

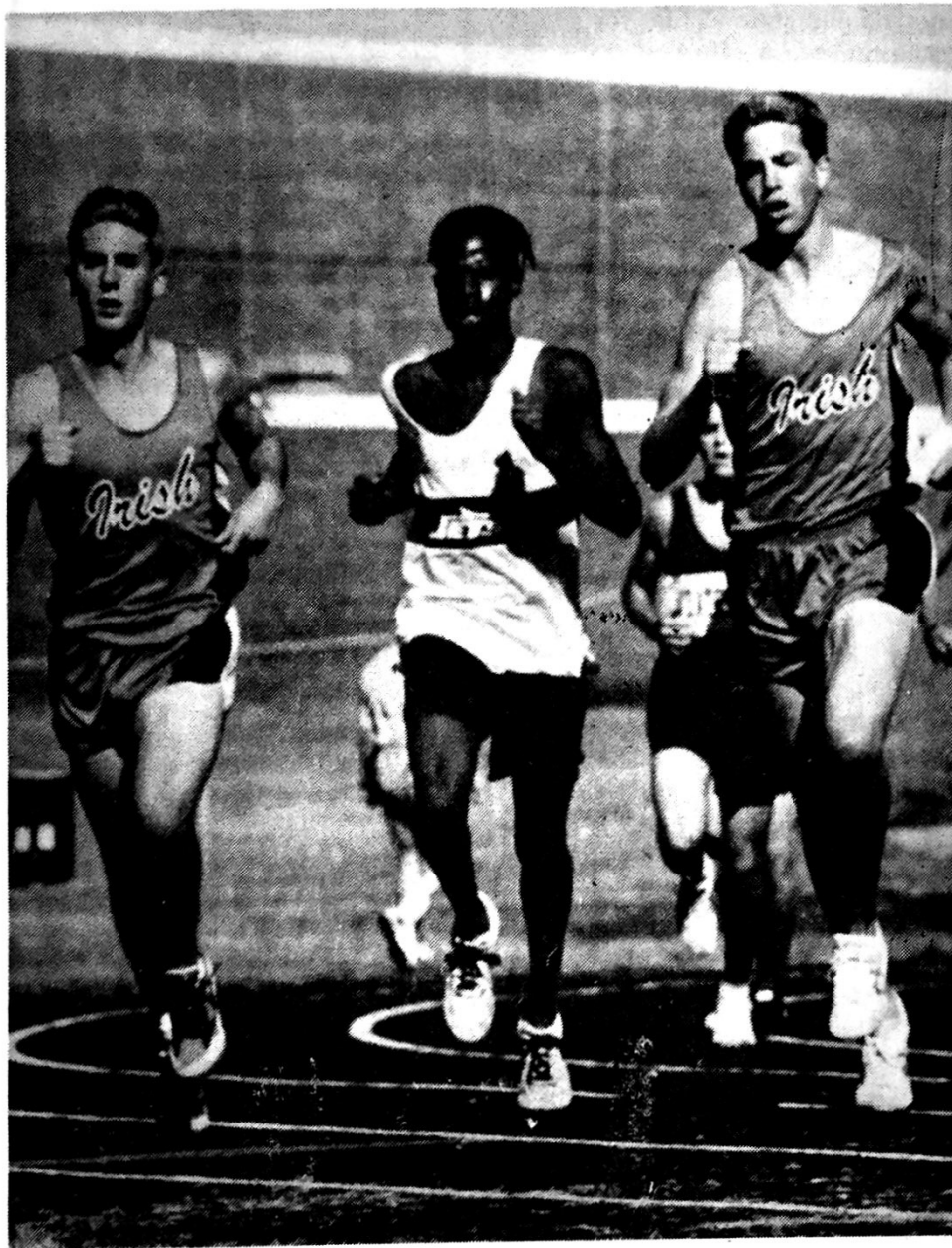
# Oklahoma TRACK & FIELD NEWS

**Devoted to Track & Field and Cross Country**

Volume 6, Number 3

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October 17, 1997



*MUSTANG INVITATIONAL--Defending 4A state champion Kevin Connolly of McGuinness (left) won the 4A race with teammate Brett Lowry (right) second and Western Heights Phillip Semien (middle) third. Photo by John Hoke*

## Regionals On Horizon As Competition Heats Up

*By John Hoke  
Editor*

This is the last issue before regionals which will be held October 25<sup>th</sup> in Midwest City, Ponca City, Watonga and Lindsay. This is the first year for four sites and seven teams will qualify from each regional for a total of 14 at state.

The big pre-state meet at Oral Roberts University in Tulsa on the 10<sup>th</sup> drew most of the state's top teams for a head-to-head clash on the state meet course and is the primary factor in the team and individual rankings in the issue, especially the Power Ranking. There were a few notable absences: Moore, top-ranked in 5A boys; Hydro, defending champ and top-ranked in A boys; and Carl Albert, high-ranked in 4A girls, among others.

McGuinness still looks like a good bet to accomplish the "triple double" though they're definitely not as untouchable as they have been in the past. No other school has both teams top-ranked, though several are close.

