

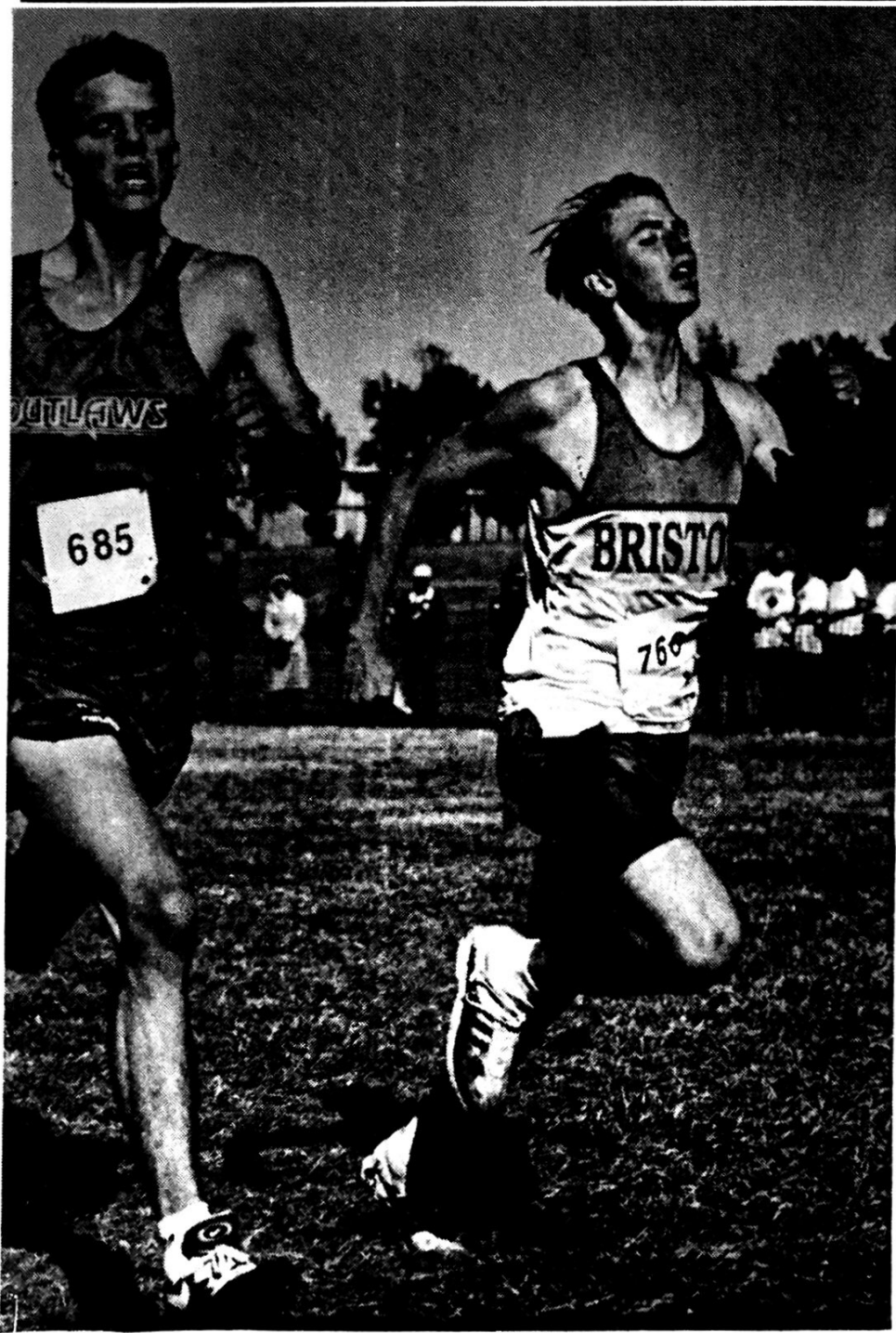
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Volume 5, Number 5

\$3.00

November 22, 1996



CLOSEST RACE at the 1996 Cross Country State Championships was in Class 3A Boys between Marlow's Kevin Minson (left) and Bristow's Albert Kelley, both juniors. Minson won by .5 of a second, while Elk City took the team title. Photo by Roger Taylor

1996 Cross Country State Meet

By John Hoke
Editor

TULSA--The weather was perfect for running on Saturday, November 2nd, as the Oklahoma Secondary Schools Activities Association's 1996 Cross Country State Championships got under way on the campus of Oral Roberts University at 11:00 a.m. sharp. Five classes were contested and, with close to perfect timing, the races came off right on schedule.

There were no big surprises in any of the team races, with nine of the ten top-ranked teams claiming the championship trophy. Only in 2A girls did number-one Plainview stumble as number-two Lexington put three runners in the top ten to claim the trophy.

In the individual races it was basically more of the same except for the collapse of unbeaten defending 5A champion Corrie Hussar in the last 50 meters. Hussar apparently became seriously dehydrated and was unable to finish the race, though she was leading with close to a record setting pace when she collapsed.

Only three defending champions were able to repeat, three-time winners Ashley Boothe of McGuinness in 4A and Mark Thompson of Edmond Memorial in 5A, both seniors, and Velma-Alma sophomore Rae Ann McCurry in A, winner of 2A last year. Thompson became the first boy to win three titles and Boothe only the fourth girl, counting four-time winner Natalie Gray of Cascia Hall.

Westmoore sophomore Lindsey Hughes won the 5A race with the fastest time of the day of 12:15 followed by 3A's Leah McCauley, Marlow junior, at 12:17 and Broken Arrow sophomore, Karla Hopkins, at 12:18.

Thompson had the fastest boys time at 15:29 in winning the 5A race followed by Charles Page senior Michael Cliff at 15:39 in second and 4A winner, Kevin Connolly, McGuinness sophomore, at 16:03.

McGuinness was the only school to win double titles, taking both 4A titles for the second year in a row. No school has ever won three double titles (the "triple double") in a row, but watch out next year, as coach Dave Morton's Irish return the core of both teams and look to be even better.

Edmond Memorial and Jenks are now tied with nine boys titles each, the most in what might be called the "modern era" since 1964--Tulsa Central had 19 titles since 1937 and only shared the

Continued on page 3

NEXT ISSUE FEBRUARY 28

On Track

By John Hoke, Editor

Another state meet is history! It was certainly a beautiful and exciting day in Tulsa, November 2nd, and in spite of having to hobble around with a brace on my right leg, I had a great time watching and photographing the 10 races that were held on the campus of Oral Roberts University.

Helping me out with selling copies of *Oklahoma TRACK & FIELD NEWS* and figuring results was my oldest daughter, Jessica, (with me at right--photo by Roger Taylor) a former two-time state champion for McGuinness, now living in Tulsa.

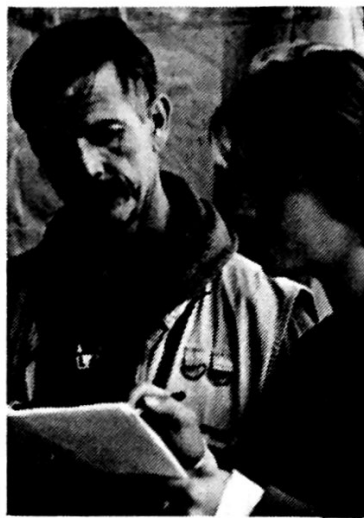
This issue is getting out a bit late--again--due to the desire to get the Oklahoma/Arkansas/Kansas All-Star meet results (which were late, again) in and the fact that I had to have my knee surgically repaired last week. I got my sports confused in October and was helping with the McGuinness wrestling team when I tore what was left of the ACL in my right knee. Dr. Calvin Johnson did the honors--you should see the video--and I'm told that when it quits hurting I'll be faster than ever. Watch for me in the Sooner State Games next summer.

Speaking of the Sooner State Games, the indoor version will be coming up February 1st at the Shawnee Exposition Center (see indoor calendar for specifics) and I hope to see a lot more competitors of all ages taking advantage of the chance to compete on the 160-meter board track--the same one used for the NCAA meets held in Oklahoma City years ago. This is an invitation to all the road racers out there that would benefit from the experience of running fast on a track, and besides, it is really a lot of fun.

George Hall of Tulsa, who produced a book of best performances in Oklahoma age-group track & field last year, is in the process of doing the same for Oklahoma high school track & field and hopes to have it done by the start of track season this year. It will include "official" state records as well as state meet records and is a project that is long overdue for Oklahoma high school athletics. This is a monumental task and George is to be congratulated for his effort. Copies of the age group book can be purchased for \$10.00 from Best Performances, 4217 W. 91st, Tulsa, OK 74132-3739.

This will be the last issue until the end of February when we will wrap up the indoor track season and begin our preview of the upcoming outdoor season. We will be sending out TEAM REPORTS early in January--coaches, please take the time to fill these out and return promptly and if you are not a member of the Oklahoma Track Coaches Association, it is not too late to join--see Coaches Corner for all the information.

If there is anyone out there interested in getting a little experience in publishing, we would certainly like to talk to you. We are looking for some help in compiling and typing results; taking photos and writing features; and producing and mailing the *Oklahoma TRACK & FIELD NEWS*. Anyone is welcome to apply, whether you are a student, parent, coach or just a fan, give us a call at (405) 843-9992.



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. Periodicals postage paid in Oklahoma City, OK.

Editor/Publisher - John Hoke
Editorial Assistant - Cheryl Good

Oklahoma **TRACK & FIELD NEWS** is published by John Hoke, 6051 N. Brookline #105, Oklahoma City, OK 73112; MAILING ADDRESS: P.O. Box 54679, Oklahoma City, OK 73154-1679. PHONE: office 405-843-9992; FAX 405-843-8022; e-mail: AWNJS@aol.com. 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: \$3.00 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: Amie Lampkin, Plainview;
Girls Vice-President: Jerry Loveall,
Velma-Alma; Boys Vice-President, Steve
Patterson, Edmond North; Executive Secretary: Pat Lenington, Norman, 822 Jona
Kaye Terrace, Norman, OK 73069.

OSSAA CROSS COUNTRY ADVISORY COMMITTEE (boys, girls)

5A: Mike Adair, Sapulpa; Mike Reed,
Shawnee. 4A: Robert Mocabee, Catoosa;
Terry Neal, Sulphur. 3A: Jimmy Brackeen,
Marlow; Randy Belicek, Purcell. 2A: Ed
Herchock, Beaver; Charles Wyatt,
Tishomingo.

1996 State Cross Country

continued from page 1

championships with other Tulsa schools Rogers and Edison up to 1964. The Trojans took seven in a row before the Bulldogs ended the streak last year and Edmond Memorial had a streak of five between 1979 and '83 before Jenks put a stop to it in 1984.

Girls races have only been contested since 1975 (thank you Title IX) and McGuinness is now tied with Edmond Memorial with eight pieces. The Irish have a streak of five in a row going and will be looking to tie Union's six next year. Jenks has seven titles and Marlow five to round out the top five girls teams of the last twenty years.

Back to the present and a round-up by class.

Class A Girls

This is the newest class and was the first up at 11:00 a.m. 2A power and '95 winner Velma-Alma dropped to here and was the dominant force all season. Coach Jerry Loveall's Comets put three in the top ten behind individual winner McCurry to out-score runnerup Canton, 37-105, with Hydro in third at 115—just as they had been ranked going into the championships. All five of the top five were from the West Regional with Boise City and Laverne rounding it out.



McCurry

Sophomore McCurry won easily over teammate, sophomore Amber Thacker, with Canton junior, Cassie Gray in third. Hydro freshman Nikki Wright was fourth ahead of Laverne sophomore Kristen Barby in fifth.

Class A Boys

With no defending or former champ back here his was wide open race and Hydro capped an outstanding season with a 21-point win over runnerup Riverside, with Velma-Alma in third, 15 points back. Coach Alan Hibler put three runners in the top ten, taking the title they were favored to win last year, while Riverside and Velma-Alma had two each. The Bobcats return all their team again and will certainly be looking for another championship next year.

There was no clear favorite in this race with 2A champ Mylo Miller, Velma-Alma sophomore, running injured and Hydro teammates Walt Ginn and Herbie Pebeashy sharing the top ranking through the season along with East Regional champ Jason McDonald, Foyil senior.



