raiden, Altus, 50.73 (Ard); Wilson, Muskogee, 50.82 (Jenks); Leon, Moore, 50.86 (Ard); Baudreau, Santa Fe, 51.17 (Chick); Johnson, Moore, 51.59 (Ard); Jordan, Santa Fe, 51.60 (Ard); Bennett, Jenks, 51.94 (Jenks).

800: Bennett, Norman, 1:58.76 (Ard); 2. Martinez, Moore, 2:00.73 (Ard); Merlyn, Pla, 2:02.27 (Pla); Winchester, Ada, 2:02.88 (Ard); Miller, Velma-Alma, 2:03.14 (Pla); Buhl, Edmond Memorial 2:04.0 (PutC); Connolly, Marlow, 2:04.90 (Ard); Berkely, Shawnee, 2:04.91 (Ard).

1600: Thompson, Edmond Memorial, 4:39.53 (Chick); Reid, Jenks, 4:40.02 (Jenks); Miller, Velma-Alma, 4:40.77 (Ard); Paschal, Ponca City, 4:42.30 (Jenks); Jones, Santa Fe, 4:42.40 (Chick); Niemann, Ponca City, 4:43.48 (Jenks); Clark, Plainview, 4:43.49 (Ard); Phipps, Edmond Memorial, 4:44.62 (PutC).

3200: Thompson, Edmond Memorial, 9:53.41 (Chick); 2. Buhl, Edmond Memorial, 9:53.78 (Chick); Cliff, Sand Springs, 9:54.72 (Jenks); Miller, Velma-Alma, 10:00.64 (Pla); Jones, Santa Fe, 10:07.0 (Ard); Lampkin, Dickson, 10:14.06 (Pla); Reid, Jenks, 10:22.96 (Jenks); James, Jenks, 10:22.96 (Jenks).

110 Hurdles: Braddy, Northeast, 14.27 (McG); Curtis, Duncan, 15.06 (Chick); Davison, Lawton, 15.07 (Chick); Dean, Midwest City, 15.09 (PutC); Conkling, Weatherford, 15.09 (PutC); Goerge, Moore, 15.17 (Ard); Maytubby, Ardmore, 15.22 (Ard); Shivers, Altus, 15.43 (Ard).

300 Hurdles: Zimmerman, Yukon, 40.0 (PutC); Shivers, Altus, 40.65 (Ard); Khalid, Midwest City, 41.0 (PutC); Davison, Lawton, 41.10 (Chick); Dean, Midwest City, 41.25 (PutC); Banks, Ardmore, 41.28 (Ard); Maytubby, Ardmore, 41.38 (Ard); Burkland, Shawnee, 41.40 (Ardmore).

400 Relay: Altus 42.80 (Ard); Moore 42.91 (Ard); Weatherford 43.57 (PutC); Okmulgee 43.65 (Jenks); Broken Bow 43.86 (Ard); East Central 43.88 (Jenks); McLain 44.71 (Jenks); Jones 45.01 (Chan).

1600 Relay: Moore 3:22.74 (Ard); Edmond North 3:27.35 (PutC); Del City 3:28.56 (PutC); Jenks 3:28.97 (Jenks); Putnam City 3:30.50 (PutC); Union 3:32.55 (Jenks); Altus 3:32.67 (Ard); Muskogee 3:33.06 (Jenks).

3200 Relay: Ponca City 8:18.17 (Jenks); Edmond Memorial 8:19.03 (Chick); Jenks 8:19.29 (Jenks); Plainview 8:26.91 (Ard); Union 8:27.70 (Jenks); Broken Arrow 8:33.48 (Jenks); Moore 8:34.11 (Ard); Claremore 8:35.82 (Jenks).

Shot: Kay, Wynnewood, 52-8.25 (Pla); Burchum, Mustang, 52-7 (Ard); Knight, Dickson, 52-3 (Ard); Hawk, Norman, 52-2 (Ardmore); Ridgeway, Norman, 52-2 (Ard); Bookout, Stroud, 51-8.5 (Chan); Jackson, Idabel, 50-5.5 (Ard); Riddle, Prague, 48-7.25 (McG).

Discus: Bookout, Stroud, 180-2.5 (Chan); Fugett, Putnam City, 149-3 (PutC); Thomas, Ada, 146-7 (Ard); Burcham, Mustang, 146-1.5 (Ard); Casey, Norman, 144-0 (Ard); Jouppila, Ponca City, 143-7 (Jenks); Jackson, Idabel, 142-1.5 (Ard); Zielny, Putnam City West, 140-2 (Chick).

Long Jump: Martin, East Central, 23-8 (Jenks); Gilmore, Putnam City North 22-1 (PutC); Porter, Lawton, 21-8 (Chick); Turner, Norman, 21-5.75 (Ard); Marel, Union, 21-5.5 (Jenks); Schadegg, Edmond North, 21-0 (Chick); Smith, Muskogee, 20-11 (Jenks); McCarty, Durant, 20-9.5 (McG); Haskins, Jones, 20-9.5 (Chan).

High Jump: Harris, Wynnewood, 6-8 (Pla); Schadegg, 6-6 (PutC); Primrose, Moore, 6-4 (Ard); Conklin, Weatherford, 6-2 (PutC); R. Smith, Muskogee, 6-2 (Jenks); Johnson, Chickasha, 6-2 (PutC); Dean, Midwest City, 6-2 (PutC).

Pole Vault: Wilkinson, STroud, 15-0 (Chan); Brauer, Prague, 13-10 (Jenks); Grider, Durant, 13-8.5 (Ard); Ropp, Bartlesville, 13-6 (Jenks); Willis, Stroud, 13-0 (Chan); Love, Dickson, 13-0 (Pla); Jump, Ponca City, 13-0.