### 5A Boys

Moore has continued to hold on to the top spot with a solid win at the Cowboy Jamboree in Stillwater but the Lions ducked-out on the ORU meet. Edmond Memorial and Jenks tied at 83 point each on the ORU course but the Bulldogs got the victory on their sixth man with Mustang and Bartlesville a distant third and fourth. Though they're definitely not invincible, the Lions get the nod for the top spot in the Power Ranking after 4A McGuinness faltered at ORU. The Irish had the fastest average team time at the Cowboy Jamboree but slipped to third in Tulsa.

Sapulpa's Ben Lake handed Moore's Jimmy Martinez his first loss of the season at the Cowboy Jamboree then Jenks' Clay Cosby out-sprinted Lake at ORU to nab the top spot in the individual rankings. Union's Jeremy Case led early at ORU but faded to third with Edmond North's Chase Hawkins fourth.

### 5A Girls

Sapulpa continues to hang on to the top spot by a hair, edging defending champion Westmoore at both the Cowboy Jamboree and the ORU meets. It looks like it is going to be a two-team fight for the state title with Moore lurking in the background and hoping one of the top teams will slip up.

Continued on page 3

**Next Issue October 31st  
Regional Results  
State Meet Preview**

# On Track

By John Hoke, Editor

Only two more weeks until the state meet! This will be the last issue before regionals and regional assignments appear elsewhere in this issue. Admission will be charged at both regionals and state--\$4.00 for adults and \$2.00 for K-12--and I hope everyone makes an effort to make the system work. I know we're all used to attending cross country free of charge but it is time to do our part to help the sport financially.

The issue of girls running two miles or five kilometers is bubbling to the surface again and we're running two articles, one on each position, in the next two issues.

The 1997 Oklahoma vs. Arkansas cross country dual will again be held in Fayetteville, Ark., on November 15<sup>th</sup> at the University of Arkansas course. Head coaches for the Oklahoma team are David Morton, McGuinness (405-842-6638/341-0877), girls, and Barry Klein, Little Axe (405-769-6536), boys. 20 runners will be selected for each team and their coach must be a member of the Oklahoma Track Coaches Association. If you are interested running, contact the appropriate coach. This is a great opportunity for our athletes to be seen in a regionally significant meet.

The 1997 Foot Locker Cross Country Championships, now in its 19<sup>th</sup> consecutive year, will be held at Disney's Wide World of Sports Complex in Orlando, Fla., December 13<sup>th</sup>. Runners qualify through four regionals with only the top eight advancing to the finals. Oklahoma runners are assigned to the Midwest Regional which will be held in Kenosha Wisc., November 29<sup>th</sup> at the University of Wisconsin-Parkside. There are usually a couple of groups from Oklahoma traveling to the regional and I'll try to put you in touch with one of them if you're interested in going.

I've done a Power Ranking in this issue with the rankings based on a combination of average team times and head to head competition. Since there are very few opportunities for inter-class competition in Oklahoma these rankings are a bit mystical but there seems to be a lot of interest in how teams stack up against each other. The last chance for a showdown between classes will be at the Chile Pepper Cross Country Festival in Fayetteville on October 18<sup>th</sup>. The final Power Ranking will be based on the combined results of the state meet at ORU in Tulsa.

My congratulations again to the meet directors at the pre-state meet at ORU last week. Results were available quickly and accurately and were the heart of all the rankings in this issue.

Our college writer, Bud Almond, was swamped this past three weeks and had to put the college report on the back burner until the next issue. We'll be looking forward to its return.

Senior Achievement Awards are being coordinated by Velma-Alma coach Jerry Loveall and coaches should have their nominations in following regional competition. These awards honor five senior runners in each class and division that don't qualify for All-State awards.

We're still having significant problems with the U.S. Postal Service's delivery of *OT&FN* and the only remedy is to call you local post office to complain if you're not getting your issues promptly. In spite of the fact that all issues are put in the mail at the same time, there can be several days' difference in when they arrive, even in the same town!

The next issue will be dated October 31<sup>st</sup> and will contain full regional results and final pre-state rankings. It will be available at the state meet.

See you at a cross country race!

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**Editor/Publisher - John Hoke**

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## 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: Randy Belicek, 925 Lovers Lane, Purcell, OK 73080.

## OSSAA CROSS COUNTRY ADVISORY COMMITTEE

(boys, girls)

5A: Mike Adair, Sapulpa; Mike Reed, Sawnee. 4A: Robert Mocabee, Catoosa; Terry Neal, Sulphur. 3A: Mark Heard, Elk City; Sherry McCulley, Grove. 2A: Ed Herchock, Beaver; Charles Wyatt, Tishomingo.



# Regional Preview

Continued from page 1

Westmoore's Summer Suchy took both the Cowboy Jamboree and the ORU individual titles with wins over Sapulpa's Adrienne McVey at both meets. There are a bunch of contenders in this race, among them Moore's Karli Haynes, Westmoore's Allison Franklin, Mustang's Wendy Scott and Hale's Amy and Brandy Bratton.