Pebeashy

Pebeashy set the pace from the start with defender Miller gamely hanging on through the first mile before fading to 18th. Pebeashy stretched his lead, winning by 47 seconds over Heritage Hall senior, Sean Strickland who edged Riverside's Roland Nez for second followed by two more in less than a second, McDonald in fourth and Ginn in fifth.

Class 2A Girls

A tight race was predicted here between number-two ranked Lexington and number-one Plainview, but when the dust had settled, Coach C. Art Wheeler's Bulldogs had simply blown the Indians away by 36 points, putting three runners in the top ten en route to their second state championship in three years. Chisholm was 18 points back in third, nine ahead of Warner. No other team claimed more than one All-Stater.

Individually, top-ranked Tasha Lance, Victory Christian junior, led all the way, winning by a comfortable 12 seconds over Chisholm freshman, Courtney Metscher, with a time of 12:21.



Lance

Class 2A Boys

Dickson was the pre-meet favorite, as they were last year in 2A, but this year they came through with the numbers necessary and walked away with the title by 37 points over runnerup Elgin, who was just ahead of Chisholm by another five points. Coach Ron Love's Comets benefitted from the late-season return of former champion, David Lampkin, who had spent most of the season at Del City before moving back to the Dickson district



Holmes

(Ardmore) late in the season.

Lampkin, a junior, stayed with number-one ranked Chandler senior Bobby Holmes, but Holmes was on a mission and controlled the pace, eventually winning by five seconds with Prague junior Daniel Stone in third.

Class 3A Girls

The Marlow Outlaws capped a great season, winning their fifth title in the last nine years, with no finish worse than second, out-scoring runnerup Elk City by a whopping 58 points with Little Axe in third, three more points back. Coach Jimmy Brackeen's team



McCauley

came from a slow start to being a contender for the top team in the Power Ranking—story elsewhere in this issue—and claimed four spots in the top ten, and will have everyone back next year.

Marlow's number-one ranked junior, Leah McCauley, didn't take the lead until after the first mile but ended up winning comfortably over Cascia Hall senior Katie McGraw, with Elk City sophomore amy Kilhoffer a distant third.

Class 3A Boys

Top-ranked Elk City dropped from 4A last year into 3A this year where they butted heads with second-ranked Marlow all season. Coach Mark Heard's Elks handed him his first state championship with a narrow 35-47 win over the Outlaws while defending champion Little Axe faded to a distant third. Elk City and Marlow claimed the lion's share of the top ten with the Elks claiming four spots and the Outlaws three.

In the day's most exciting finish, Marlow junior Kevin Minson, out-leaned Bristow junior, Albert Kelley, by .54 of a second at the line. The pair had duelled for the entire 3.1 miles and sprinted neck and neck for the last 200 meters with the lead changing every other step. Minson got the last step and the title with Elk City senior John Shirley in third, 24 seconds back.



Minson

Class 4A Girls

McGuinness continued the longest current winning streak in cross country, taking their fifth straight title and eighth overall, though they proved they weren't invincible after a mid-season tie with Weatherford. Dave Morton's Irish came through in the clutch, with three in the top ten to outscore the runnerup Lady Eagles, 42-79. Things may get more interesting in 4A next year as McGuinness loses three-time champ Ashley Boothe while Weatherford returns their entire squad—it would have cut the difference to less than 15 points this year.

Boothe left no doubt that she intended to make it three in a row, building a big lead, then hanging on to win by nine seconds over Kelley sophomore Traci Kmetz, who came in three seconds ahead of Weatherford freshman, Renilta Lettkeman. Guthrie senior Brandi Woodard claimed her fourth top-ten finish to end her high school cross country career.

Class 4A Boys

In the day's biggest runaway, top-ranked McGuinness didn't disappoint their huge contingent of chanting fans in attendance. Living up to their pre-meet rankings, the Irish stomped the



Boothe

continued on next page

1996 State Cross Country



CLASS 2A BOYS STATE MEET--Eventual winner, Chandler senior Bobby Holmes (left) sets the pace early in the race with runnerup David Lampkin, Dickson junior (right) and Elgin senior Dustin Lord, 14th. Photo by John Hoke



Hughes

ent dehydration, and was unable to finish. Westmoore sophomore Lindsey Hughes drove past Broken Arrow sophomore Karla Hopkins to take the win, while teammate Allison Franklin came in third.

Class 5A Boys

The final race of the day was well worth the wait, and all it was supposed to be. With the team title virtually assured, Edmond Memorial concentrated on having one of the best state meet performances, ever, while the Bulldogs' two-time defending champion, senior Mark Thompson, duelled with arch-rival Michael Cliff of Charles Page in front of hundreds of screaming fans.

Cliff and Thompson shared the pace and traded the lead for two and a half miles before Thompson pulled away with less than 800 meters to go, winning by a comfortable ten seconds in the end.

Coach Dave Sammons Bulldogs put three in the top ten and came within one second of having five runners under 17:00 for the 5k course. Their 16:28.8 team average time puts the at the top of the Power Ranking and is one of the best averages in memory. Mustang edged Jenks, 111-115, for the runnerup trophy and the next four teams came in with less than 15 points separating them.



Thompson

1996 CC State Championships

Continued from previous page

opposition, claiming the title by a whopping 91 points over arch-rival Guthrie, the only team to beat coach Morton's team at the state meet in the past five years. The Irish put six runners in the top eight, scoring only 23 points. The only other team in the last twenty years to do the same was the 1981 Edmond team that had six in the top nine and scored 18 points.

McGuinness claimed the top individual spot again, this time by sophomore Kevin Connolly, who literally ran

away with the race, winning by more than a minute over Wester Heights sophomore Phillip Semien, who outsprinted Weatherford junior Matt Donley for second and McGuinness senior Matt Sexauer in fourth. Irish defending champ, senior Taylor Styron, finished seventh.

Class 5A Girls

Time to welcome a new name to the top of this class--Westmoore. The Jaguars of coach Laura Clay got off to a slow start but were at full speed by season's end, claiming the State Title by 58 points over runnerup Moore and ending up on top in the final Power Ranking. Early season leader and defending champ, Jenks, faded in the stretch, dropping to a dismal fifth after winning seven titles since 1985. Westmoore will be looking for more of the same next year, losing only their fifth runner out of the top five.

In the days most disappointing individual race, undefeated defending champion, Mustang senior Corrie Hussar, collapsed less than 50 meters from the finish line with a huge lead, from appar-

1996 Cross Country State Championships

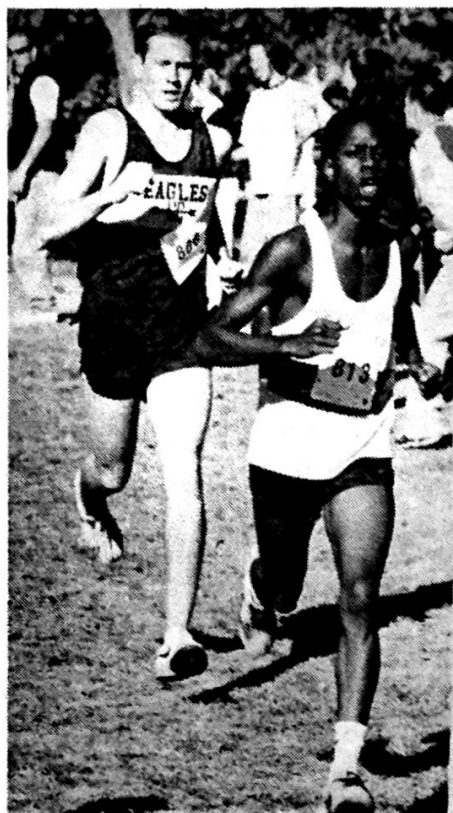
Class A Girls

TEAM SCORING: 1. Velma-Alma 37; 2. Canto 105; 3. Hydro 115; 4. Boise City 136; 5. Laverne 150; 6. Beaver 163; 7. Wakita 166; 8. Riverside 181; 9. Edmond Deer Creek 222; 10. Oklahoma Christa School 228; 11. Hinton 249; 12. Keyes 282; NS-Vanoss, Okeene, Pioneer.

INDIVIDUALS: 1. Rae Ann Mc Curry, VA, 12:36; 2. Amber Thacker, VA, 12:42; 3. Cassie Gray, Car 12:52; 4. Nikke Wright, Hy, 12:55; 5. Kristen Barby, Lav, 13:00; 6. Mylissa Selfried, Can, 13:05; 7. Je Lynne Horn, VA, 13:06; 8. Darla Bocock, BC, 13:06; 9. Crystal Sweeney, Hy, 13:07; 10. Ashlea Barby, Lav, 13:09; 11. Krista Rowe, Van, 13:22; 12. Ann Boyd, Ok, 13:25; 13. Erin Rapp, Wak, 13:27; 14. Micah Wyatt, Hy, 13:28; 15. Missy Thacker, V/ 13:29; 16. Cindy Fuller, VA, 13:40; 17. Andrea Overstreet, Pio, 13:41; 18. Chris Linke, VA, 13:44; 19. Ashley Harrison, Bea, 13:44; 20. Kelly Moore, Car 13:51; 21. Kimberly Ogles, BC, 13:52; 22. Jessie Zunie, Riv, 13:54; 23. Mindy Burks, OCS, 13:55; 24. Salina Alenay, Riv, 13:58; 25. Nicl Saville, V/ 14:03; 26. Esther Sproull, EDC, 14:04; 27. Tris Gardner, Ke, 14:15; 28. Kiley Deal, Lav, 14:19; 29.



Connolly



CLASS 4A BOYS STATE MEET--Western Heights sophomore Phillip Semien (right) finished second just ahead of Weatherford junior Matt Don-ey. Photo by John Hoke

brook Tebow, EDC, 14:19; 30. Emie Jo Smith, Hin, 14:20; 31. Mindi Harriman, Ke, 14:22; 32. Melissa Charlie, Riv, 14:24; 33. Brandy Biby, Wak, 14:27; 34. Stormie Schumacher, BC, 14:28; 35. Sarah Thompson, Pio, 14:33; 36. Nicole Sauer, Bea, 14:36; 37. Emily Lant, Wak, 14:37; 38. Barbby Wayne, Bea, 14:40; 39. Candace Caldwell, Bea, 14:44; 40. Sara Perdue, OCS, 14:42.

Class A Boys

TEAM SCORING: 1. Hydro 44; 2. Riverside 65; 3. Velma-Alma 70; 4. Boise City 100; 5. Keyes 126; 6. Hinton 149; 7. Heritage Hall 161; 8. Helena 223; 9. Wakita 229; 10. Navajo 285; NS--Foyil, Yarrowough, Okeene, Oklahoma Christian School, Glenoe.

INDIVIDUALS: 1. Herbie Pebeashy, Hy, 17:04; 2. Sean Strickland, HH, 17:51; 3. Roland Nez, Riv, 17:53; 4. Jason McDonald, Foy, 17:54; 5. Walt Hinn, Hy, 17:54; 6. Martin Gonzales, BC, 18:04; 7. Chris Tookalo, Hy, 18:05; 8. Kip Jennings, VA, 8:07; 9. Casey Kirkpatrick, VA, 18:11; 10. Anthony Guzman, Riv, 18:11; 11. Aaron Danford, Riv, 8:22; 12. Casey Cunningham, Yar, 18:52; 13. Shawn Hern, Wak, 18:55; 14. Nate Twyman, BC, 8:55; 15. Kasey Miller, VA, 18:58; 16. Andy Brown, Ke, 19:09; 17. Ryan Pelper, Hy, 19:10; 18. Aylo Miller, VA, 19:13; 19. Adam Pierson, Hin, 9:14; 20. Thomas King, Hy, 19:23; 21. Mike Joossen, Hy, 19:23; 22. Brandon Ryker, Hin, 9:26; 23. John Espinaza, Riv, 19:26; 24. Jacob Whiteskunk, Riv, 19:27; 25. Jesse Martinez, BC, 9:30; 26. Stefan Hittbrunner, Ke, 19:36; 27. Jarod Moore, Ke, 19:42; 28. Brian Firestone, Va, 9:43; 29. Chris Kirby, HH, 19:50; 30. Roger Gram, VA, 19:56; 31. Francisco Rodriguez, BC, 20:03; 32. Corbin Copeland, Ke, 20:08; 33. Gabriel Rodriguez, BC, 20:11; 34. Clint McEnchein, Hel, 20:14; 35. Stijn Klens, Ke, 20:15; 36. Dusty Jacques, Hin, 20:16; 37. James Peters, Ok, 20:20; 38. Ben Craycraft, OCS, 20:22; 39. Justin Linsen-eyer, Gl, 20:24; 40. Keith Propps, Hy, 20:27.