OVERALL SEASON LEADERS - GIRLS

100: Lee, Ardmore, 12.71 (Ard); Piggee, Ardmore, 12.77 (Ard); Northington, Del City, 12.9 (PutC); Simms, Velma-Alma, 12.92 (Ard); Tate, Shawnee, 13.10 (Ard); Scales, Idabel, 13.12 (Ard); Range, Plainview, 13.41 (Pla); 8. Litteken, Plainview, 13.50 (Pla).

200: Bell, Idabel, 26.48 (Ard); Lee, Ardmore, 26.53 (Ard); Gordon, Northwest Classen, 26.7 (PutC); Tate, Shawnee, 27.49 (Ard); Thuman, Broken Arrow, 27.56 (Jenks); Scales, Idabel, 27.85 (Ard); Harbin, Hale, 27.86 (Jenks); Snyder, Jenks, 27.86 (Jenks).

400: Hansen, Edmond Memorial, 59.75 (PutC); West, Altus, 59.77 (PutC); O'Rourke, Jenks, 1:00.53 (Jenks); Fontenot, Bartlesville, 1:01.29 (Jenks); Singleton, Yukon, 1:01.7 (PutC); Robinson, Midwest City, 1:01.8 (PutC); Marden, Edmond Memorial, 1:02.15 (Chick); REser, Norman, 1:02.52 (Ard).

800: Reser, Norman, 2:23.83 (Ard); Delozier, Norman, 2:24.92 (Ard); O'Rourke, Jenks, 2:28.18 (Jenks); Puckett, Ardmore, 2:30.39 (Ard); Robinson, Midwest City, 2:31.0 (PutC); McCulloh, Plainview, 2:32.68 (Pla); Kirby, Broken Arrow, 2:23.88 (Jenks); Hoke, McGuinness, 2:33.19 (Jenks).

1600: Harvey, Plainview 5:25.64 (Ard); Delozier, Norman, 5:28.10 (Ard); Hopkins, Bartlesville, 5:31.56 (Jenks); Riddle, Union, 5:34.43 (Jenks); Jones, Santa Fe, 5:36.86 (Chick); Novarra, Owasso, 5:36.86 (Jenks); Boothe, McGuinness, 5:37.72 (Jenks); McCurry, Velma-Alma, 5:43.68 (Pla).

3200: Hopkins, Bartlesville, 12:04.20 (Jenks); Jones, Santa Fe, 12:07.0 (Chick); Harvey, Pla, 12:09.35 (Pla); Shelters, Moore, 12:14.6 (PutC); Jones, Putnam City, 12:22.0 (PutC); Gibson, Shawnee, 12:23.0 (Ard); Settle, Moore, 12:34. (PutC).

100H: Freeman, Del City, 15.6 (PutC); Blakes, Midwest City, 15.8 (PutC); Cardenas, Jenks, 16.21 (Jenks); Evans, McGuinness, 16.44 (McG); Malcolm, Jenks, 16.79 (Jenks); Ramsey, Westem Heights, 16.8 (PutC); Andrus, Stroud, 17.38 (Chan); Duckworth, Casady, 17.39 (McG).

300H: Bruner, Northwest Classen, 47.0 (PutC); Dial, Marlow, 49.44 (Ard); Atherton, Norman, 50.70 (Ard); Baughman, Bartlesville, 51.09 (Jenks); Asberry, Ardmore, 51.96 (Ard); Malcolm, Jenks, 52.01 (Jenks); Parker, Marlow, 52.11 (Chick); Lopez, Union, 52.39 (Jenks).

400 Relay: Northeast 49.14 (McG); Del City 50.1 (PutC); Northwest Classen 50.4 (PutC); Casady 50.81 (McG); McGuinness 51.69 (Jenks); Ardmore 51.72 (Ard); Idabel 51.75 (Ard); Jenks 52.02 (Jenks).

800 Relay: Northeast 1:47.22 (McG); 2. Northwest Classen 1:48.15 (McG); Midwest City 1:49.5 (PutC); Idabel 1:49.56 (Ard); Jenks 1:49.78 (Jenks); Altus 1:50.7 (PutC); McGuinness 1:50.94 (Jenks); Westem Heights 1:51.4 (PutC).

1600 Relay: Del City 4:14 (PutC); Jenks 4:15.84 (Jenks); Altus 4:19.15 (Chick); Edmond North 4:20.96 (Chick); Northwest Classen 4:22.7 (PutC); Midwest City 4:24. (PutC); Norman 4:25.01 (Ard); Velma-Alma 4:25.16 (Ard).

3200 Relay: Norman 10:06.60 (Ard); Jenks 10:07.61 (Jenks); Plainview 10:16.84 (Ard); McGuinness 10:16.84 (Jenks); Velma-Alma 10:20.08 (Ard); Edmond North 10:25.0 (PutC); Sapulpa 10:31.42 (Jenks); Owasso 10:34.12 (Jenks).

Shot: Dowdy, Ardmore, 40-4.5 (Ard); Johnson, Norman 38-5.5 (Ard); Marshall, Weatherford, 38-1 (Chick); Easterling, Plainview, 37-5 (Ard); Simpler, Dickson, 36-11 (Ard); Holt, Norman, 36-9.5 (Ard); Olson, Union, 35-3 (Jenks); Gilbert, Northeast, 35-0 (McG).

Discus: Dowdy, Ard, 124-10 (Ard); Smith, Tahlequah, 110-6 (Jenks); Ross, Broken Arrow, 108-10 (Jenks); Vance, Plainview, 106-1 (Ard); Rains, Prague, 104-0.5 (McG); Pierce, Moore, 103-8 (PutC); Palmer, Nor, 102-10 (Ard); Thomas, Owasso, 101-4 (Jenks).

Long Jump: Austin, Edmond Memorial, 16-10 (PutC); Robinson, Midwest City, 16-5 (PutC); Weatherall, Northeast, 16-0.25 (McG); Kendore, MacArthur, 15-10 (Chick); Greenfield, Chandler, 15-7.75 (Chan); Dial, Marlow, 15-6.5 (Ard); Freeman, Del City, 15-5 (PutC); Pierce, Moore, 15-3 (PutC).