## 4A Boys

McGuinness still looks untouchable here even though the Irish weren't as impressive in winning the ORU meet as they were at the Cowboy Jamboree. Guthrie stepped up to second and Edison is not too far back. Last year the Irish put six in the top eight but will be hard-pressed to get four in the top ten this year.

McGuinness defending champion Kevin Connolly has regained the top ranking with teammate Brett Lowry a solid second. Shawnee's George

Wright, Western Heights' Phillip Semien and Guthrie's Robert Darbe are all in the hunt for a top-five spot.

## 4A Girls

The Irish are not as invincible as they have been in the past in spite of having the state's top girl in freshman Amanda Jordan. Pryor put a little bit of a scare in the Irish at ORU and Carl Albert could be a serious challenge, though they haven't been seen in any results yet.

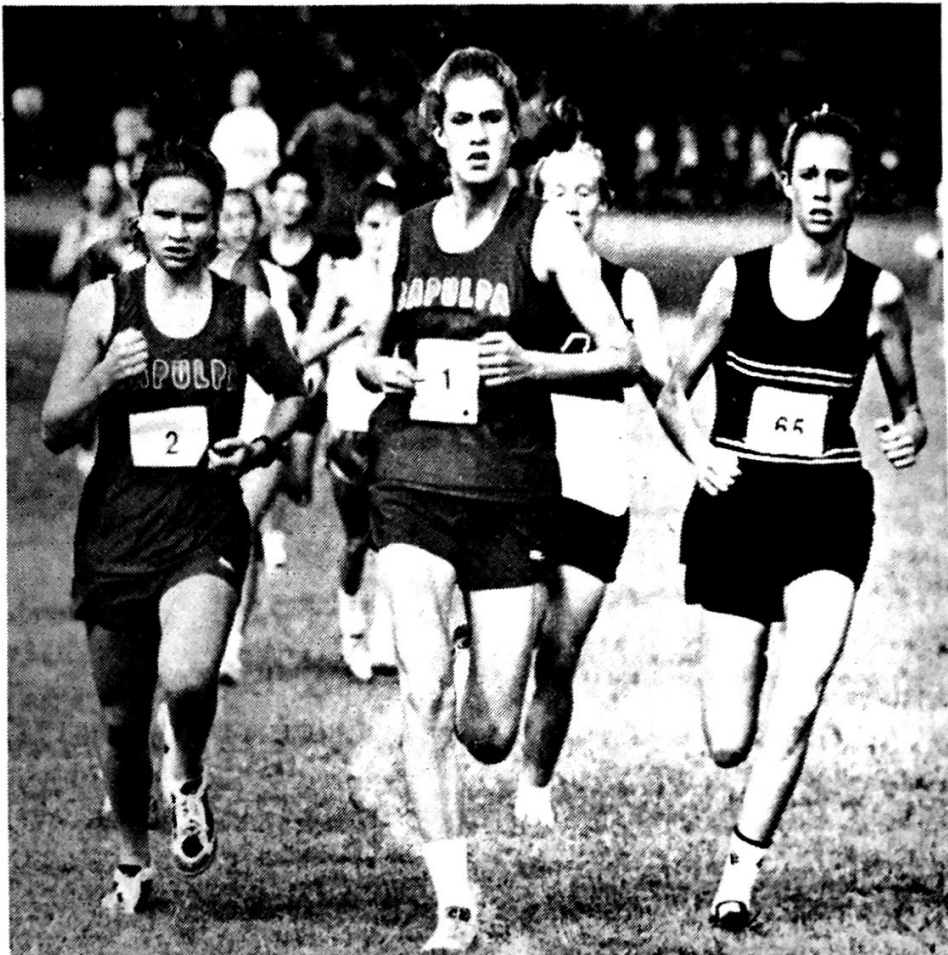
Jordan set meet records at Mustang and the Cowboy Jamboree and had the fastest time overall at ORU. She is undefeated so far, including an impressive win in Dallas at the SMU meet. Kelley's Tracy Kmetz, Pryor's Heather Anderson and Melissa Corlett and Durant's Amber Willis will contend with McGuinness Maggie Kelly for the other top five positions.

## 3A Boys

Defending champion



Amanda Jordan



ORU CC CLASSIC--Westmoore's Summer Suchy (right) won with Sapulpa's Adrienne McVey (middle) second and teammate Michelle Ahlgren was ninth. Photo by John Hoke

Elk City still looks like the team to beat but Little Axe is always a late bloomer and could honestly be a threat come the state meet. Anadarko was not at ORU but will definitely be a factor at state.

Last year's runnerup, Bristow's Albert Kelly, has been on a mission to redeem himself from his hair's breadth loss last year. He's had several impressive finishes so far including a second to Connolly at OSU and a big win at ORU over Elk City's Utah Robinson.

## 3A Girls

Powerful Marlow has been on a slide this season, managing only a one-point win over Little Axe at ORU. The Outlaws will need to step up if they want to repeat as champions this year.

Cascia Hall's Carrie McFall and Sara Jurek went one-two at ORU with Elk City's Amy Kilhoffer third. There is still



Albert Kelly

a lot of talent in this division and it could really be anybody's race.