Class 2A Girls

TEAM SCORING: 1. Lexington 47; 2. Plainview 103; 3. Chisholm 101; 4. Warner 1101; 5. Tishom-

ingo 151; 6. Lindsay 162; 7. Jones 185; 8. Madill 203; 9. Beggs 215; 10. Elgin 233; 11. Marietta 287; 12. Konawa 348; NS--Victory Christian, Berryhill, Dickson, Tahlequah Sequoyah, Alva, Carnegie.

INDIVIDUALS: 1. Tasha Lance, VC, 12:21; 2. Courtney Metscher, Chis, 12:33; 3. Amanda Wedel, Lex, 12:40; 4. Becky Harvey, Pla, 12:43; 5. Tamara Broome, Lex, 12:44; 6. Miley Turnbull, War, 12:45; 7. Audrey Lewis, Lex, 12:46; 8. Jai Scott, Ber, 12:50; 9. Marda Traylor, Lin, 12:51; 10. Jill Fuqua, Be, 13:02; 11. Hallee Lackey, Pla, 13:09; 12. Lindsey Hicks, Dic, 13:12; 13. Katy Jones, Jo, 13:16; 14. Rachelle Riddle, Lin, 13:24; 15. Deidra Hinton, Tish, 13:27; 16. Vera Waller, Pla, 13:33; 17. Angelina Booner, Lex, 13:35; 18. Sonya Frank, Mad, 13:36; 19. Kacie Cook, Tish, 13:36; 20. B.J. Kiser, Mad, 13:40; 21. Amanda Glass, TS, 13:45; 22. Becca Turnbull, War, 13:47; 23. Karl Sawyer, Chl, 13:48; 24. Stephanie Gleese, War, 13:49; 25. Angie Boatwright, Lex, 13:52; 26. Melissa Manuel, Lex, 13:55; 27. Mandy Orr, Pla, 14:03; 28. Lindsay Landreth, Tish, 14:07; 29. Michelle Bouziden, Al, 14:07; 30. Melinda Adkins, Chl, 14:08; 31. Kasey Byrd, Chl, 14:09; 32. Chance Wheeler, Lex, 14:10; 33. Kim Herrera, Jo, 14:13; 34. Megan Fuqua, Be, 14:14; 35. Crystal Lohmann, Al, 14:14; 36. Lislle Shafer, Al, 14:15; 37. Candace Oller, Chl, 14:18; 38. Jodee McAffrey, War, 14:18; 39. Lindsay Voss, Chl, 14:19; 40. Amanda Nelson, Chl, 14:20.

Class 2A Boys

TEAM SCORING: 1. Dickson 48; 2. Elgin 83; 3. Chisholm 88; 4. Alva 129; 5. Prague 132; 6. Tahlequah Sequoyah 137; 7. Plainview 153; 8. Lindsay 188; 9. Lexington 213; NS--Chandler, Caney Valley, Marietta, Victory Christian, Fairview, Warner, Tishomingo.



CLASS 3A GIRLS STATE MEET--Eventual winner, Marlow junior Leah McCauley (left) early in the race. Photo by John Hoke

Continued on next page



Concentrated Sports Creatine • C-2000
100% Pure Creatine Monohydrate

\$29⁰⁰
plus
3.95 S+H

**Introductory
Special Price!!!**

- Pharmaceutical grade product
- Concentrated for smaller dosages
- Capsule form for easy traveling
- Proven strength and speed gains
- Stamina and recovery improvements
- Used by many world class athletes
- Quantity / Team discounts available

*One Bottle of C-Power Concentrated (105 Tablets) is equivalent to powder brands of 500 grams

Regular Price 35.00
Elite Athletes Pkg. — \$32.00
(5 or more bottles)
Team Pkg — \$29.00
(20 or more bottles)

**Also Available: World Class Speed
Development Training Program
(Book and Video) Special \$50.00**

1-800-644-6188

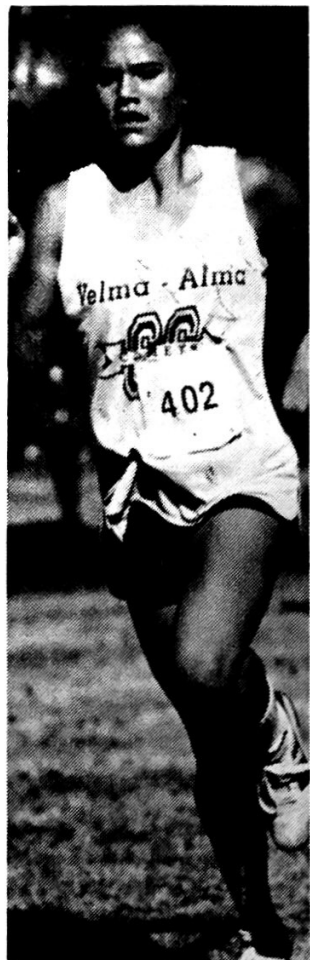
FAX: 501-442-6188
Phone Orders Welcome!
VISA / MC / AMEX

C-POWER

We Ship Nationwide!
Free shipping on orders of
\$300 or more.

Championship SSE Products • Box 4501 • Fayetteville, AR 72702

1996 Repeat Winners



STATE MEET MULTIPLE WINNERS—Finishing their careers with three state title each are seniors Ashley Doothe, McGuinness (left) and Edmond Memorial's Mark Thompson (middle), Velma-Alma sophomore Rae McCurry (right) took her second straight title.

INDIVIDUALS: 1. Bobby Holmes, Chan, 16:38; David Lampkin, Dic, 16:43; 3. Daniel Stone, Pra, 16:59; 4. Joey McNair, CV, 17:19; 5. Ryan Bickerstaff, Al, 17:27; 6. David Walkingstick, TS, 17:42;

7. Jeremiah Smith, El, 17:45; 8. Ryan Love, Dic, 17:46; 9. Greg Merlyn, Pla, 17:51; 10. Steve Sawyer, Chi, 17:53; 11. Jerry Cook, Dic, 17:56; 12. Martin Salas, Mar, 18:00; 13. Jason Rodriguez, VC, 18:03; 14. Dustin Lord, El, 18:05; 15. Shaun Sawyer, Chi, 18:14; 16. Derek Lieser, Chi, 18:15; 17. Jerome Dunkin, Chi, 18:18; 18. Freddie Stephens, El, 18:22; 19. Michael Lytle, Dic, 18:23; 20. Jarrod Mooney, Tah, 18:34; 21. Kent Johnson, Fair, 18:35; 22. Jonathan Oats, War, 18:35; 23. Tommy Alexander, Dic, 18:38; 24. Cory Sherfield, Dic, 18:41; 25. Tyler Holcom, Al, 18:41; 26. Otho Thomas, Pla, 18:43; 27. Tim Guess, Pra, 18:44; 28. Dustin Dew, Dic, 18:44; 29. Nick Bennett, Lin, 18:47; 30. Jim Bob Coleman, Wat, 18:49; 31. John Taylor, Lin, 18:51; 32. Nathan Lamb, El, 18:58; 33. Micah Hand, VC, 19:00; 34. Ernest Serna, Mar, 19:00; 35. Michael Bradshaw, Lex, 19:04; 36. Zack Smith, El, 19:05; 37. Justin Gullede, El, 19:11; 38. Mitch Lyon, Al, 19:13; 39. Jason Littlecook, TS, 19:16; 40. Tyson Sjuln, Pla, 19:30.

Class 3A Girls

TEAM SCORING: 1. Marlow 31; 2. Elk City 89; 3. Little Axe 82; 4. Guymon 118; 5. Jay 146; 6. Edmond Deer Creek 166; 7. Cascia Hall 172; 8. Mannford

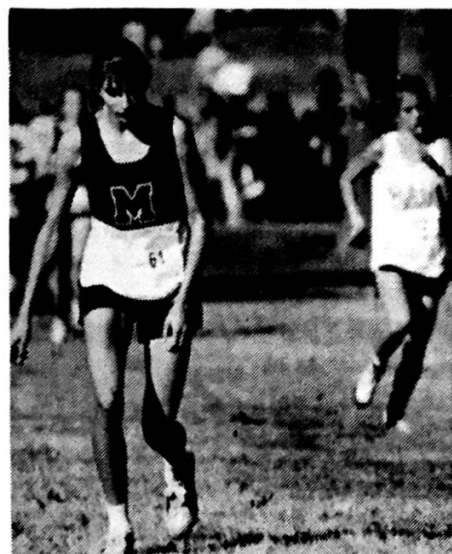
175; 9. Purcell 196; 10. Tuttle 230; 11. Bristow 313; 12. Glenpool 367; NS--Sulphur.

INDIVIDUALS: 1. Leah McCauley, Mar, 12:17; 2. Katie McGraw, CH, 12:25; 3. Amy Kilhoffer, EC, 12:43; 4. Melissa Hinds, Mar, 12:47; 5. Brandi McNair, Mar, 12:47; 6. Michelle Poeling, Mar, 12:48; 7. Cori Dirrickson, EC, 12:55; 8. Sara Jurek, CH, 12:56; 9. Susan Morford, LA, 13:00; 10. Krystal Panther, Jay, 13:01; 11. Amy Dunaway, Pur, 13:10; 12. Gretchen Kohlbacker, EDC, 13:15; 13. Ashlee Mayberry, EC, 13:18; 14. Jamie Lucero, Guy, 13:18; 15. Brooke Crawford, Mar, 13:21; 16. Stefanie Burton, Tut, 13:28; 17. Michelle Parkins, LA, 13:29; 18. Hillary Cochran, LA, 13:48; 19. Jessica Mania, LA, 13:53; 20. Gertie Landrum, Jay, 13:55; 21. Melissa Bowers, Guy, 13:57; 22. Karen Anderson, Man, 13:58; 23. Amber Staats, Mar, 14:02; 24. Casey Wolston, Mar, 14:04; 25. Molly Priest, Guy, 14:05; 26. Jamie Hawthorne, Guy, 14:08; 27. Josie Brasie, Man, 14:11; 28. Jennie Shireman, EC, 14:12; 29. Leslie Burnett, LA, 14:14; 30. Joni Alexander, EDC, 14:17; 31. Kirstin Rogers, Man, 14:25; 32. Diane Owens, Guy, 14:25; 33. Jessica Franck, EDC, 14:26; 34. Shannon Murray, Bri, 14:30; 35. Amy Shelby, Sul, 14:35; 36. Marge Wahpecke, LA, 14:37; 37. Traci Six, Jay, 14:38; 38. Lisa Clark, Pur, 14:40; 39. Amanda Cantrell, EC, 14:44; 40. Tawni Chewey, Jay, 14:42.

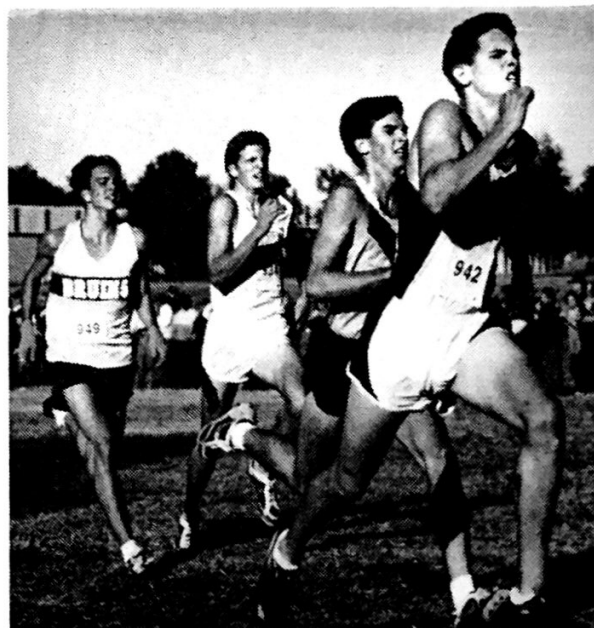
Class 3A Boys

TEAM SCORING: 1. Elk City 35; 2. Marlow 47; 3. Little Axe 126; 4. Sulphur 156; 5. Pawhuska 173; 6. Mannford 206; 7. Cascia Hall 206; 8. Edmond Deer Creek 210; 9. Guymon 210; 10. Bristow 211; 11. Jay 214; 12. Anadarko 226; NS--Purcell.