High Jump: Slavonic, McGuinness, 5-2 (McG); Rhodes, Moore, 5-2 (PutC); Hadik, Guthrie, 5-1 (PutC); Burns, Plainview, 5-0 (Pla); Arant, MacArthur, 5-0 (Chick); Childers, Chandler, 5-0 (Chan).

State Top Track Teams

2A Girls

1. Watonga
2. Jones
3. Pawnee
4. Alva
5. Elgin
6. Madill
7. Prague
8. Wynnewood
9. Stroud
10. Davis

2A Boys

1. Wynnewood
2. Stroud
3. Prague
4. Tishomingo
5. Jones
6. Hominy
7. Konawa
8. Lindsay
9. Heritage Hall
10. Dickson

A Girls

1. Velma-Alma
2. Laverne
3. Boise City-Keyes
4. Canton
5. Turpin
6. Crescent
7. Tonkawa
8. Oklahoma Christian
9. Quapaw
10. Carnegie

3A Girls

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

3A Boys

1. Weatherford
2. Idabel
3. Plainview
4. Broken Bow
5. Marlow
6. Cascia Hall
7. Chandler
8. Catoosa
9. Lone Grove
10. Elgin

A Boys

1. Turpin
2. Boise City-Keyes
3. Laverne
4. Waurika
5. Velma-Alma
6. Hooker
7. Tonkawa
8. Crescent
9. Newkirk
10. Oklahoma Christian

4A Girls

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

4A Boys

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

B Girls

1. Texhoma
2. Cherokee
3. Pond Creek-Hunter
4. Temple
5. Wakita
6. Waynoka
7. Beaver
8. Forgan
9. Buffalo
10. Bluejacket

5A Girls

1. Norman
2. Jenks
3. Broken Arrow
4. Union
5. Edmond North
6. Bartlesville
7. Del City
8. Moore
9. Midwest City
10. Tahlequah

5A Boys

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

B Boys

1. Hydro
2. Texhoma
3. Fox
4. Forgan
5. Tyrone
6. Pond Creek-Hunter
7. Grandfield
8. Cherokee
9. Maysville
10. Davenport



SEASON LEADER--Norman's Kyle Bennett--shown here at the indoor meet--leads the list in the 800 meter run with a time of 1:58.76 at the Ardmore Invitational. Photo by Roger Taylor

20th Annual Jenks Trojan Invitational Jenks 3/2/96

JENKS--The host Trojans put on a good show for the home crowd in the 20th Annual Jenks Trojan Invitational held here at Jenks High School March 2nd under mild but windy conditions. First-year coach Martha O'Rourke's charges grabbed most of the hardware and were virtually unchallenged in winning both titles in Division 1.

Jenks sophomore Kelli O'Rourke won titles in the 400 and 800 while the Trojans captured three other individual golds and all the relays en route to a 196-107 win over Broken Arrow. Bartlesville freshman Karla Hopkins was the meet's only other double winner, taking the 1600/3200 double. The Jenks boys grabbed three individual titles and two relays to top Ponca City 159-103.

In Division 2, the McGuinness girls ran away with the top trophy, taking five individual titles and all four relays to outscore runnerup Claremore 183-96. Division 2 boys was much closer with 2A Prague putting together a strong team effort to beat 4A's McGuinness and Okmulgee 117-95-94

Division 1 Girls

TEAM SCORING: 1. Jenks A 196; 2. Broken Arrow A 107; 3. Union 74; 4. Bartlesville 64; 5. Tahlequah 55; 6. Muskogee 37; 7. Owasso 34; 8. Sapulpa 32; 9. Jenks B 19; 10. Ponca City 6; 11. Broken Arrow B 4.

100: 1. Snyder, Je. 13.56; 2. Jones, Mus. 13.80; 3. Washington, BA. 13.83; 4. Duke, PonC. 13.92; 5. Henry, Mus. 14.19; 6. Chambray, PonC. 14.27.

200: 1. Thurman, BA. 27.56; 2. Snyder, Je. 27.86; 3. Fontenot, Bart. 28.41; 4. Edwards, Mus. 28.95; 5. Rouswell, Un. 29.07; 6. Jones, Mus. 29.25.

400: 1. O'Rourke, Je. 1:00.53; 2. Fontenot, Bart. 1:01.29; 3. Kirby, BA. 1:04.37; 4. Phillips, BA. 1:04.95; 5. Schwarz, Je. 1:05.10; 6. Wheat, Bart. 1:05.31.

800: 1. O'Rourke, Je. 2:28.18; 2. Kirby, BA. 2:32.88; 3. Barker, Je. 2:34.99; 4. Royall, Je. 2:40.57; 5. Dossert, Ow. 2:40.88; 6. Creekmore, JeB. 2:41.98.

1600: 1. Hopkins, Bart. 5:31.56; 2. Riddle, Un. 5:34.43; 3. Novarra, Ow. 5:36.86; 4. Wanamaker, Tah. 6:00.39; 5. McElwain, Un. 6:07.96; 6. Gibson, Je. 6:08.50.

3200: 1. Hopkins, Bart. 12:04.20; 2. Housley, Sap. 12:42.57; 3. Moudry, Je. 13:03.23; 4. Blendowski, BA. 13:08.68; 5. Jensen, Je. 13:27.07; 6. Mirabel, PonC. 13:44.59.

100H: 1. B. Cardenas, Je. 16.21; 2. Malcolm, Je. 16.79; 3. Moss, BA. 17.70; 4. Vest, Bart. 18.36; 5. Hauge, Bart. 18.43; 6. Wallace, Tah. 18.92.

300H: 1. Baughman, Bart. 51.09; 2. Malcolm, Je. 52.01; 3. Lopez, Un. 52.39; 4. Adair, Sap. 54.09; 5. Todd, Un. 55.13; 6. Cooper, Bart. 55.39.