## 2A Boys

Dickson earned their No. 1 ranking by socking Prague at ORU with their former champion David Lampkin taking the individual win over Prague's Daniel Stone. This will still be a close call at the state meet and will certainly come down to who is having the best day.

Other individual contenders will include Alva's Ryan Bickerstaff and Caney Valley's Joey McNair.

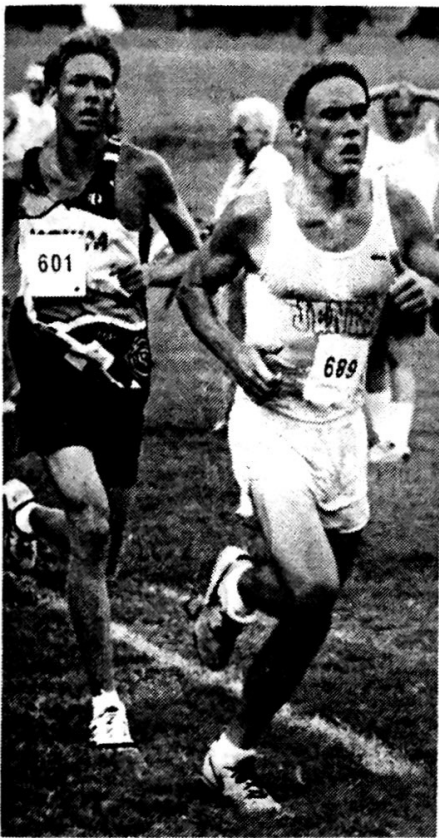
## 2A Girls

Lexington has solidified their hold on the top spot here with convincing win at ORU over challengers Plainview and Warner. Warner's Miley Turnbull eared the top ranking with a solid win over defending champion Tasha Lance of Victory Christian. Plainview's Becky Harvey has to be a factor in the individual race as well.

## A Boys

Hydro is still the team to beat though we've not seen much of them against other A schools so far. Velma-Alma was the top A team at ORU with Tahlequah Sequoyah just a step behind.

Defending champion Herbie Pebeashy of Hydro looks like a good bet to repeat with Sequoyah's Chris Sunrhodes and Velma-Alma's Mylo Miller among the contenders.



ORU CC CLASSIC--Jenk's Clay Cosby (right) won the 5A race over Sapulpa's Ben Lake with the fastest time of the day. Photo by Roger Taylor

## Cross Country Classic ORU Tulsa

10/10/97  
5A Boys

TEAM SCORING: 1. Edmond Memorial 83; 2. Jenks 83; 3. Mustang 138; 4. Bartlesville 140; 5. Enid 198; 6. Sapulpa 204; 7. Norman North 210; 8. Broken Arrow 239; 9. Edmond North 241; 10. Ponca City 254; 11. Owasso 271; 12. Santa Fe 296; 13. Westmoore 304; 14. Norman 328; 15. Union 373; 16. Yukon 461; 17. Rogers 502; 18. Hale 528; 19. Sand Springs 537; 20. Stillwater 563; NS--Muskogee.

INDIVIDUALS: 1. Clay Cosby, Jenks, 16:11; 2. Ben Lake, Sap, 16:15; 3. Jeremy Case, Un, 16:53; 4. Chase Hawkins, EdN, 17:00; 5. Paul Paschal, PonC, 17:01; 6. Ryan Starr, Bart, 17:02; 7. Sean Leigh, EdN, 17:09; 8. Josh Burkhart, EdM, 17:22; 9. Kyle Webb, BA, 17:25; 10. Aaron Peterman, EdM, 17:25; 11. Jonathan Kosciński, NN, 17:26; 12. Brandon Kissack, Bart, 17:34; 13. Forrest Walker, Jenks, 17:37; 14. Jawn Saul, Musk, 17:39; 15. Bryan Mixon, Must, 17:40; 16. Pete Laughlin, Jenks, 17:40; 17. Fare Riazuddin, SF, 17:43; 18. Bryan Buter, Yuk, 17:44; 19. Jeff Crawford, Must, 17:45; 20. Alyn Collins, Enid, 17:47; 21. Brian Wyant, EdM, 17:48; 22. Brady Schmiedeberg, EdM, 17:54; 23. Brad Mixon, Must, 17:56; 24. Andrew Call, NN, 17:56; 25. Travis Powell, EM, 18:00; 26. Luke Hopper, EdM, 18:03; 27. Barrett Hall, Jenks, 18:05; 28. Josh Moseby, Ow, 18:06; 29. Rem Moss, Jenks, 18:08; 30. Grant Hill, Jenks, 18:10; 31. Matt Lammert, Nor, 18:11; 32. Ryan Rice, Wm, 18:12; 33. Derek Sparks, EdM, 18:16; 34. Blake Abshire, NN, 18:19; 35. J.R. Lake, Sap, 18:19; 36. Mike Richard, En, 18:21; 37. Robby Breisch, SS, 18:22; 38. Derek Smith, Sap, 18:26; 39. Jose Cervantes, Must, 18:27; 40. Balke Culp, Bart, 18:27.