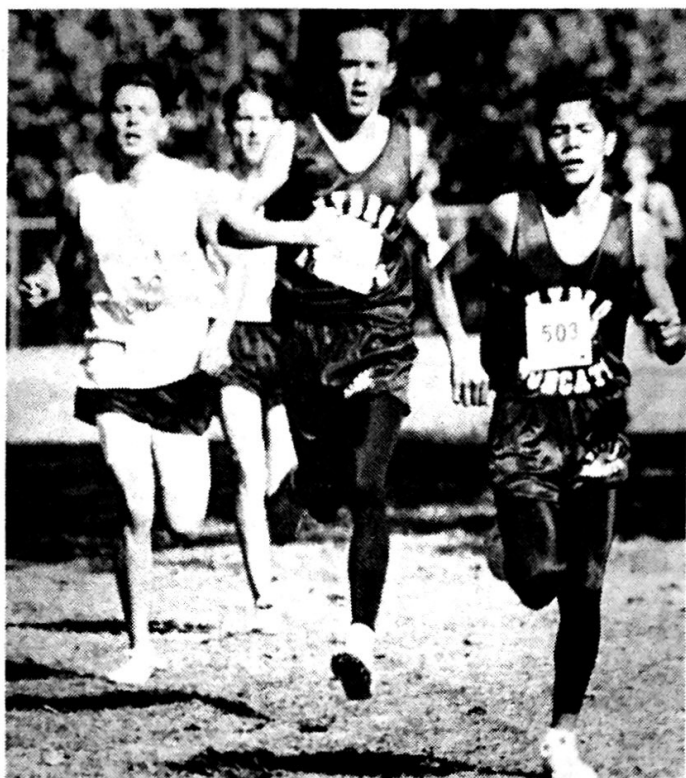
INDIVIDUALS: 1. Kevin Minson, Mar, 17:07.39; 2. Albert Kelly, Bri, 17:07.93; 3. John Shirley, EC, 17:31; 4. Utah Robinson, EC, 17:42; 5. Michael Willis, Mar, 17:42; 6. Chris Poole, EC, 17:56; 7. Richard Schneberger, EC, 18:01; 8. Tony Oxley, Sul, 18:02; 9. Raymond Swearingen, LA, 18:02; 10. Rubin Smith, Mar, 18:06; 11. Trax Shugart, Sul, 18:07; 12. Brant Littrell, Guy, 18:08; 13. Will Warren, Pur, 18:10; 14. M.J. Reynolds, Mar, 18:14; 15. Chris McClure, LA, 18:15; 16. Chris Shirley, EC, 18:16; 17. Kurt Knop, EC, 18:17; 18. Matt Benson, Paw, 18:29; 19. David Kinsey, Mar, 18:29; 20. Zac Miller, Guy, 18:36; 21. Jarrod Pierce, EC, 18:44; 22. Kenneth Remy, Sul, 18:46; 23. Haneef Abdul-Raheem, LA, 18:46; 24. Sean Holvach, EDC, 18:49; 25. Jeremy Newkirk, Jay, 18:51; 26. Jesse Huey, Bri, 18:57; 27. Mike Landrum, Jay, 18:58; 28. Jason Caldwell, Paw, 18:58; 29. Bill Cash, Man, 18:59; 30. Andy Zanolich, Ch, 18:59; 31. Jonathan Bragg, EDC, 19:05; 32. Brant Yeagley, Paw, 19:06; 33. Cotcha Walker, LA, 19:07; 34. Michael Jones,



CLASS 5A GIRLS STATE MEET—Defending Champion, Mustang senior Corrie Hussar (left) collapsed less than 50 meters from the finish and did not finish. Photo by Roger Taylor



CLASS 5A BOYS STATE MEET—Sprinting for the finish are Sam Stalcup, Ponca City (942); Jeremy Case, Union; Barrett Hall, Jenks (934); and Brandon Kissack, Bartlesville (949). Photo by Roger Taylor



CLASS A BOYS STATE MEET—Eventual winner, Hydro sophomore Herbie 'beashy' (503) leads sophomore teammate Walt Ginn (502) and defending champion Mylor Miller, Velma-Alma sophomore, near the mile mark. Photo by John Hoke

H, 19:12; 35. Lee Tsatoke, Ana, 19:13; 36. William Taats, Mar, 19:15; 37. Nurbek Tatrov, Guy, 19:21; 38. Marlon Smith, Man, 19:21; 39. Dustin Moore, na, 19:29; 40. Jeremy Suddeth, CH, 19:29.

Class 4A Girls

TEAM SCORING: 1. McGuinness 42; 2. Weatherford 79; 3. Guthrie 130; 4. Noble 139; 5. Hale 141; 6. Pryor 143; 7. Grove 165; 8. Kelley 178; 9. Carl Albert 241; 10. Harrah 242; 11. Durant 243; 12. McAlester 281; NS--Duncan, Ardmore, Altus, Weau, El Reno.

INDIVIDUALS: 1. Ashley Boothe, McG, 12:20; 2. Rachel Kmetz, Kel, 12:29; 3. Renita Lettkeman, Wea, 12:32; 4. Maggie Kelley, McG, 12:42; 5. Brooke Boothe, McG, 12:47; 6. Brandy Woodard, Gu, 12:48; 7. Camille Herron, Dun, 12:48; 8. Lori Weaver, Nob, 12:49; 9. Jaime Clark, Nob, 12:50; 10. Ma Holman, Ard, 12:54; 11. Heather Anderson, y, 12:57; 12. Carmen Zamora, Wea, 12:57; 13. Beth Barbers, CA, 13:02; 14. Brandy Bratton, ale, 13:03; 15. Carly McCulley, Gr, 13:08; 16. Kerry Dennis, McG, 13:08; 17. Whitney Miller, ea, 13:10; 18. Amber Willis, Dur, 13:11; 19. Jennifer Shaffer, Wea, 13:13; 20. Maureen Martin, cG, 13:23; 21. Melissa Corlett, Pry, 13:22; 22. Nicole Lawrence, McG, 13:23; 23. Allison McGee, arm, 13:24; 24. Abby Nutter, Pry, 13:24; 25. Davon Young, Gu, 13:26; 26. Abby Robertson, Gr, 13:28; 27. Hollie Mays, Gu, 13:29; 28. Amy Bratton, Hale, 13:30; 29. Katie Wagner, Kel, 13:32; 30. Kelly Long, McG, 13:35; 31. Beth Migliorino, Ard, 13:40; 32. Kara Nutter, Pry, 13:41; 33. Tanya Schroeder, McA, 13:43; 34. Charity Carney, Al, 13:44; 35. Sarah Northcutt, Gr, 13:44; 36. Blaine Good, Poteau, 13:46; 37. Angela Parker, Hale, 13:48; 38. Marisa Shea, Nob, 13:51; 39. Heather Barrett, Wea, 13:54; 40. Krista Zachariae, Hale, 13:59.

Class 4A Boys

TEAM SCORING: 1. McGuinness 23; 2. Guthrie 14; 3. Noble 129; 4. Duncan 139; 5. Edison 141; 6. Weatherford 150; 7. Kelley 213; 8. Claremore 14; 9. Western Heights 215; 10. Altus 216; 11. McAlester 230; 12. Hale 250; NS--Ft. Gibson, Carl Albert, Durant, Sallisaw, B.T. Washington, Casa, Webster.

INDIVIDUALS:

1. Kevin Connolly, McG, 16:03; 2. Phillip Semien, WH, 17:11; 3. Matt Donley, Wea, 17:14; 4. Matt Sexauer, McG, 17:14; 5. Patrick Eberle, McG, 17:18; 6. Jonathan Pittman, 17:23; 7. Taylor Styron, McG, 17:25; 8. Brett Lowry, McG, 17:31; 9. Mike Pense, FG, 17:35; 10. Jack Tracy, Nob, 17:37; 11. Mike Mayer, Gu, 17:37; 12. Ryan Strahorn, CA, 17:44; 13. Jason Geranen, Cla, 17:45; 14. Robert Darbe, Gu, 17:46; 15. Paul Starkus, Dur, 17:48; 16. John Hamilton, McG, 18:00; 17. Scott Selman, Kel, 18:00; 18. David Meek, CA, 18:01; 19. David Welch, Ed, 18:02; 20. Beau Brown, Ed, 18:03; 21. Kenny Allen, m, Dun, 18:08; 22. David Pennington, Ed, 18:10; 23. Kyle Hawthorne, Al, 18:11; 24. Brian Wayland, Kel, 18:12; 25. Mark Spinner, Gu, 18:20; 26. Chris Johnson, Nob, 18:21; 27. Vern Baker, Nob, 18:26; 28. Steve Blaylock, Dun, 18:29; 29. Scott Caldwell, FG, 18:30; 30. Jon Milner, WH, 18:31; 31. Steven Logan, Nob, 18:32; 32. Trevor Gillum, Dur, 18:34; 33. Blake Bearden, Dun, 18:35; 34. Brad Cameron, Sal, 18:36; 35. Tony Schroeder, McA, 18:39; 36. Ryan Adams, Kel, 18:41; 37. Jerry Gamand, Gu, 18:41; 38. Ray Chartice, Cla, 18:42; 39. John Allen, BTW, 18:43; 40. Josh Williams, Wea, 18:45.

Class 5A Girls

TEAM SCORING: 1. Westmoore 48; 2. Moore 106; 3. Broken Arrow 136; 4. Sapulpa 139; 5. Jenks 144; 6. Edmond Memorial 156; 7. Mustang 172; 8. Santa Fe 180; 9. Stillwater 186; 10. Bartlesville 206; 11. Owasso 209; 12. Edmond North 250; NS--Shawnee, Midwest City, Eisenhower, Union, Tahlequah, Ponca City, Enid.

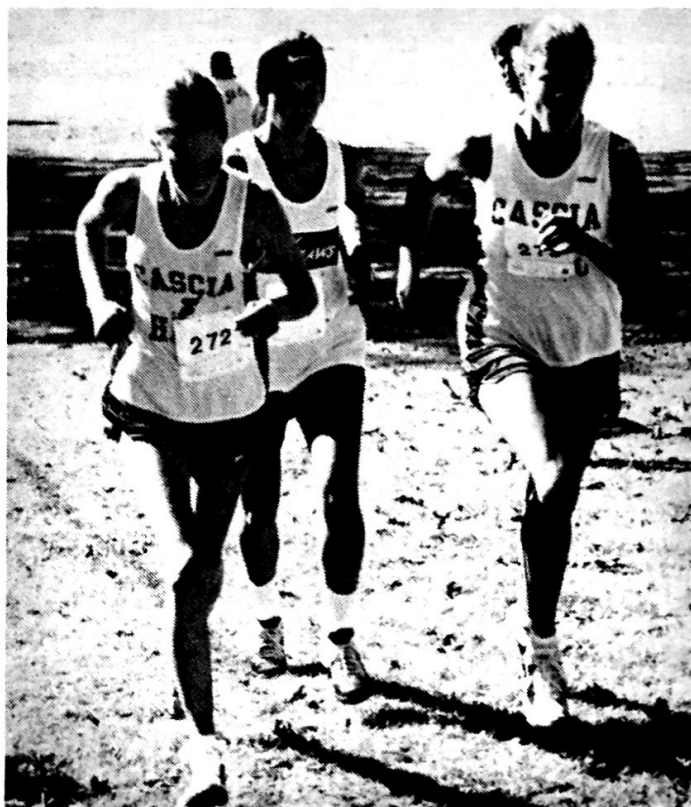
INDIVIDUALS: 1. Lindsey Hughes, Wm, 12:15; 2. Karla Hopkins, BA, 12:18; 3. Allison Franklin, Wm, 12:21; 4. Stephanie Webb, Bart, 12:22; 5. Christine Novara, Ow, 12:27; 6. Wendy Scott, Must, 12:28; 7. Heather Miles, Mo, 12:28; 8. Jessica Gibson, Shaw, 12:31; 9. Karli Haynes, Mo, 12:32; 10. Melissa Webb, Bart, 12:32; 11. Mary Hill, Sap, 12:35; 12. Marthia Robinson, MWC, 12:39; 13. Karl Hart, Must, 12:40; 14. Summer Suchy, Wm, 12:41; 15. Michelle Ahlgren, Je, 12:45; 16. Kristi Turner, Wm, 12:48; 17. Jamie Marden, EM, 12:50; 18. Christina Yinger, EM, 12:52; 19. Renee Ahlgren, Je, 12:54; 20. Ashlee Inman, Wm, 12:57;

21. Heather Barnes, Sap, 12:58; 22. Sarah Allcorn, BA, 13:00; 23. Rachael Clinton, EN, 13:01; 24. Adrienne McVey, Sap, 13:02; 25. Adrienne Alvarez, lke, 13:05; 26. Megan Riddle, Un, 13:08; 27. Christie Domina, SF, 13:11; 28. Mandy Kirby, BA, 13:12; 29. Amber McDermott, EM, 13:12; 30. Lindsey Shelters, Mo, 13:17; 31. Katy Roll, Stw, 13:17; 32. Leslie Sheets, Tah, 13:18; 33. Katie Kelly, Stw, 13:19; 34. Atalie Barber, Je, 13:20; 35. Megan McKee, Mo, 13:24; 36. Valerie Gutierrez, Wm, 13:26; 37. Katie Durrill, EN, 13:29; 38. Jennifer Ward, SF, 13:30; 39. Johanna Jokinen, PonC, 13:33; 40. Kristin Wilkinson, Stw, 13:35.