400 Relay: 1. Jenks 52.02; 2. Broken Arrow 52.16; 3. Union 52.77; 4. Muskogee 53.35; 5. Tahlequah 54.72; 6. Owasso 55.74.

800 Relay: 1. Jenks 1:49.78; 2. Broken Arrow 1:51.73; 3. Union 1:53.41; 4. Tahlequah 1:54.31; 5. Sapulpa 1:59.15; 6. Jenks B 1:59.97.

1600 Relay: 1. Jenks 4:15.84; 2. Broken Arrow 4:27.37; 3. Bartlesville 4:29.83; 4. Tahlequah 4:32.43; 5. Broken Arrow B 4:37.92; 6. Jenks B 4:43.90.

3200 Relay: 1. Jenks 10:07.61; 2. Sapulpa 10:31.42; 3. Owasso 10:34.12; 4. Union 10:54.13; 5. Jenks B 11:04.43; 6. Tahlequah 11:15.92.

Shot: 1. Olson, Un. 35-3; 2. Ross, BA. 34-4.5; 3. Rhatigan, Je. 32-10.5; 4. Johnson, Mus. 32-7.25; 5. Smith, Tah. 32-6' 6"/ Soc.s. Ke. 32-0.

Discus: 1. Smith, Tah. 110-6; 2. Ross, BA. 108-10; 3. Thomas, Ow. 101-4; 4. Siems, Je. 96-9; 5. Rhatigan, Je. 96-5; 6. Seals, Je. 88-3.

Long Jump: 1. Wade, Mus. 15-2.5; 2. Sejcek, Je. 14-9; 3. Tomblin, Tah. 14-5.5; 4. Montgomery, 14-3.5; 5. Barker, Je. 13-10; 6. Cooper, Je. 13-3.

High Jump: 1. Lingor, Tah. 4-10; 2. Duke, Un. 4-10; 3. B. Cardenas, Je. 4-8; 4. Rohrer, Ow. 4-8; 5. Baldwin, Ow. 4-6; 6. Reed, BA. 4-4.

Division 2 Girls

TEAM SCORING: 1. McGuinness A 183; 2. Claremore 96; 3. McLain 90; 4. Hale 66; 5. Pryor 64; 6. (tie) Prague, Kelley 40; 8. McGuinness B 28; 9. Berryhill 10; 10. Edison 6.

100: 1. Claro, McG. 13.60; 2. Pritchard, Cla. 14.04; 3. Washington, McL. 14.13; 4. Princess, McL. 14.53; 5. Fry, Cla. 14.81; 6. Shavers, Hale. 14.94.

200: 1. Harbin, Hale. 27.86; 2. Kelley, McG. 28.46; 3. Fulbright, Ed. 28.81; 4. Pritchard, Cla. 28.87; 5. Washington, McL. 28.95; 6. Reed, McL. 29.50.

400: 1. Robinson, McL. 1:06.02; 2. Nutler, Pry. 1:07.59; 3. Fridrich, Pra. 1:09.07; 4. Bryan, Kel. 1:11.81; 5. Rouse, Cla. 1:12.26; 6. Bickerstaff, Cla. 2:46.31.

800: 1. Hoke, McG. 2:33.19; 2. Corlett, Pry. 2:34.61; 3. Bratton, Hale. 2:37.26; 4. Kessler, Kel. 2:41.98; 5. Shreffler, Pry. 2:45.95; 6. Bickerstaff, Cla. 2:46.31.

1600: 1. Boothe, McG. 5:37.72; 2. Corlett, Pry. 5:51.60; 3. Kessler, Kel. 6:00.08; 4. Anderson, Pry. 6:06.10; 4. Narvaes, Kel. 6:07.12; 6. Wagner, Kel. 6:18.44.

3200: 1. Scott, Ber. 12:27.54; 2. Anderson, Pry. 12:43.57; 3. Wagner, Kel. 12:51.38; 4. Narvaes, Kel. 13:00.09; 5. Lawrence, McG. 13:20.23; 6. Long, McG. 13:23.27.

100H: 1. Patterson, Pry. 18.89; 2. Rowden, Cla. 18.96; 3. Keaton, McG. 19.27; 4. Evans, McG. 19.41; 5. Phillips, Hale. 20.18; 6. Coles, Cla. 21.44.

300H: 1. Richardson, McL. 54.45; 2. Sikes, Hale. 55.65; 3. Bean, Cla. 56.68; 4. Coles, Cla. 1:00.07.

400 Relay: 1. McGuinness 51.69; 2. McLain 52.99; 3. Claremore 54.35; 4. Prague 55.31; 5. McFurinwas B 56.95.

800 Relay: 1. McGuinness 1:50.94; 2. McLain 1:54.35; 3. Hale 1:56.03; 4. Prague 1:58.72; 5. Claremore 2:00.50; 6. McGuinness B 2:03.60.

1600 Relay: 1. McGuinness 4:29.76; 2. McGuinness B 4:37.72; 3. Claremore 4:41.61; 4. Prague 4:59.55; 5. McLain 5:15.24.

3200 Relay: 1. McGuinness 10:16.84; 2. Pryor 10:37.60; 3. Kelley 10:56.07; 4. Hale 11:01.21; 5. McGuinness B 11:02.66; 6. Claremore 11:50.93.

Shot: 1. Troutman, Hale. 28-1.5; 2. Wiley, Cla. 27-9; 3. Madole, McG. 26.85; 4. Azila, Pra. 25-5.5; 5. Spurlock, McG. 25-2; 6. McBrayer, McL. 24-8.5.

Discus: 1. Hall, Cla. 98-11; 2. Troutman, Hale. 86-7; 3. Madole, McG. 81-8; 4. Wiley, Cla. 74-0; 5. Spurlock, McG. 67-1; 6. Meyer, McG. 64-0.