### 4A Boys

TEAM SCORING: 1. McGuinness 46; 2. Guthrie 75; 3. Edison 87; 4. Shawnee 153; 5. Noble 180; 6. Altus 192; 7. Western Heights 236; 8. Kelley 250; 9. B.T. Washington 259; 10. Claremore 264; 11. Pryor 283; 12. Catoosa 288; 13. Sallisaw 340; 14. McAlester 352; 15. Grove 376; 16. Poteau 404; 17. Northeast 455; 18. East Central 512; NS--Durant, Tulsa Central.

INDIVIDUALS: 1. Kevin Connolly, McG, 16:39; 2. Krett Lowry, McG, 17:22; 3. George Wright Shaw, 17:30; 4. Phillip

Semien, WH, 17:47; 5. Robert Darbe, Gut, 17:57; 6. Nick Meyer, Gut, 17:59; 7. Beau Brown, Ed, 17:59; 8. John Hamilton, McG, 17:59; 9. Kyle Hawthorne, Altus, 18:00; 10. Levi Lainhart, Shaw, 18:01; 11. Ryan Adams, Kel, 18:04; 12. David Pennington, Ed, 18:05; 13. Ed Wallace, Ed, 18:09; 14. Mike Mayer, Gut, 18:10; 15. Aaron Murray, Cat, 18:11; 16. Pascale Pallor, Sal, 18:17; 17. Zac Bishop, McG, 18:23; 18. Daid Connolly, McG, 18:30; 19. Jonathan Pitman, McG, 18:32; 20. Scott Selman, Kel, 18:33; 21. Chris Johnson, Nob, 18:34; 22. Sterling Pratt, Gut, 18:35; 23. Roy Chatier, Clar, 18:43; 24. Jon Allen, BTW, 18:43; 25. Kevin Howarth, Ed, 18:50; 26. Shane Pratt, WII, 18:50; 27. Trevor Gillum, Dur, 18:59; 28. Mike Donnelly, McG, 18:59; 29. Jeremy Garnaudo, Gut, 19:01; 30. Nik Labus, Gut, 19:21; 31. Rocky James, Ed, 19:23; 32. Jose Dela Cruz, Altus, 19:28; 33. Cody Weaver, Nob, 19:30; 34. Kyle Birkenfeld, Pry, 19:34; 35. Matt Aguero, Pot, 19:37; 36. Nick Cox, Sal, 19:38; 37. Johnathan Pinky, Ed, 19:38; 38. Blake O'Brien, Grove, 19:46; 39. Payt Akin, Clar, 19:48; 40. Eric Hayes, Nob, 19:51.

### 3A Boys

TEAM SCORING: 1. Elk City 38; 2. Little Axe 59; 3. Holland Hall 75; 4. Marlow 85; 5. Edmond Deer Creek 158; 6. Mannford 161; 7. Jay 181; NS--Bristow, Purcell, Cascia Hall.

INDIVIDUALS: 1. Albert Kelly, Bris, 17:17; 2. Utah Robinson, ElkC, 17:52; 3. Chris McClure, LA, 18:01; 4. Jason Lee, Mann, 18:02; 5. Lee Spencer, HH, 18:02; 6. Haneef Abdul-Raheem, LA, 18:06; 7. Chris McHone, ElkC, 18:10; 8. Mike Willis, Mar, 18:11; 9. Mark Bennett, HH, 18:12; 10. Chris Poole, ElkC, 18:24; 11. Richard Schneberger, ElkC, 18:25; 12. Luke Enis, LA, 18:37; 13. Cody McDonald, ElkC, 18:41; 14. Travis Johnson, ElkC, 18:41; 15. Kurt Knop, ElkC, 18:43; 16. Sean Holveck, EDC, 18:51; 17. Will Warren, Pur, 18:58; 18. Greg Spencer, HH, 19:11; 19. M.J. Reynolds, Mar, 19:21; 20. Ron Bullcoming, LA, 19:21; 21. Kevin Minson, Mar, 19:21; 22. Chris Shirley, ElkC, 19:26; 23. Jon Davis, Mar, 19:29; 24. Luke Groom, HH, 19:46; 25. Rubin Smith, Mar, 19:53; 26. Dee Mullens, LA, 19:56; 27. Jacob Newton, LA, 20:10; 28. Scott Martin, Mar, 20:14; 29. Damon Lee, HH, 20:18; 30. Andy Zanolich, CH, 20:20; 31. Josh Freeman, LA, 20:21; 32. John Torres, HH, 20:24; 33. Mikel Lundrum, Jay, 20:25; 34. David Kinsey, Mar, 20:45; 35. Mark Roberts, HH, 20:47; 36. William Staats, Mar, 20:51; 37. Jim Goeller, Jay, 21:01; 38. Thomas Butchko, CH, 21:09; 39. Matt Edwards, EDC, 21:29; 40. Bill Cash, Mann, 21:32.