Class 5A Boys

TEAM SCORING: 1. Edmond Memorial 40; 2. Mustang 111; 3. Jenks 115; 4. Moore 130; 5. Ponca City 135; 6. Midwest City 139; 7. Bartlesville 145; 8. Norman 188; 9. Broken Arrow 196; 10. Sapulpa 221; 11. Westmoore 243; 12. Owasso 306; NS--Union, Charles Page, Eisenhower, Shawnee, Edmond North, Santa Fe.

INDIVIDUALS: 1. Mark Thompson, EM, 15:29; 2. Michael Cliff, CP, 15:39; 3. Ben Lake, Sap, 16:12; 4. Jimmy Martinez, Mo, 16:22; 5. Blaine Phipps, EM, 16:26; 6. Matt Davidson, Must, 16:34; 7. Paul Paschal, PonC, 16:39; 8. Aaton Peterman, EM, 16:40; 9. Sam Stalcup, PonC, 16:41; 10. Barrett Hall, Je, 16:46; 11. Jeremy Case, Un, 16:47; 12. Brandon Kissack, Bart, 16:47; 13. Josh Burkhart, EM, 16:48; 14. Eric Delgado, MWC, 16:51; 15. Chris McWatters, Mo, 16:52; 16. Brandon Wood, Must, 16:52; 17. Bryan Starr, Bart, 16:53; 18. Daniel Baker, Je, 17:01; 19. Brian Johnson, EM, 17:01; 20. Welton Jefferson, lke, 17:02; 21. John Ward, BA, 17:06; 22. Matt Garey, Nor, 17:09; 23. Bryan Mixon, Must, 17:10; 24. Aaron Challis, Wm, 17:11; 25. Mike Mitchell, MWC, 17:12; 26. Brad Mison, Must, 17:13; 27. Daniel Horwitz, Je, 17:15; 28. Will West, Nor, 17:17; 29. Kyle McCoy, Mo, 17:20; 30. Eric Wyant, EM, 17:21; 31. Clay Cosby, Je, 17:21; 32. Chris Wright, BA, 17:28; 33. Mark Oblad, PonC, 17:35; 34. George Wright, Shaw, 17:35; 35. Chip Helaire, MWC, 17:36; 36. Sean Leigh, EN, 17:37; 37. Jeremy McKinney, Bart, 17:38; 38. Blake Abshire, Nor, 17:39; 39. John Millonee, MWC, 17:40; 40. Carl Novara, Ow, 17:42.



CLASS 3A GIRLS STATE MEET—Cascia Hall's Katie McGraw (272) and Sara Jurek (right) lead eventual winner Leah McCauley, Marlow near the mile mark. Photo by John Hoke

1996 Girls Cross Country All-State

A

1. Rae Ann McCurry
Velma-Alma - So
2. Amber Thacker
Velma-Alma - So
3. Cassie Gray
Canton - Jr
4. Nikki Wright
Hydro - Fr
5. Kristen Barby
Laverne - So
6. Mylissa Seifried
Canton - Sr
7. JaLynne Horn
Velma-Alma - So
8. Darla Bocock
Boise City -
9. Crystal Sweeney
Hydro - Fr
10. Ashlea Barby
Laverne - Sr

HONORABLE MENTION: Krista Rowe, Vanoss, So; Anna Boyd, Okeene, So; Erin Rapp, Wakita, So; Micah Wyatt, Hydro, Fr; Missy Thacker, Velma-Alma, Jr.

2A

1. Tasha Lance
Victory Christian - Jr
2. Courtney Metscher
Chisholm - Fr
3. Amanda Wedel
Lexington - Fr
4. Becky Harvey
Plainview - Jr
5. Tamara Broome
Lexington - Fr
6. Miley Turnbull
Warner - So
7. Audrey Lewis
Lexington - Fr
8. Jai Scott
Berryhill - Jr
9. Marda Traylor
Lindsay - Fr
10. Jill Fuqua
Beggs - Jr

HONORABLE MENTION: Hallee Lackey, Plainview, Sr; Lindsey Hicks, Dickson, So; Katy Jones, Jones, So; Rachelle Riddle, Lindsay, Fr; Diedra Hinton, Tishomingo, Fr.

3A

1. Leah McCauley
Marlow - Jr
2. Katie McGraw
Cascia Hall - Sr
3. Amy Kilhoffer
Elk City - So
4. Melissa Hinds
Marlow - Fr
5. Brandi McNair
Marlow - Fr
6. Michelle Poeling
Marlow - Fr
7. Cori Dirickson
Elk City - Sr
8. Sara Jurek
Cascia Hall - Jr
9. Susan Morford
Little Axe - Fr
10. Krystal Panther
Jay - Fr

HONORABLE MENTION: Amy Dunaway, Purcell, Fr; Gretchen Kohlbacher, Edmond Deer Creek, Sr; Ashlee Mayberry, Elk City, Fr; Jamie Lucero, Guymon, Fr; Brooke Crawford, Marlow, Fr.

4A

1. Ashley Boothe
McGuinness - Sr
2. Tracy Kmetz
Kelley - So
3. Renilta Lettkeman
Weatherford - Fr
4. Maggie Kelley
McGuinness - Fr
5. Brooke Boothe
McGuinness - So
6. Brandi Woodard
Guthrie - Sr
7. Camille Herron
Duncan - Fr
8. Lori Weaver
Noble - Jr
9. Jamie Clark
Noble - So
10. Tia Holman
Ardmore - So

HONORABLE MENTION: Heather Anderson, Pryor, Jr; Caremen Zamora, Weatherford, Fr; Beth Barbiers, Carl Albert, Jr; Brandy Bratton, Hale, Jr; Carly McCulley, Grove, Jr.

1996 Boys Cross Country All-State

A

1. Herbie Pebeashy
Hydro - So
2. Sean Strickland
Heritage Hall - Sr
3. Roland Nez
Riverside
4. Jason McDonald
Foyil - Sr
5. Walt Ginn
Hydro - Jr
6. Martin Gonzales
Boise City - Sr
7. Chris Tookalo
Hydro - Jr
8. Kip Jennings
Velma-Alma - Sr
9. Casey Kirkpatrick
Velma-Alma - So
10. Anthony Guzman
Riverside - Jr

HONORABLE MENTION: Aaron Danford, Riverside, Jr; Casey Cunningham, Yarbrough; Shawn Hearn, Wakita, Jr; Nate Twyman, Boise City, Jr; Kasey Miller, Velma-Alma, Fr.

2A

1. Bobby Holmes
Chandler - Sr
2. David Lampkin
Dickson - Jr
3. Daniel Stone
Prague - Jr
4. Joey McNair
Caney Valley - Fr
5. Ryan Bickerstaff
Alva - Fr
6. David Walkingstick
Tahlequah Sequoyah - So
7. Jeremiah Smith
Elgin - Jr
8. Ryan Love
Dickson - So
9. Greg Merlyn
Plainview - Sr
10. Steve Sawyer
Chisholm - Fr

HONORABLE MENTION: Jerry Cook, Dickson, So; Martin Salas, Marietta, Jr; Jason Rodriguez, Victory Christian, Sr; Dustin Lord, Elgin, Sr; Shaun Sawyer, Chisholm, Sr.

3A

1. Kevin Minson
Marlow - Jr
2. Albert Kelly
Bristow - Jr
3. John Shirley
Elk City - Sr
4. Utah Robinson
Elk City - Jr
5. Michael Willis
Marlow - So
6. Chris Poole
Elk City - Fr
7. Richard Schneberger
Elk City - Jr
8. Tony Oxley
Sulphur - Sr
9. Raymond Swearingen
Little Axe - Sr
10. Rubin Smith
Marlow - So

HONORABLE MENTION: Trax Shugart, Sulphur, So; Brant Littrell, Guymon, Fr; Will Warren, Purcell, Jr; M.J. Reynolds, Marlow, Fr; Chris McClure, Little Axe, Jr.

4A

1. Kevin Connolly
McGuinness - So
2. Phillip Semien
Western Heights - So
3. Matt Donley
Weatherford - Jr
4. Matt Sexauer
McGuinness - Sr
5. Patrick Eberle
McGuinness - So
6. Jonathan Pitman
McGuinness - Jr
7. Taylor Styron
McGuinness - Sr
8. Brett Lowry
McGuinness - Fr
9. Mike Pense
Ft. Gibson - Sr
10. Jack Tracy
Noble - So

HONORABLE MENTION: Mike Mayer, Guthrie, Jr; Ryan Strahorn, Carl Albert, Sr; Jason Geranen, Claremore, Sr; Robert Darbe, Guthrie, Jr; Paul Starkus, Durant, Sr.

Final State Finish Top Ten Cross Country Teams

5A

1. **Lindsey Hughes**
Westmoore - So
2. **Karla Hopkins**
Broken Arrow - So
3. **Allison Franklin**
Westmoore - So
4. **Stephanie Webb**
Bartlesville - Sr
5. **Christine Novara**
Owasso - So
6. **Wendy Scott**
Mustang - So
7. **Heather Miles**
Moore - So
8. **Jessica Gibson**
Shawnee - Sr
9. **Karlie Haynes**
Moore - Fr
10. **Melissa Webb**
Bartlesville - Fr

HONORABLE MENTION: Mary Hill, Sapulpa, Fr; Marthia Robinson, Midwest City, Jr; Kari Hart, Mustang, Fr; Summer Suchy, Westmoore, Fr; Michelle Ahlgren, Jenks, Fr.

4A Boys

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

4A Girls

1. McGuinness
2. Weatherford
3. Guthrie
4. Noble
5. Hale
6. Pryor
7. Grove
8. Kelley
9. Carl Albert
10. Harrah

3A Boys

1. Elk City
2. Marlow
3. Little Axe
4. Sulphur
5. Pawhuska
6. Mannford
7. Cascia Hall
8. Ed Deer Creek
9. Guymon
10. Bristow

3A Girls

1. Marlow
2. Elk City
3. Little Axe
4. Guymon
5. Jay
6. Ed Deer Creek
7. Cascia Hall
8. Mannford
9. Purcell
10. Tuttle

5A

1. **Mark Thompson**
Edmond Memorial - Sr
2. **Michael Cliff**
Charles Page - Sr
3. **Ben Lake**
Sapulpa - Jr
4. **Jimmy Martinez**
Moore - Jr
5. **Blaine Phipps**
Edmond Memorial - Sr
6. **Matt Davidson**
Mustang - Sr
7. **Paul Paschal**
Ponca City - Jr
8. **Aaron Peterman**
Edmond Memorial - So
9. **Sam Stalcup**
Ponca City - Jr
10. **Barrett Hall**
Jenks - So

HONORABLE MENTION: Jeremy Case, Union, So; Brandon Klsack, Bartlesville, Jr; Josh Burkhardt, Edmond Memorial; Eric Delgado, Midwest City, So; Chris McWatters, Moore, So.