Long Jump: 1. Thompson, McG. 14-9; 2. Evans, McG. 14-7; 3. Briggs, McL. 14-0; 4. Richardson, McL. 13-10.5; 5. Rogers, McG. B. 13-6; 6. Gridley, Hale, 11-8.

High Jump: 1. Slavonick, McG. 5-0; 2. Campbell, Cla. 4-10; 3. Cowin, Pra. 4-8; 4. Cowden, McG. 4-8; 5. Rogers, McG. 4-8; 6. Friabe, Kel. 4-6.

Division 1 Boys

TEAM SCORING: 1. Jenks A 159; 2. Ponca City 103; 3.

Union A 86; 4. Muskogee 76; 5. Broken Arrow A 61; 6. Owasso 32.5; 7. Bartlesville 18; 8. Jenks B 16; 9. Sand Springs 10; 10. Sapulpa 6; 11. Union B 4; 12. (tie) Jenks C, Broken Arrow B 2.

100: 1. Cooper, Un. 11.48; 2. Anderson, Mus. 11.74; 3. Eell, BA. 11.79; 4. Harris, PonC. 11.93; 5. Dean, Sap. 11.95; 6. Woodin, Ow. 12.00.

200: 1. Woodson, BA. 23.17; 2. Wilson, Mus. 23.71; 3. Comeaux, Un. 23.88; 4. Jones, PonC. 24.20; 5. English, Un. 23.21; 6. Dean, Sap. 24.23.

400: 1. Wilson, Mus. 50.82; 2. Bennett, Je. 51.94; 3. Deavall, Un. 52.05; 4. Goodson, BA. 52.07; 5. Peters, Bart. 52.10; 6. Weatherford, BA. 54.40.

800: 1. Metzger, PonC. 2:06.16; 2. Martinez, Ow. 2:10.95; 3. Hale, Je. 2:11.20; 4. Smith, Mus. 2:11.72; 5. Pemberton, Ow. 2:12.36; 6. Cummings, Un. 2:14.81.

1600: 1. Reid, Je. 4:40.02; 2. Paschal, PonC. 4:42.30; 3. Niemann, PonC. 4:43.48; 4. Helton, Un. 4:45.66; 5. Pense, Je. 4:47.67; 6. James, Je. 4:48.25.

3200: 1. Cliff, SS. 9:54.72; 2. Reid, Je. 10:15.50; 3. James, Je. 10:22.96; 4. Lake, Sap. 10:32.67; 5. Niemann, PonC. 10:36.94; 6. Webb, BA. 10:49.95.

110H: 1. Johnson, BA. 16.12; 2. Marel, Un. 16.35; 3. Gerkin, Je. 17.40; 4. Winters, Un. 17.80; 5. Comeaux, Un. 18.08; 6. Walker, Mus. 18.18.

300H: 1. Carson, Je. 41.52; 2. Gerkin, Je. 42.36; 3. Johnson, BA. 42.95; 4. Marel, Un. 43.17; 5. Winters, Un. 44.80; 6. Brown, BA. 45.70.

400 Relay: 1. Jenks 44.24; 2. Ponca City 45.65; 3. Owasso 45.98; 4. Broken Arrow 46.44; 5. Jenks B 46.78; 6. Broken Arrow B 49.30.

1600 Relay: 1. Jenks 3:28.97; 2. Union 3:32.55; 3. Muskogee 3:33.06; 4. Jenks B 3:47.34; 5. Bartlesville 3:48.63; 6. Jenks C 3:48.91.

3200 Relay: 1. Ponca City 8:18.17; 2. Jenks 8:19.29; 3. Union 8:27.70; 4. Broken Arrow 8:33.48; 5. Jenks B 8:35.89; 6. Bartlesville 9:10.39.

Shot: 1. Magee, Je. 44-10; 2. Joupplia, PonC. 43-2; 3. Johnson, Un. 42-10; 4. Webb, Un. B. 40-9; 5. Farley, Un. 39-9; 6. Chalk, Ow. 39-4.

Discus: 1. Joupplia, PonC. 143-7; 2. Magee, Je. 135-4; 3. Roberts, Mus. 130-1; 4. Simmons, Je. 121-10; 5. Pride, Ow. 121-9; 6. Chapman, PonC. 120-10.

Long Jump: 1. Marel, Un. 21-5.5; 2. Smith, Mus. 20-11; 3. Johnston, Je. 20-8.5; 4. (tie) Mims, Smith, and Ridener, Je. 19-0.5; 6. Leogrande, J3. 18-11.5.

High Jump: 1. R. Smith, Mus. 6-2; 2. T. Smith, Mus. 6-0; 3. Wamego, Ow. 6-0; 4. Clarkson, PonC. 5-10; 5. Hall, Je. 5-6; 6. Simons, Sap. 6-4.

Pole Vault: 1. Ropp, Bart. 13-6; 2. Jump, PonC. 13-0; 3. Normandin, BA. 12-6; 4. Hassell, Je. 12-0; 5. Williams, PonC. 12-0; 6. (tie) Johnston, Ow. and Green, Un. 11-6.

Division 2 Boys

TEAM SCORING: 1. Prague 117; 2. McGuinness 95; 3. Okmulgee 94; 4. Claremore 87; 5. East Central 70; 6. McLain 60; 7. Edison 26; 8. Mannford 24.5; 9. Guthrie 9; 10. Kelley 4; 11. Cleveland 2.5; 12. McGuinness B 2; 13. Hale 1.

100: 1. Herron, McL. 11.28; 2. Martin, EC. 11.60; 3. Cohenour, McG. 11.61; 4. Vinson, EC. 11.68; 5. Johnson, Okm. 11.77; 6. (tie) Malone, Man. and Allen, Clev. 11.87.

200: 1. Brooks, McL. 23.48; 2. Smith, Okm. 23.59; 3. Malone, Man. 23.70; 4. Rhode, Cla. 23.90; 5. Herron, McL. 24.13; 6. Johnson, Okm. 24.57.