### 2A-A Boys

TEAM SCORING: 1. Dickson 54; 2. Prague 70; 3. Elgin 109; 4. Velma-Alma 127; 5. Tahlequah Sequoyah 138; 6. Chisholm 147; 7. Oklahoma Christian School 180; 8. Plainview 197; 9. Warner 236; 10. Caney Valley 262; 11. Heritage Hall 270; 12. Lexington 277; NS--Victory Christian, Oktaha, Grace Fellowship, Depew.

INDIVIDUALS: 1. David Lampkin, Dic, 17:10; 2. Daniel Stone, Pra, 17:17; 3. Joey McNair, CV, 17:23; 4. Robert Smith, Par, 17:43; 5. Steve Sawyer, Chis, 17:56; 6. Jason DiMauro, VC, 18:02; 7. Jerry Cook, Dic, 18:13; 8. Derek Lieser, Chis, 18:24; 9. Artiz Stoud, Elg, 18:33; 10. Chris McCormick, Pra, 18:40; 11. Freddie Stephens, Elg, 18:41; 12. Chris Sunrodes, TS, 18:43; 13. Jeremiah Smith, Elg, 18:47; 14. Dustin Dev, Dic, 18:47; 15. Bobby Chapman, Pra, 18:58; 16. Michael Lytle, Dic, 18:59; 17. Thomas Stever, VA, 19:00; 18. Jonathon Oats, War, 19:01; 19. Stephen May, OCS, 19:10; 20. Ryan Love, Dic, 19:18; 21. Taylor Miles, OCS, 19:25; 22. Ben Claycraft, OCS, 19:26; 23. Jordan Garner, War, 19:28; 24. Randy Womack, Pla, 19:28; 25. Travis Conklin, Pla, 19:29; 26. Mylo Miller, VA, 19:29; 27. Stacey Bowman, VA, 19:32; 28. Tyson Sjulin, Pla, 19:33; 29. Jason Littlecock, TS, 19:36; 30. Casey Kirkpatrick, Va, 19:38; 31. Tim Washington, TS, 19:39; 32. Brian Firestone, Va, 19:41; 33. Kacey Miller, VA, 19:48; 34. Jonas Garcia, TS, 19:50; 35. David Goingkeen, Elg, 19:55; 36. Cory Sheffield, Dic, 20:00; 37. David Walingtick, TS, 20:01; 38. Cody Bible, TS, 20:02; 39. Gary Eubank, Dic, 20:02; 40. Cory Lawson, Lex, 20:04.

### 5A Girls

TEAM SCORING: 1. Sapulpa 51; 2. Westmoore 58; 3. Moore 96; 4. Mustang 102; 5. Santa Fe 168; 6. Hale 182; 7. Owasso 215; 8. Edmond Memorial 242; 9. Edmond North 244; 10. Bartlesville 265; 11. Norman North 281; 12. Jenks 295; 13. Broken Arrow 318; 14. Union 334; 15. Yukon 443; 16. Stillwater 358; 17. Ponca City 477; 18. Sand Springs 528; NS--Norman.

INDIVIDUALS: 1. Summer Suchy, Wm, 12:02; 2. Adrienne McVey, Sap, 12:10; 3. Karli Haynes, Moore, 12:15; 4. Allison Franklin, Wm, 12:17; 5. Wendy Scott, Must, 12:18; 6. Brandy Bratton, Hale, 12:24; 7. Amy Bratton, Hale, 12:26; 8. Caroly Remy, NN, 12:28; 9. Michelle Ahlgren, Sap, 12:31; 10. Heather Barnes, Sap, 12:34; 11. Jessica Thompson, Must, 12:40; 12. Laura Beam, EdM, 12:45; 13. Renee Ahlgren, Sap, 12:46; 14. Lindsey Hughes, Wm, 12:47; 15. Mindy Scott, Must, 12:49; 16. Nicole Henry, Moore, 12:52; 17. Mary Hill, Sap, 12:52; 18. Kristi Turner, Wm, 12:55; 19. Jennifer Ward, SF, 12:57; 20. Christine Novara, Ow, 12:58; 21. Valerie Gutierrez, Wm, 12:59; 22. Karl Hart, Must, 13:01; 23. Kendra Maple, Bart,

13:01; 24. Juliet Valenzuela, Moore, 13:05; 25. Heather Miles, Moore, 13:09; 26. Cydney Adair, Sap, 13:16; 27. Jennifer Ahlgren, Sap, 13:18; 28. Julie Cardenas, Moore, 13:19; 29. Sharalee Sparks, Moore, 13:23; 30. Suzanne Stroup, Moore, 13:24; 31. Christie Domina, SF, 13:27; 32. Kelli O'Rourke, Jenks, 13:28; 33. Natalie Henry, Moore, 13:28; 34. Daniella Calderon, SF, 13:29; 35. Charlene Woodson, SF, 13:29; 36. Leah Carr, Yuk, 13:30; 37. Rachel Clinton, EdN, 13:38; 38. Melissa Webb, Bart, 13:39; 39. Joanna Dossett, Ow, 13:42; 40. Cristina Klos, EdM, 13:45.