5A Boys

1. Edm Memorial
2. Mustang
3. Jenks
4. Moore
5. Ponca City
6. Midwest City
7. Bartlesville
8. Norman
9. Broken Arrow
10. Sapulpa

2A Boys

1. Dickson
2. Elgin
3. Chisholm
4. Alva
5. Prague
6. Tah Sequoyah
7. Plainview
8. Lindsay
9. Lexington
10. Watonga

2A Girls

1. Lexington
2. Plainview
3. Chisholm
4. Warner
5. Tishomingo
6. Lindsay
7. Jones
8. Madill
9. Beggs
10. Elgin

5A Girls

1. Westmoore
2. Moore
3. Broken Arrow
4. Sapulpa
5. Jenks
6. Edm Memorial
7. Mustang
8. Santa Fe
9. Stillwater
10. Edmond North

A Boys

1. Hydro
2. Riverside
3. Velma-Alma
4. Boise City
5. Keyes
6. Hinton
7. Heritage Hall
8. Helena
9. Wakita
10. Navajo

A Girls

1. Velma-Alma
2. Canton
3. Hydro
4. Boise City
5. Laverne
6. Beaver
7. Wakita
8. Riverside
9. D Creek-Lamont
10. Okla Christian

1996 Power Ranking

By John Hoke
Editor

The computer took a vacation this year from helping to figure the annual Power Ranking, but a little time and a lot of effort--with a little help from my friends--accomplished the same thing. All classes were combined into one race and it was scored just like a regular cross country meet, including dropping the places of individuals that did not run with a full team. Individual times were added together and averaged for the team average to give further comparison, providing some interesting contrasts to scoring by points only. (Note: hundredths of a second were not used for time averages but were used to separate places where ties existed to the second.)

In the absence of a true Meet of Champions, this is the most valid comparison between classes, since all runners ran the same course under the same conditions.

Edmond Memorial came up with what may have been the best performance ever in the boys Power Ranking, repeating as the number one team again this year. Coach Dave Sanmons' Bulldogs had a phenomenal average time of 16:28.8 which compared to Little Axe's '94 average on basically the same course of 16:55.2. 4A McGuinness was a distant second with an average of 17:04.6 but the Irish were the only non-5A team in the top ten this year after three made it last year.

As usual, there were several surprises in placings after the classes were combined into one race. Jenks moved ahead of Mustang into third in spite of a slower average time and Midwest City jumped from sixth in 5A to fifth in the Power Ranking.

On the girls side it was no surprise that Westmoore took the top spot with a comfortable margin over Marlow and McGuinness, who were only three seconds apart. Coach Laura Clay's Jaguars averaged 12:36.4 to unseat two-time top team McGuinness which put them less than three seconds down on the Irish 12:33.8 on the same course in 1994--the best average on record for the Oral Roberts course. The girls were incredibly even between classes with all five class winners in the top six of the Power Ranking.

Boys			
Place	Team	Team Placings=Score	AvgTime
1.	Edmond Memorial	1-5-8-13-20=47	16:28.8
2.	McGuinness	3-33-35-39-40=150	17:04.6
3.	Jenks	11-19-31-38-63=162	17:14.8
4.	Mustg	6-16-26-30-90=168	17:10.8
5.	Midwest City	14-29-46-51-65=195	17:25.8
6.	Moore	4-15-36-68-86=195	17:18.0
7.	Ponca City	7-9-45-77-78=216	17:22.0
8.	Bartlesville	12-17-49-57-95=230	17:25.6
9.	Norman	25-34-50-73-140=322	17:43.4
10.	Broken Arrow	22-42-56-91-126=337	17:45.8
11.	Elk City	44-52-74-81-111=362	17:55.2
12.	Marlow	23-55-92-107-129=406	17:57.6
13.	Dickson	10-61-76-121-142=410	16:55.2
14.	Sapulpa	2-75-113-118-123-421	17:50.2
15.	Westmoore	28-64-104-120-145=461	18:03.2

Girls			
Place	Team	Team Placings=Score	AvgTime
1.	Westmoore	1-5-22-35-48=111	12:36.4
2.	Marlow	2-31-32-36-83=184	12:48.0
3.	McGuinness	4-24-33-64-79=204	12:51.0
4.	Moore	11-13-76-87-107=294	13:03.2
5.	Velma-Alma	18-23-60-97-116=314	13:06.6
6.	Lexington	20-27-30-108-155=340	13:08.0
7.	Weatherford	14-49-67-73-152=355	13:10.2
8.	Sapulpa	17-50-57-122-124=370	13:11.8
9.	Broken Arrow	3-52-71-112-137=375	13:11.6
10.	Jenks	28-43-82-119-123=390	13:16.4
11.	Edmond Memorial	39-41-72-122-153=426	13:17.8
12.	Mustang	10-21-113-51-157=460	13:19.6
13.	Stillwater	77-81-106-125-134=523	13:31.8
14.	Santa Fe	70-102-111-114-129=526	13:32.2
15.	Guthrie	34-91-98-168-181=572	13:34.6



CLASS A GIRLS STATE MEET--Boise City's Darla Bocock (426) sprints with Hydro's Crystal Sweeney (418) and Laverne's Ashlea Barby (obscured) to finish 8-9-10 respectively. Photo by Roger Taylor

Winter Track Clinic

The Oklahoma Track Coaches Association will hold their annual Winter Track Clinic January 31st and February 1st at the Ramada Inn in Norman. Registration is from 5:00 p.m. to 8:30 p.m. Friday, the 31st, and 8:00 a.m. to 11:30 a.m. on Saturday, the 1st. Pre-registration is \$35.00 and includes a clinic T-shirt, notebook, door prizes and social hour on Friday night. Hotel reservation may be made at a discounted rate by contacting the Ramada Inn at (405) 321-0110.

Sessions will be held Friday from 6:30 p.m. to 11:00 p.m., and Saturday from 8:30 a.m. to 2:30 p.m. There will be a full schedule of speakers, an OTCA business meeting and a rules clinic.

For further information or to pre-register, contact Randy Belicek, 925 Lovers Lane, Purcell, OK 73080. (405) 527-6591 school; 527-7652 home.

USA Track & Field Level I Coaching School

The University of Arkansas in Fayetteville is hosting a U.S.A. Track & Field Level I National Coaching Certification Program Friday, January 10th through Sunday, January 12th at the Best Western Windsor Suites in Fayetteville.

University of Arkansas assistant track coach, Steve Silvey, is the school director and may be reached at (501) 575-6848. Cost for the course is \$100 before Jan. 3rd and \$125 after.

The Level I course requires 21 hours of classroom instruction. Upon completion of the course, all coaches who have met the 21 hours will be given a take home test to complete and return to the USATF national office. After achieving at least 70% on the test, the national office will award the coach a level I Coaching Certificate and the coach will be eligible to progress to the Level II Coaching Certification program.

USA Track & Field State CC Championships Tulsa 11/9/96

TEAMS COMPETING: Tulsa TC, Jenks C, Eastside Steppers (Okla. City), Tulsa Spikes, Plainview, Country Travelers (Hydro), Claremore TC, Enid TC.

Bantam Girls 10 & under (3k)

TEAM SCORING: 1. Jenks TC 31.

INDIVIDUALS: 1. Chelcie Baldwin, Ponca City, 4:13; 2. Mallory Hall, TTC, 14:31; 3. Amy Searcy, TC, 14:46; 4. Devinne Shelton, ES, 15:02; 5. Amille Royer, JTC, 15:05; 6. Lauren Mays, JTC, 5:14; 7. Felicia Fleming, Marlow, 15:23; 8. Anna arber, JTC, 16:11; 9. Tara Vuocolo, JTC, 16:25; 10. Shannon Williams, TS, 16:34.

Bantam Boys 10 & under (3k)

TEAM SCORING: 1. Jenks TC 29.

INDIVIDUALS: 1. Thomas Pile, JTC, 12:16; 2. Jeff Wright, TTC, 12:40; 3. Frank Fleming, Marlow, 3:18; 4. Jim Pittman, JTC, 13:34; 5. Josh Vuocolo, JTC, 13:37; 6. Alex Blazer, TS, 13:47; 7. Edric Brown, ES, 14:15; 8. Kyle Herren, JTC, 4:21; 9. Andrew Clark, TS, 14:22; 10. Kenny Campbell, TTC, 14:26.

Midget Girls 11-12 (3k)

TEAM SCORING: 1. Jenks TC 23; 2. Plainview 7; 3. Tulsa Spikes 64.

INDIVIDUALS: 1. Jamie German, JTC, 11:51; 2. Jessie Gordan, Pla, 12:07; 3. Rachel Barber, TC, 12:30; 4. Julie Swagerty, JTC, 12:35; 5. Sarah ecker, TS, 12:49; 6. Alayne Thompson, JTC, 2:58; 7. Kimbri Lettkeman, Watonga, 13:10; 8. Stephanie Merlyn, Pla, 13:15; 9. Lindsay Mauldin, TC, 13:15; 10. Amanda Bumpass, Pla, 13:30.

Midget Boys 11-12 (3k)

TEAM SCORING: 1. Heston Parker, TTC, 10:37; 2. Tyler Roark, TTC, 10:43; 3. Chris Snider, TTC, 1:32; 4. Cliff Pittman, JTC, 12:06; 5. Ian Brown, S, 12:13; 6. Andrew Searcy, TTC, 12:21; 7. Daric dair, TTC, 12:41; 8. Michael Young, ETC, 12:47; 9. David Isaak, ETC, 12:48; 10. James Pickens, Pla, 4:06.

Youth Girls 13-14 (4k)

TEAM SCORING: 1. Tulsa Spikes 23; 2. Jenks C 64.

INDIVIDUALS: 1. Atalie Barber, JTC, 16:12; 2. Michelle Ahlgren, TS, 16:30; 3. Carrie McFall, TS, 6:34; 4. Jackie Jones, Pla, 16:55; 5. Jennifer Ahlgren, TS, 17:19; 6. Lindsey Matetich, TS, 17:28; 7. Lary Creel, TS, 17:45; 8. Sarah Bickerstaff, TTC, 7:48; 9. Angela Kmetz, TS, 18:30; 10. Allie Taylor, S, 18:44.

Youth Boys 13-14 (4k)

TEAM SCORING: 1. Tulsa TC 37; 2. Tulsa pikes 50.

INDIVIDUALS: 1. Patrick McGuire, Pla, 14:54; 2. Scott Caldwell, TTC, 15:06; 3. Kevin Hogan, orman, 15:06; 4. Peter Laughlin, TS, 15:13; 5. Incent Nickol, TTC, 15:14; 6. Brandon Winn, JTC, 5:19; 7. Blake Culp, TTC, 15:19; 8. Chase Hall, TC, 15:20; 9. Joshua Hibbets, ETC, 15:25; 10. Jeff lartin, TS, 15:37.

Intermediate Girls 15-16 (5k)

TEAM SCORING: 1. Tulsa Spikes 22.

INDIVIDUALS: 1. Tracy Kmetz, TS, 20:20; 2. arla Hopkins, TTC, 20:26; 3. Mary Hill, TS, 21:12; 4. Marda Traylor, JTC, 21:13; 5. Hillary Jacobson, S, 22:05; 6. Heather Barnes, TS, 22:25; 7. Cydney dair, TS, 22:51; 8. Caitlin Burke, TS, 24:18; 9. mly McBride, TS, 25:21; 10. Katie Collier, JTC, 3:42.

Intermediate Boys 15-16 (5k)

TEAM SCORING: 1. Tulsa TC 32.

INDIVIDUALS: 1. Clay Cosby, JTC, 17:08; 2. yan Starr, TS, 17:09; 3. Chris McWatters, Jenks, 7:15; 4. Ryan Bickerstaff, TTC, 17:59; 5. Jeremy ase, TTC, 18:13; 6. Jason Dimauro, TTC, 18:15; 7. Trevor Gillum, Durant, 18:28; 8. Ryan Adams, TC, 18:53; 9. Jhawn Saul, TTC, 18:58; 10. Derek mith, TTC, 18:59.



CLASS 3A GIRLS STATE MEET--Lexington freshman Tamara Broome (352) beats Warner sophomore Miley Turnbull (359) for fifth, leading her team to the championship over Plainview. Photo by Roger Taylor

Young Women 17-18 (5k)

INDIVIDUALS: 1. Katie McGraw, Tulsa, 20:00; 2. Jai Scott, TTC, 20:51; 3. Tasha Lance, TTC, 20:51; 4. Alicia Towers, TTC, 23:51; 5. Laura Nichols, JTC, 25:43.