400: 1. Phillips, McL. 50.79; 2. Phillips, EC. 51.71; 3. Smith, Okm. 52.5; 4. L. Pitman, McG. 53.34; 5. Jordan, Pra. 54.23; 6. Cleck, Gu. 54.62.

800: 1. Moses, McG. 2:08.11; 2. Gladney, Pra. 2:09.32; 3. Coffman, Gu. 2:09.88; 4. Affentranger, Cla. 2:10.12; 5. J. Pitman, McG. 2:10.61; 6. Tarkington, Okm. 2:11.38.

1600: 1. Ford, Cla. 4:45.51; 2. Styron, McG. 4:53.03; 3. Sexauers, McG. 4:57.54; 4. Carlson, Cla. 4:59.81; 5. Adams, Kel. 5:04.22; 6. Graham, Pra. 5:04.62.

3200: 1. Cleck, Gu. 10:33.25; 2. Connolly, McG. 10:47.55; 3. Stone, Pra. 10:55.60; 4. Graham, Pra. 10:58.14; 5. Adams, Kel. 11:18.50; 6. Graham, Hale. 11:43.68.

110H: 1. Boyles, Okm. 15.81; 2. Ripley, Pra. 16.76; 3. Mitchell, Pra. 17.27; 4. Smith, Pra. 17.85; 5. Stach, Clev. 18:04; 6. Hamer, McL. 18.42.

300H: 1. Bauer, Pra. 43.45; 2. Elschen, EC. 44.84; 3. Shaw, Ed. 45.11; 4. Ripley, Pra. 45.28; 5. Smith, Pra. 45.55; 6. Hamer, McL. 46.04.

400 Relay: 1. Okmulgee 43.65; 2. East Central 43.88; 3. McLain 44.71; 4. Edison 45.54; 5. Claremore 45.59; 6. Prague 46.57.

1600 Relay: 1. McGuinness 3:38.02; 2. Okmulgee 3:39.03; 3. Prague 3:41.71; 4. East Central 3:42.64; 5. Claremore 3:43.18; 6. McLain 3:48.79.

3200 Relay: 1. Claremore 8:35.82; 2. Prague 8:39.61; 3. McGuinness 8:40.92; 4. East Central 9:12.08; 5. McLain 9:30.01; 6. Okmulgee 9:44.06.

Shot: 1. Riddle, Pra. 50-4; 2. Grimm, Man. 49-9; 3. Thompson, Okm. 45-8; 4. Stricklar, Pra. 43-3; 5. Jackson, Ed. 42-6; 6. Ward, McG. 42-4.

Discus: 1. Williams, Okm. 132-9; 2. Grimm, Man. 131-0; 3. Bragg, McG. 124-9; 4. Overstreet, Okm. 114-7; 5. Ashmore, McG. B 109-0; 6. Cox, Cla. 103-0.

Long Jump: 1. Martin, EC. 23-8; 2. Jordan, Pra. 19-10.5; 3. Enoch, McG. 19-9; 4. Teal, Cla. 19-5.5; 5. J. Man. 19-5; 6. Dean, Okm. 19-1.

High Jump: 1. Cox, Cla. 5-10; 2. Johnson, McL. 5-6; 3. (tie) Blankenship, McG. and Hunt, Okm. 5-6; 5. Tarkington, Okm. 5-6; 6. Willis, McG. 5-4.

Pole Vault: 1. Browner, Pra. 13-10; 2. Foster, Cla. 12-0; 3. Dec, Cla. 11-6; 4. Kinslow, Pra. 10-8; 5. Smith, Cla. 10-0.

The Athlete's Kitchen

POUNDS and PERCENTS: Are they meaningful measurements?

By Nancy Clark, MS, RD

"My hockey coaches tell me I have to weigh 195 in order to play on their team. So I starve myself for two days before weigh-in to shut them up, then stuff myself and play at my best weight, 200 pounds." ... "When I got weighed at the doctor's office, I was shocked to find out I'd gained eight pounds. I haven't eaten in two days." ... "The fifth grade teachers at my son's school want to measure body fat as a part of their health class. I'm appalled at the idea. Should they do that?" ... "Yesterday at a health fair, my body fat measurement was 21% and here with you today it's 18%. What's the story???"

When it comes to measuring weight and body fat, we tend to put great value on pounds and percents. Most athletes perceive themselves as somewhat superior when the numbers are lower. These same athletes can also spin into a tizzy when the numbers go higher. If this reaction sounds familiar to you, keep reading. The purpose of this article is to help you stop waging war with the scale, your weight and your percent fat.

Q. What's the best way to measure body fat?
When athletes ask me about the *best* way to have their percent fat measured, I first question why they seek the information. Why does this number have so much importance to them? Is a coach or sport imposing unreasonable goals? Or are they their own worse enemy?

There is no "best" way to measure body fat. Speaking at the 1995 annual meeting of the New England Chapter of the American College of Sports Medicine, exercise physiologist Dr. Frank Katch of U Mass-Amherst explained that although many methods to measure body fat are accurate, the translation of the measurements into percent body fat are fraught with error. For example, calipers can very accurately measure skinfold thickness. But when the numbers get translated into percent body fat, a person might be 8%, 12% or 15%, depending on the formula used. Fatness with electrical impedance measurements will vary depending on how well hydrated you are. Even underwater weighing, the gold standard, is rendered less accurate with low bone density (common among female athletes) or intestinal gas. Also remember that the leaner you are, the less accurate the translation is likely to be. Most formulas are based on the "average" person, as opposed to very lean athletes. That's why you'll hear about football players with "negative 3%" body fatness. They'd be dead if this was a valid number!