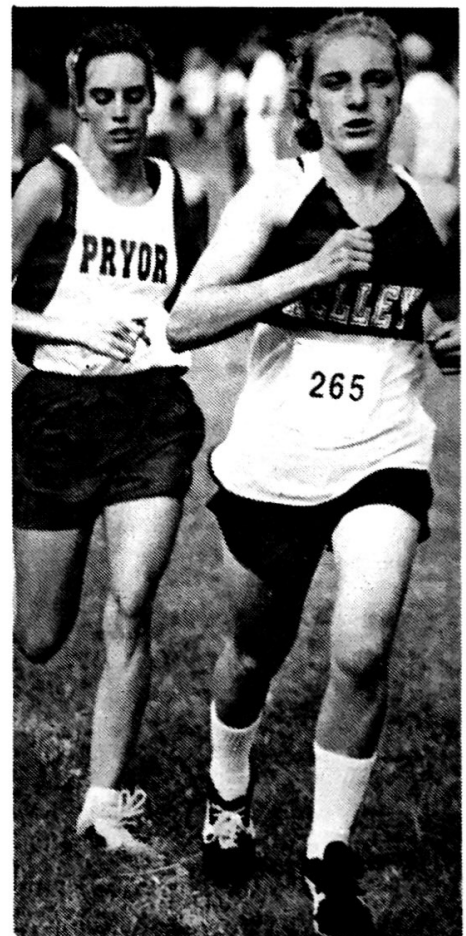
### 4A Girls

TEAM SCORING: 1. McGuinness 42; 2. Pryor 67; 3. Grove 79; 4. Kelley 123; 5. Noble 156; 6. Western Heights 159; 7. Guthrie 167; 8. Edison 197; 9. Altus 271; 10. Claremore 289; 11. Okmulgee 289; 12. Catoosa 346; 13. B.T. Washington 349; 14. East Central 364; 15. Sallisaw 389; NS--Durant, Shawnee, McAlester, Poteau.

INDIVIDUALS: 1. Amanda Jordan, McG, 11:58; 2. Tracy Kmetz, Kel, 12:52; 3. Heather Anderson, Pry, 12:56; 4. Melissa Corlett, Pry, 12:59; 5. Amber Willis, Dur, 13:02; 6. Maggie Kelley, McG, 13:04; 7. Lori Weaver, Nob, 13:05; 8. Carly McCulley, Gr, 13:06; 9. Abby Nutter, Pry, 13:12; 10. Sharon Young, Gut, 13:19; 11. Brooke Boothe, McG, 13:23; 12. Kelly Long, McG, 13:29; 13. Michelle Fields, Gr, 13:29; 14. Kara Nutter, Pry, 13:34; 15. Jaimi Clark, Nob, 13:41; 16. Lindsay Peterson, McG, 13:45; 17. Angie Kmetz, Kel, 13:48; 18. Abby Robertson, Gr, 13:54; 19. Celeste Pasquale, Shaw, 13:57; 20. Ester Shaw, WH, 14:03; 21. Maureen Martin, McG, 14:07; 22. Karen Baumeister, McG, 14:12; 23. Mackenzie McCulley, Gr, 14:14; 24. Katie Smith, McA, 14:15; 25. Kim Thomas, McA, 14:15; 26. Angie Drake, Gr, 14:16; 27. Anidi Smith, Ed, 14:25; 28. Amy Saxon, WH, 14:27; 29. Mary Shaw, WH, 14:28; 30. Lindsey Davis, Gut, 14:30; 31. Scarlet Prock, Gut, 14:30; 32. Jennifer Dalby, Ed, 14:33; 33. Joanna Fedick, Cat, 14:36; 34. Stephanie Fink, EC, 14:42; 35. Lindsey Funk, Kel, 14:42; 36. Sarah Northcutt, Gr, 14:43; 37. Cassie West, Gr, 14:47; 38. Sherry Dennis, McG, 14:49; 39. Alison Carney, Altus, 14:51; 40. Kim Reagan, Okm, 14:57.

### 3A Girls

TEAM SCORING: 1. Marlow 61; 2. Little Axe 62; 3. Cascia Hall 106; 4. Elk City 114; 5. Edmond Deer Creek 124;



ORU CC CLASSIC--Kelley's Tracy Kmetz (right) leads Pryor's Heather Anderson en route to a two-three finish in the 4A girls race. Photo by John Hoke