Young Men 17-18 (5k)

TEAM SCORING: 1. Tulsa TC 22; 2. Country Travelers 55.

INDIVIDUALS: 1. Michael Cliff, TTC, 16:35; 2. Ben Lake, TTC, 16:52; 3. Herbie Pebeashy, CT, 16:58; 4. Jason McDonalds, TTC, 17:36; 6. Brandon Kissack, TTC, 17:43; 7. Walt Ginn, CT, 17:47; 8. Robby Brelsch, TTC, 17:49; 9. Kyle Webb, TTC, 18:09; 10. Sean Culp, TTC, 18:11.

Masters Women

INDIVIDUALS: 1. Yoko Pepera, Tulsa, 27:09.

Masters Men

INDIVIDUALS: 1. Henry Bickerstaff, TTC, 22:56; 2. George Lassiter, JTC, 24:55.

Open Men

INDIVIDUALS: 1. Dave Kraus, TTC, 17:12; 2. Steve Skocik, TTC, 18:04; 3. Paul Starkus, TTC, 19:02; 4. Mike Barber, JTC, 19:57; 5. Mahlon Erickson, Stillwater, 20:01; 6. Jeff Wright, TTC, 22:38.

Indoor Meets

Indoor track opportunities for Oklahoma athletes are limited but at press time for this issue there were at least four meets scheduled--three of them on the 160-meter board track in the Shawnee Exposition Center.

January 25: National High School Invitational, University of Arkansas, Fayetteville. Write Ozark Track Club, P.O. Box 4501, Fayetteville, AR 72702 for further information.

January 24-25: OBU-Prague-Little Axe Invitational, Shawnee Exposition Center, contact Ford Mastin, OBU or Barry Klein, Little Axe High School.

February 1: Sportsfest '97 Indoor Meet, Shawnee Exposition Center. All age groups including Open and Masters. Call (405) 235-4222 for further information.

February 7-8: Oklahoma Track Coaches Association Indoor Championships, Shawnee Exposition Center. Contact Pat Lenington, Norman High School.

**Oklahoma TRACK &
FIELD NEWS
BACK ISSUES
\$2.00
While They Last**

OTCA Senior All-Star Awards

The Oklahoma Track Coaches Association announced the 1996 Cross Country Senior Achievement Awards, awarded to the top five finishing, nominated, seniors that do not All-State (finish in the top ten at the state meet). In order to be eligible for the award the coach must be a member of the OTCA; the runner had to be nominated by Oct. 28; and the runner had to compete at the state meet. Plaques were presented to the award winners during the awards ceremonies at Oral Roberts University, Nov. 2nd. Coaches note: these award winners are not eligible for All-State or All-Star jackets.

Class A Girls: Kiley Deal, Laverne; Abby Payne, Beaver; Nici Saville, Velma-Alma; Jennifer Brookshire, Hinton; Chantel Lee, Beaver; Julia Muller, Keyes.

Class A Boys: Chris Kirby, Heritage Hall; Wade Allan, Hinton; Stefan Hiltbrunner, Keyes; Adam Peirson, Hinton; Stijn Kiens, Keyes.

Class 2A Girls: Melinda Adkins, Chisholm; Jodee McAffrey, Warner; Becca Turnbull, Warner; Mandy Orr, Plainview; Chance Wheeler, Lexington.

Class 2A Boys: Ken Carr, Caney Valley; Shaun Sawyer, Chisholm; Heath Rogers, Elgin; Zack Smith, Elgin; Dustin Lord, Elgin; Matt Shelton, Lindsay.

Class 3A Girls: Lisa Clark, Purcell; Corrie Jones, Edmond Deer Creek; Siobhan Freede, Jay; Gretchen Kohlbacher, Edmond Deer Creek; Tawn Chewey, Jay; Stephanie Burton, Tuttle.

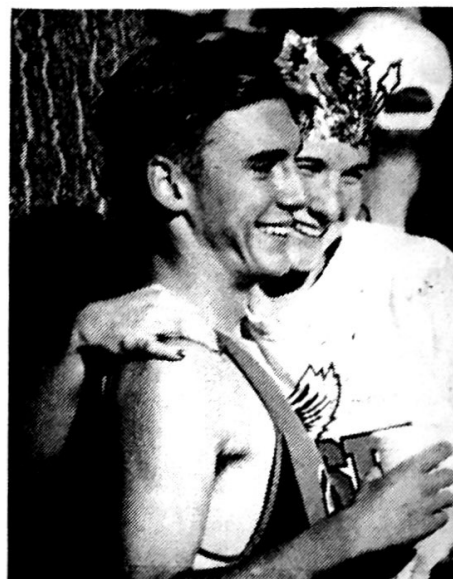
Class 3A Boys: Jarrod Pierce, Elk City; Jeremy Newkirk, Jay; John Shirley, Elk City; Randy Riggers, Mannford; Marion Smith, Mannoford; Teddy Converse, Mannford.

Class 4A Girls: Hollie Mays, Guthrie; Krista Zachariae, Hale; Kortney Reynolds, Hale; Tami Hayes, Weatherford; Sarah Miller, Hale.

Class 4A Boys: Paul Starkus, Durant; David Welch, Edison; Brian Wayland, Kelley; Mark Spinner, Guthrie; Jon Milner, Western Heights.

Class 5A Girls: Ashlee Inman, Westmoore; Katy Roll, Stillwater; Katie Durrell, Edmond North; Amber Mixon, Mustang; Pam Moudry, Jenks; Tammy Adamson, Westmoore.

Class 5A Boys: Daniel Baker, Jenks; Brian Johnson, Edmond Memorial; Aaron Challis, Westmoore; Daniel Horwitz, Jenks; Sean Culp, Bartlesville; Jordan James, Jenks.



DOUBLE WINNERS--McGuinness had the only double winners in senior Ashley Boothe and sophomore Kevin Connolly, as well as both boys and girls team championships for the second year in a row. Photo by John Hoke

Cross Country Academic Achievement Awards

The Oklahoma Secondary Schools Activities Association announced the winners of the 1996 Cross Country Academic Achievement Awards at the State Championship awards ceremonies November second at Oral Roberts University in Tulsa.

To be considered for the awards a team had to field a seven-member team at regionals. Plaques were also awarded to teams with grade point averages that put them in the upper ten per cent of all schools in their class with a minimum of 3.5 GPA required.

The Beggs girls had a perfect 4.0 GPA to top the list, edging four other schools with at least a 3.9 GPA. Moore topped the boys with a 3.939.

Girls

A: Hinton, 3.960; Wakita 3.930; Beaver 3.806; Velma-Alma 3.800; Boise City 3.747; Oklahoma Christian School 3.720; Ft. Cobb-Broxtown 3.71; Laverne 3.570; Deer Creek-Lamont 3.507.

2A: Beggs, 4.0; Konawa, 3.786; Elgin 3.780; Plainview, 3.776; Prague, 3.733; Warner, 3.614; Chisholm, 3.527.

3A: Bristow, 3.959; Purcell, 3.930; Mannford, 3.930; Edmond Deer Creek 3.833; Elk City 3.727; Tuttle 3.607.

4A: Western Heights, 3.928; Webster, 3.660; Weatherford, 3.660; McGuinness, 3.600; Harrah, 3.571; Guthrie, 3.558.

5A: Stillwater, 3.970; Sapulpa, 3.910; Enid, 3.841; Ponca City 3.800.

Boys

A: Navajo, 3.850; Hinton, 3.60; Velma-Alma, 3.500.

2A: Chisholm, 3.588; Elgin, 3.500.

3A: Edmond Deer Creek, 3.571; Purcell, 3.550; Pawhuska, 3.530; Elk City, 3.529.

4A: Webster, 3.610; Guthrie, 3.520.

5A: Moore 3.939; Ponca City, 3.910; Enid, 3.729; Stillwater, 3.700.

Subscribe to *Oklahoma TRACK & FIELD NEWS*

Published every two week during both seasons

- **Cross Country Results**
- **Track & Field Results**
- **Team Rankings**
- **Individual Rankings**
- **Photos and Features**

Oklahoma's only all cross country & track publication

Send your subscription in TODAY!

Only \$28.00 for a full year (12 issues)

Start your subscription NOW!

Call 405-843-9992 with a credit card or
send name and address with check or money order.

Oklahoma TRACK & FIELD NEWS
P.O. Box 54679
Oklahoma City, OK 73154-1679

Seven Oklahomans Attend National Masters Meet

George Hall,
Tulsa Track Club

Oklahoma was well represented at this year's USA Track & Field National Masters Championships held in Spokane, Wash., Aug 14-18. Seven of Oklahoma's veteran athletes attended the annual meet, and competed against some of the best from across the nation. Four of these athletes won a total of seven national championship titles in their respective age groups! National champions included Bill Carter, Suzanne Williams, Ed Hooker, and Betty Jarvis. Awards were given to the top 6 in each event, and all of Oklahoma's athletes returned home with a national award. This was my first time to compete at the national meet, and I was certainly impressed with the level of the competition (translation: I was blown off the track in two of my three events). Individual results are listed below;

Event	Place	Name	Age	City	Time/Dist.	WS	A-G	Equiv.	A-G %
100	7	Nina Bryant	W54	Midwest City	16.30	1.2	14.29		75.34%
	1	Bill Carter	M73	Marlow	14.88	-3.1	11.44		86.22%
	4	Dale Lance	M58	Tulsa	13.15	-1.1	11.37		86.77%
	2	Suzanne Williams	W47	Tulsa	14.84	1.0	13.52		79.65%
200	4	Nina Bryant	W54	Midwest City	35.89	-0.8	31.09		69.60%
400	12	George Hall	M43	Tulsa	57.74	10	54.19		79.89%
	3	Suzanne Williams	W47	Tulsa	1:06.41	4	59.29		80.80%
800	2	Suzanne Williams	W47	Tulsa	2:33.83	3	2:17.01		82.40%
1500	1	Suzanne Williams	W47	Tulsa	5:30.80	3	4:57.39		77.49%
100 H	3	Dale Lance	M58	Tulsa	15.82	3.1	14.32		90.14%
110 H	6	George Hall	M43	Tulsa	18.76	-7.1	17.50		73.77%
400 H	5	George Hall	M43	Tulsa	1:04.46	4	59.46		78.68%
L Jump	2	Bill Carter	M73	Marlow	4.01m/13'2"	0.7	6.76m		75.66%
Discus	1	Ed Hooker	M70	Tulsa	44.30m/145'04"		61.50m		86.51%
	1	Betty Jarvis	W81	Tahlequah	13.50m/44'03"		38.00m		51.47%
	5	Bill Carter	M73	Marlow	30.70m/100'09"		42.62m		59.95%
Hammer	1	Betty Jarvis	W81	Tahlequah	15.22m/49'11"		32.56m		54.30%
Shot	1	Betty Jarvis	W81	Tahlequah	4.81m/15'09"		13.32m		62.14%
Javelin	1	Betty Jarvis	W81	Tahlequah	10.66m/35'		33.38m		41.74%

In the table above, "WS" is wind speed expressed in meters per second, and negative values indicate a head wind for straight-lane sprints. The "A-G Equiv." value is the age-graded equivalent, and represents the theoretical performance the athlete would have had during his/her open competition years (age 19-34). The "A-G %" is the age-graded percentage of maximum theoretical performance, assuming the age group world record to be the maximum possible performance. As a general rule, performance values of +80% can be considered to be a "national class" performance, and performance values of +90% can be considered to be "world class." Bill Carter, Dale Lance, Suzanne Williams, and Ed Hooker all had performances of +80%, and Dale Lance had 1 +90% performance! Betty Jarvis and Suzanne Williams were both dominant in their events. Betty captured four gold medals by winning all of the throwing events, and Suzanne returned with one gold, two silver, and one bronze in running events ranging from the 100 to the 1500!

Dale Lance and Betty Jarvis received special recognition from the USATF during a ceremony held at the annual athletes meeting. Dale was recognized as the multi-event athlete of the year, and Betty was recognized as the thrower of the year. All things considered, Oklahoma athletes made quite an impression at the national meet.