Q. What are the best body fat goals for athletes? Although most athletes believe the thinner they are, the better they'll be, there is no data to support this myth. Rather, the best athletes tend to

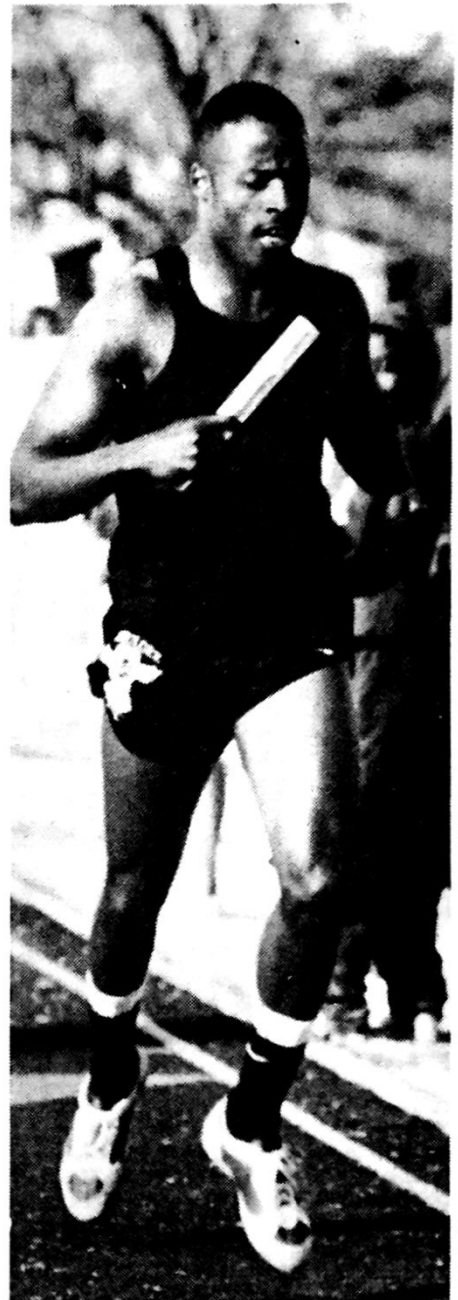
be genetically lean and can easily maintain a low percent body fat while fueling themselves optimally. Researches have documented the body fat levels that are common to athletes in a variety of sports, but they have no way to determine the "best" percent body fat. That's because thinness and fatness are influenced by genetics. The nutritional cost may be very high for a genetically heavy athlete to be 9% body fat. That is he will likely have to endure chronic dieting that results in poorly fueled muscles. Will this low percent fat help him be a better athlete? Doubtful.

Q. What should I weigh? The general "rule of thumb" for estimating a reasonable weight for your body is: (Women) 100 lbs for the first 5 feet; 5 lbs per inch thereafter. (Men) 106 lbs for the first 5 feet; 6 lbs per inch thereafter. Hence, if you are a woman who is 5'8", you could appropriately weigh 140 pounds. If you are athletic, the chances are you'll carry more pounds of muscle and fewer pounds of fat than the "average" person. If you are from a genetically heavy or petite family, you can appropriately weigh more or less, depending on your bone structure.

Q. How often should I weigh myself? Never, if you are obsessed with your weight. Your better bet is to let your body be what it is and love yourself from the inside out, rather than judge yourself from the outside in. If you are on a weight reduction program, you might want to weight yourself once a week to chart your progress. The best time to weigh yourself is first thing in the morning after going to the bathroom and before eating or drinking. Weights taken at other times of the day will record the weight of food, water, and clothes...not changes in body fat.

The bottom line: My advice is to remember that weight and fatness are more than a matter of will power. Nature has a blue print for each person's body. You have to trust that appropriate eating in combination with appropriate exercise will result in your body being an appropriate weight. If you struggle with pounds, percents and accepting your body, the chances are you are struggling with self-esteem issues. Somehow you fell less perfect or less adequate if you weight more than your self-imposed goal. The concern may have little to do with health, beauty, or performance but more with control--and feeling out of control. Remember: you are the same wonderful person regardless of what you weigh. The best *fueled* athlete has advantages over the thinner but starved on.

(Editor's note: Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, offers personalized food plans that help people be at peace with food and weight. Her Sports Nutrition Guidebook (\$18) and nutrition guide for runners, The NYC Marathon Cookbook (\$23) are available through Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.



IRISH RELAYS--Okmulge won four of the six relays at McGuinness March 11th, taking the sprint medley relay here in a time of 1:40.15. Photo by John Hoke

Colorado Indoor Championships U.S. Air Force Academy 2/25/96

COLORADO SPRINGS--Six Oklahoma runners made the trip here to run in the Colorado Indoor Championships held at the U.S. Air Force Academy February 25th and brought home twelve gold medals.

RESULTS--Youth Boys: Kyle Ellis, Okla. City, 1st Pole Vault, 8-0; 5th long jump, 12-4; 7th 200, 33.1. **Men 35-39:** Ken Ellis, Okla. City, 1st 55H, 7.97; 1st 200, 24.20. **Men 45-49:** Jim Dolezel, Midwest City, 1st 55, 7.23; 2nd 200, 25.00; 2nd 400, 62.72; 1st high jump 4-10; 2nd long jump, 116-5.25. **Men 55-59:** Dale Lance, Tulsa, 1st 55, 7.48; 2nd 200, 27.50; 1st 55H, 8.80; 1st pole vault, 12-8. **Men 60-64:** Bob Santine, Tulsa, 1st 55, 7.80; 1st 200, 29.00; 2nd shot, 32-10. **Women 50-54:** Nina Bryant, Midwest City, 1st 55, 9.40; 1st 200, 36.00.

NCAA Introduces New Eligibility Hotline

OVERLANDPARK, Kan.--Not sure about how many high school math credits you need to be eligible to run track in Division I? Just got the ACT scores back and wonder if you're eligible for your sport next fall? Haven't a clue on the process of transferring from a two-year to a four-year school?

These are just a few of the many questions prospective student-athletes face everyday.

The NCAA, with the help of its corporate sponsor Sprint and Telemedia, will provide these answers and more through a new 800 number. By simply dialing the new NCAA Hotline at 1-800-638-3731, students, parents, coaches and counselors can get the answers they need through a series of recorded messages. The call is free and the information is priceless for any student-athlete who plans to pursue a college education while participating in athletics.

"This is just one more continuing effort of the NCAA to raise the public's awareness of the new initial-eligibility standards that will be taking effect," said Jerry Kingston, chair of the NCAA Academic Requirements Committee. "I encourage high school students, parents, coaches and others to use this hotline in order to better understand the often

complicated rules associated with eligibility."

The best part -- it is easy to use.

After dialing the number, callers will have access to four categories concerning freshman-eligibility requirements, recruiting information, two-year or four-year college transfer information, as well as an opportunity to order free publications on these subjects.

There is information concerning how to register with the NCAA Clearinghouse. This category will also explain how the NCAA defines a core course as well as what specific types of math, English, and science courses high school students need in order to become eligible to compete in college athletics.

Even if you don't get to write down all the information from the recorded message, you can request a free copy of the NCAA Guide to the College Bound Athlete, NCAA Clearinghouse Brochure, and NCAA 2-year Transfer Guide, by simply leaving your name and address at the end of the message.

This hotline is just part of the NCAA's "Wanna Play, Know the Rules" campaign to educate high school student athletes on NCAA eligibility requirements.



TROJAN INVITATIONAL--Ponca City's David Metzger won the 800 meter run March 2nd with a time of 2:06.16. Photo by John Hoke

OU Sets Record Arkansas Falls In NCAA Indoor Indianapolis, Ind.

3/9/96

INDIANAPOLIS, Ind.--The University of Oklahoma's 1600 meter relay team of Roxbert Martin, Ryan Kite, Justin Chapman and Danny McFarlane set a collegiate record in the 1996 NCAA Division I Indoor championships here March 9th in the RCA Dome. The Sooner's time of 3:04.46 broke the previous record of 3:04.89 set by Baylor in 1992.

Oklahoma's team made its best showing in years, finishing in a seventh-place tie with Kentucky, each with 22 points. Martin was third in the open 400 meters in 46.02 and McFarlane was fifth with a time of 46.18.

Oklahoma State's Jon Wild placed third in the 3,000 meter run with a time of 7:53.10. The Cowboys finished in a four-way tie for 18th with 12 points.

George Mason won the overall team title, ending the longest streak in the history of NCAA Division I athletics by dethroning Arkansas, winner of 12 consecutive indoor titles.

The Patriots--foreign-dominated like the Texas-El Paso teams that won 19 NCAA titles in track and cross country between 1974 and 1983--compiled 39 points in the two-day championships. It was the lowest winning score since Washington State had 25.5 in 1977.

Arkansas finished third with 30 points, behind Nebraskak, the runnerup with 31.5.

Louisiana State won its fourth straight and seventh title in 10 years, with 52 points, 18 ahead of runnerup Georgia.

NCAA Division I Indoor Men Winners

55: Tim Harden, Kentucky, 8.06. 200: Obadele Thompson, Texas-El Paso, 20.36. 400: Greg Haughton, George Mason, 45.87. 800: Elnars Tupuritis, Wichita State, 1:45.80. Mile: Julius Achon, George Mason, 4:02.83. 3,000: Ryan Wilson, Arkansas, 7:51.66. 5,000: Jason Casiano, Wisconsin, 13:50.08. 55H: Darius Pemberton, Houston, 7.14. 1600 Relay: Oklahoma 3:04.46 (NCAA Record). Distance Medley Relay: Nebraska 9:32.13. High Jump: Michael Roberson, McNeese State, 7-5. Pole Vault: Lawrence Johnson, Tennessee, 18-6.5. Long Jump: Andrew Owusu, Alabama, 25-11. Triple Jump: Robert Howard, Arkansas, 54-10.75. Shot: Jonathan Ogden, UCLA, 63-8.75. 35-Pound Weight Throw: Ryan Butler, Wyoming, 71-1.25.

Women Winners

55: D'Andre Hill, Louisiana State, 6.69. 200: Debbie Ferguson, Georgia, 23.17. 400: Monique Hennegan, North Carolina, 52.57. 800: Kristi Kloster, Kansas, 2:04.91. Mile: Joline Staeheli, Georgetown, 4:36.96. 3,000: Melody Fairchild, Oregon, 9:07.25. 5,000: Marie McMahon, Providence, 15:42.71. 55H: Kim Carson, Louisiana State, 7.44. 1,600 Relay: Louisiana State 3:32.53. Distance Medley Relay: Wisconsin 11:08.91. High Jump: Najuma Fletcher, Pittsburgh, 6-0.75. Long Jump: Angee Henry, Nebraska, 20-11.25. Triple Jump: Nicole Martial, Nebraska, 44-8.25. Shot: Valeyta Althouse, UCLA, 57-11. 20-Pound Weight Throw: Dawn Ellerbe, South Carolina, 67-10.25.

Sequoyah, 23: Medford, Velma-Alma, Hooker, Cascia Hall, Elk City, Enid. 29: Turpin, Adair, Purcell, Moore, Okmulgee. 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, USATF Ponca City Invitational. 25: Great Southwest Classic--Phoenix, Arizona, State USATF Age-Group Meet--Cascia Hall.

June

1: Tulsa District Junior Olympics--Union H.S. 8: AAU State Meet--Jenks, Ok USATF Multi-events--Stillwater (OSU). 14-15: State Junior Olympic Meet--Stillwater (OSU). 29: Sooner State Games--Norman (OU).

1996 TRACK SCHEDULE

The schedule below was derived from information listed on TEAM REPORTS received by March 11th. Over 120 meets are scheduled 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

16: Fairview, Boise City, Catoosa, Santa Fe. 21: Muskogee, Tulsa All City. 22: Holdenville, Ada, Bartlesville, Pauls Valley, Claremore