CLASS 2A BOYS STATE MEET--Elgin junior Jeremiah Smith (596) holds off Dickson junior Ryan Love to finish eighth. Photo by Roger Taylor

COACHES' CORNER

TEAM REPORTS--Oklahoma TRACK & FIELD NEWS will be sending out TEAM REPORT forms in January to all schools with track programs--nearly 400. Coaches please take the time to fill them out and return ASAP. Be sure that both boys and girls teams are reported since only one copy is sent to each school--duplicate the form if needed. These are the heart of our coverage since they provide schedules, coaches' names, correct spellings, class years and team rosters.

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

Oklahoma-Arkansas-Kansas All-Star CC Competition

Fayetteville, Arkansas
11/16/96

FAYETTEVILLE, Ark. -- Two Oklahoma All-Star teams travelled here November 16th to race on the University of Arkansas' new cross country course against the top runners from Arkansas and Kansas. The boys put four runners in the top five, including a one-two finish by seniors Mark Thompson of Edmond Memorial and Michael Cliff of Charles Page. It wasn't quite enough to pull off a team victory though, as Kansas took ten of the next thirteen spots (10 scorers) to score 121 points to Oklahoma's 144, with Arkansas a distant third at 236.

The girls--missing many of the state top guns--didn't fare as well, managing to put only one runner in the top 15 as Kelley's Tracy Kmetz finished 14th. Oklahoma finished a disappointing third, with 223 points behind winner Kansas at 65, and runnerup Arkansas at 195. Mustang senior, Corrie Hussar, who collapsed at the state meet two weeks earlier, started the race but dropped out after less than 800 meters.

The Oklahoma All-Star teams were sponsored by the Oklahoma Track Coaches Association and were coached by Dave Morton of McGuinness, and Little Axe's Barry Klein. This was the third year for the meet and it has been in Arkansas every year, though there are plans being discussed to hold it in Oklahoma next year.

Boys (5k)

TEAM SCORING: 1. Kansas 121; 2. Oklahoma 144; 3. Arkansas 236.



OKLAHOMA ALL-STARS--Edmond Memorial's Mark Thompson (right) and Charles Page Michael Cliff went one-two in the Oklahoma-Arkansas-Kansas All-Star Dual. Photo by Roger Taylor



INDIVIDUALS: 1. Mark Thompson, Edmond Memorial, 15:17; 2. Michael Cliff, Charles Page, 15:25; 3. David Carroll, Rogers, AR, 15:39; 4. Ben Lake, Sapulpa, 15:58; 5. Kevin Connolly, McGuinness, 16:03; 6. Mark Meneff, Buhler, KS, 16:10; 7. Dan Bruman, Shawnee Mission Northwest, KS, 16:19; 8. Andy Pelsma, Lawrence, KS, 16:20; 9. David McWhorter, Fayetteville, AR, 16:24; 10. Seth Enderby, Shawnee Mission Northwest, KS, 16:25; 11. C.J. Wilford, Derby, KS, 16:29; 12. Matt Hill, Russellville, AR, 16:29; 13. Brian Blachly, Paola, KS, 16:30; 14. Brandon Wood, Mustang, 16:31; 15. Jerrod Hottman, Augusta, KS, 16:32; 16. Tim Puetz, St. Thomas Aquinas, KS, 16:33; 17. Tristan De Bord, Bishop Carroll, KS, 16:34; 18. Mike Smith, St. Thomas Aquinas, KS, 16:34; 19. Albert Kelley, Bristow, 16:35; 20. Josh Katzer, Bishop Miege, KS, 16:35.

Other Oklahomans: 22. Bobby Holmes, Chandler, 15:35; 23. Matt Donley, Weatherford, 16:37; 25. Kevin Minson, Marlow, 16:40; 29. Sam Stalcup, Ponca City, 16:43; 35. Jason McDonalds, Foyil, 16:50; 37. Paul Paschal, Ponca City, 17:01; 39. Brian Johnson, Edmond Memorial, 17:05; 42. Daniel Stone, Prague, 17:09; 44. Greg Merlyn, Plainview, 17:15; 49. Mike Pense, Ft. Gibson, 17:22; 53. John Shirley, Elk City, 17:28; 54. David Lampkin, Dickson, 17:29; 56. Michael Willis, Marlow, 17:31; 62. Paul Starkus, Durant, 17:37; 67. Patrick Eberle, McGuinness, 17:49; 69. John Hamilton,

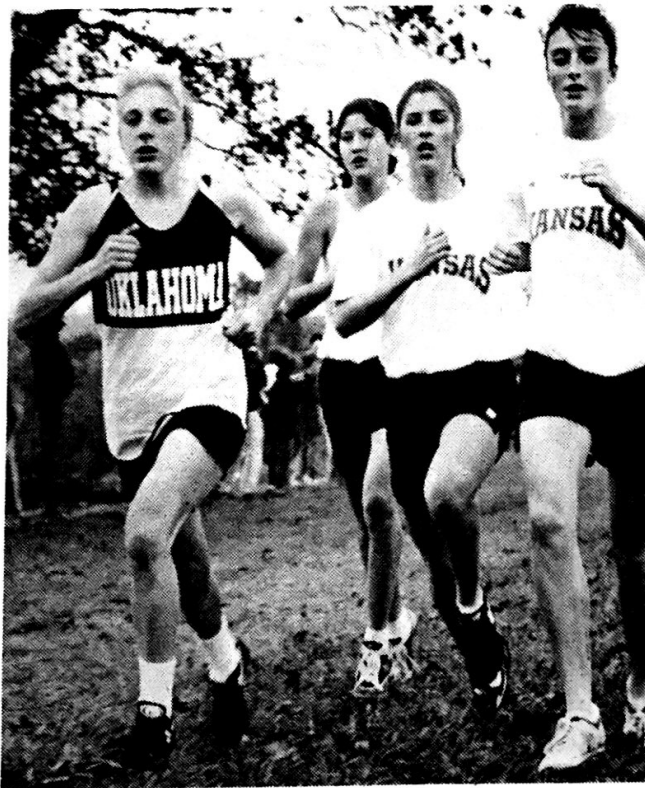
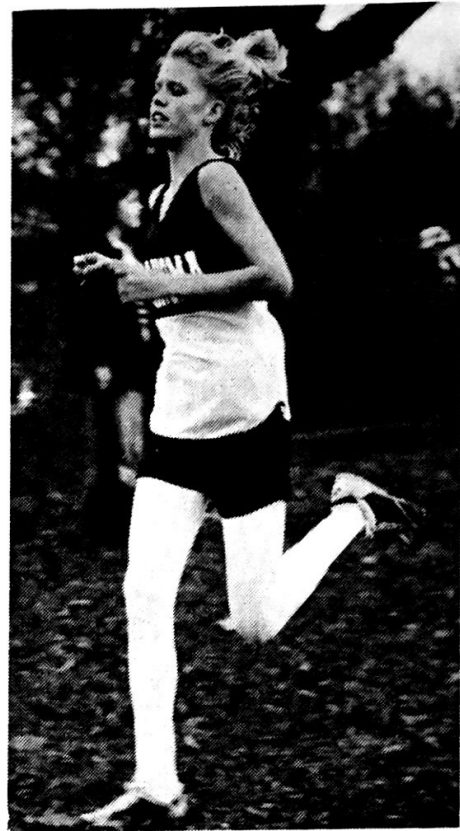
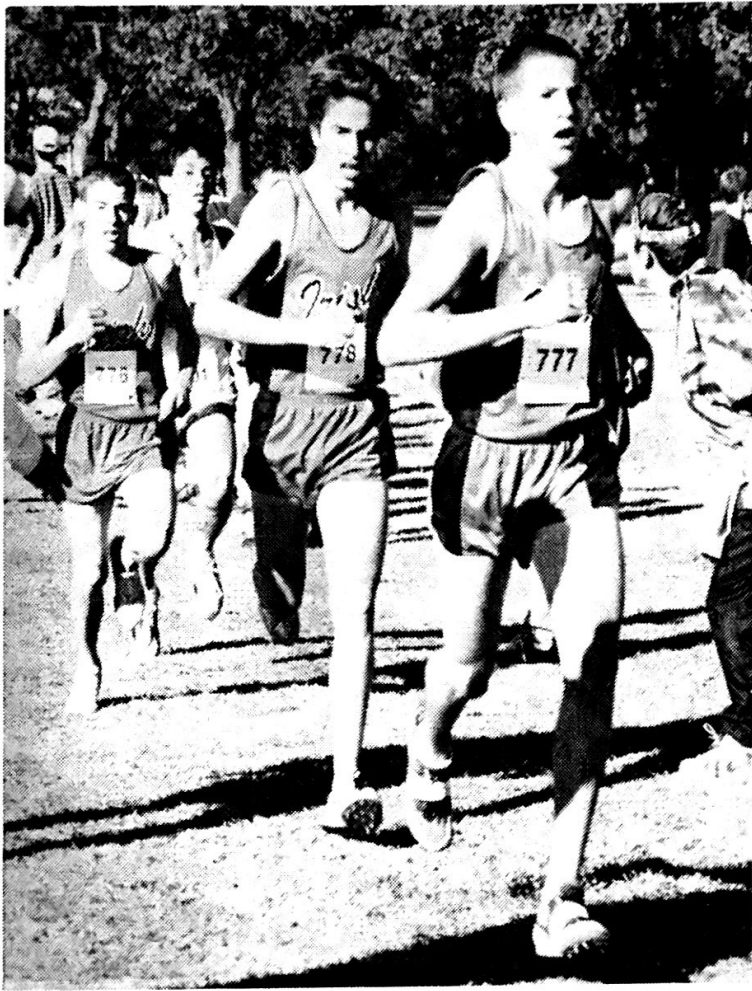
McGuinness, 17:59; 71. Utah Robinson, Elk City, 18:55.

Girls (2 miles)

TEAM SCORING: 1. Kansas 65; 2. Arkansas 195; 3. Oklahoma 223.

INDIVIDUALS: 1. Kelley Bryson, Bentonville, AR, 11:50; 2. Morgan Kadel, El Dorado, KS, 12:00; 3. Amanda Pope, Ole South, KS, 12:05; 4. Erin Ballentine, Blue Valley Northwest, KS, 12:07; 5. Carly Kimbrough, Leavenworth, KS, 12:07; 6. Dodie Martin, Stanton County, KS, 12:10; 7. Sharon Robinson, Dodge City, KS, 12:11; 8. Erica Foltz, El Dorado, KS, 12:12; 9. Lindsay Gilleran, Blue Valley Northwest, KS, 12:16; 10. Morgan Fitzsimmons, Olathe South, KS, 12:17; 11. Anne Messer, St. Thomas Aquinas, KS, 12:19; 12. Cory Chastain, Cabot, AR, 12:20; 13. Lindsay Ace, Emporia, KS, 12:22; 14. Tracy Kmetz, Kelley, 12:25; 15. Jessa Stein, Eudora, KS, 12:27; 16. Brandy Bratton, Hale, 12:32.

Other Oklahomans: 22. Becky Harvey, Plainview, 12:36; 26. Wendy Scott, Mustang, 12:42; 33. Amy Kilhoffer, Elk City, 12:53; 37. Cori Dirickson, Elk City, 12:57; 40. Susan Morford, Little Axe, 13:04; 48. Hilary Cochran, Little Axe, 13:26; 49. Leah McCauley, Marlow, 13:30; 50. Katy Roll, Stillwater, 13:32; 51. Hallee Lackey, Plainview, 13:32; 53. Jessica Mania, Little Axe, 13:37; 58. Michelle Parkins, Little Axe, 13:48; 64. Brooke Crawford, Marlow, 14:20; 66. Necia Chronister, Little Axe, 14:45.



TOP LEFT--McGuinness runners Brett Lowry (777), Jonathan Pitman (778) and Patrick Eberle (775) hold together near the first mile mark in the 4A boys race at the state meet. The Irish boys won the title with six runners in the top ten. **TOP RIGHT**--Elk City's Amy Kilhoffer at the Oklahoma-Arkansas-Kansas All-Star Meet in Fayetteville, Ark. **BOTTOM RIGHT**--Edmond Memorial's Mark Thompson and Charles Page's Michael Cliff duel in the middle of their 5A boys race at the state meet with Thompson the eventual winner. **BOTTOM LEFT**--Kelley's Traci Kmetz was the top finisher for the Oklahoma All-Stars at the Oklahoma-Arkansas-Kansas Meet. Photos by Roger Taylor and John Hoke