Carrie McFall

6. Holland Hall 130; 7. Jay 163; 8. Bristow 192; 9. Berryhill 212; NS--Purcell, Mannford, Metro Christian.

**INDIVIDUALS:** 1. Carrie McFall, CH, 12:34; 2. Sara Jurek, CH, 12:59; 3. Amy Kilhoffer, ElkC, 13:04; 4. Jennifer Roberts, HH, 13:09; 5. Susan Morford, LA, 13:17; 6. Jai Scott, Ber, 13:20; 7. Leah McCauley, Mar, 13:24; 8. Hillary Cochran, LA, 13:25; 9. Ashlee Maberry, ElkC, 13:32; 10. Melissa Hinds, Mar, 13:40; 11. Brandi McNair, Mar, 13:45; 12. Michelle Parkins, LA, 13:46; 13. Amanda Lowry, EDC, 13:48; 14. Kendal Kelly, Bri, 13:54; 15. Maria Sanchez, Mar, 14:05; 16. Beth Murphy, HH, 14:09; 17. Jessica Upton, LA, 4:09; 18. Amber Staats, Mar, 14:14; 19. Amber Vanderslice, Mar, 14:15; 20. Jessica Mania, LA, 14:15; 21. Jessica Guthrie, EDC, 14:20; 22. Kate Rusley, HH, 14:22; 23. Amanda Benson, EDC, 14:24; 24. Ashley Upton, LA, 14:25; 25. Amy Dunaway, Pur, 14:28; 26. Krystle Panther, Jay, 14:29; 27. Mary Creel, MC, 14:29; 28. Tina Tiner, Mann, 14:33; 29. Jennie Shireman, ElkC, 14:37; 30. Kristina Rubel, Jay, 14:39; 31. Margo Wahpeceche, LA, 14:41; 32. Jessica Franck, EDC, 14:43; 33. Emily McBride, CH, 14:43; 34. Ane Dunaway, Pur, 14:56; 35. Traci Six, Jay, 14:57; 36. Shannon Murray, Bris, 15:02; 37. Amanda Cantrell, ElkC, 15:03; 38. Nikke Lippert, CH, 15:07; 39. Jade Lindly, Jay, 15:18; 40. Lauri Cannon, Ber, 15:18.

#### 2A-A Girls

**TEAM SCORING:** 1. Lexington 49; 2. Velma-Alma 58; 3. Plainview 72; 4. Warner 85; 5. Elgin 149; 6. Chisholm 159; 7. Dickson 184; 8. Oklahoma Christian School 212; NS--Victory Christian, Depew, Caney Valley, Grace Fellowship, Tahlequah Sequoyah, Oktaha, Prague.

**INDIVIDUALS:** 1. Miley Turnbull, War, 12:32; 2. Tasha Lance, VC, 12:52; 3. Cindy Fuller, VA, 13:03; 4. Amber Thacker, VA, 13:09; 5. RaeAnn McCurry, VA, 13:18; 6. Becky Harvey, Pla, 13:27; 7. Angie Payne, Depew, 13:31; 8. Lindsey Hicks, Dic, 13:32; 9. Amanda Wedel, Lex, 13:40; 10. Vera Waller, Pla, 13:43; 11. Audrey Lewis, Lex, 13:44; 12. Melissa Muel, Lex, 13:45; 13. Kristi Beckham, Lex, 13:56; 14. Angel Bonner, Lex, 14:01; 15. Lindsey Voss, Chis, 14:01; 16. Michelle Cox, Lex, 14:04; 17. Karly Roberts, War, 14:06; 18. Amber Carroll, Lex, 14:08; 19. Tiffany Hurst, Elg, 14:10; 20. Nickie George, Pla, 14:11; 21. Morgan McAffrey, War, 14:12; 22. Candice Cox, Pla, 14:16; 23. Lyndsey Ellis, Pla, 14:20; 24. Kari Sawyer, Chis, 14:24; 25. Tiffany Fox, War, 14:27; 26. Virginia Snider, VA, 14:34; 27. Amy Kittrell, CV, 14:39; 28. Jalynne Horn, VA, 14:43; 29. Sarah Leis, Elg, 14:45; 30. Stephanie Glease, War, 14:48; 31. Missy Thacker, VA, 14:51; 32. Lyrisha Lampkin, Pla, 14:52; 33. Chris Linke, VA, 14:53; 34. Cindy Coffman, War, 14:54; 35. Brandi George, Pla, 14:59; 36. Lindsay Goodier, GF, 15:00; 37. Lisa Rhodd, TS, 15:00; 38. Kristie Wood, Pla, 15:09; 39. Lydia Anderson, Oktaha, 15:13; 40. Lori Wilson, VA, 15:20.

## Watonga Invitational Watonga High School 10/11/97 Boys

**TEAM SCORING:** 1. Elk City 37; 2. Anadarko 60; 3. Hydro 70; 4. Weatherford 89; 6. Riverside 103; 7. Guymon 167; NS--Timberlake, Fairview, Freedom, Beaver, Watonga, Carnegie, Hinton, Alva, Okene.

**INDIVIDUALS:** 1. Herbie Pebeashy, Hy, 16:36; 2. Theodore Roundface, Ana, 17:14; 3. Utah Robinson, ElkC, 17:16; 4. Kurt Knop, ElkC, 17:24; 5. Matt Donley, Wea, 17:26; 6. Jonathan Bolden, Hy, 17:29; 7. Dustin Moore, Ana, 17:34; 8. Travis Johnson, ElkC, 17:31; 9. Hector Braveheart, Riv, 17:32; 10. Chris Poole, ElkC, 17:34; 11. David Gouge, Ana, 17:45; 12. Richard Schneberger, ElkC, 17:48; 13. Chris McIlone, ElkC, 17:57; 14. JimBob Coleman, Wat, 17:59; 15. Aaron Danford, Riv, 18:00; 16. Blake Farris, Wea, 17:05; 17. Lucas



ORU CC CLASSIC--The 5A boys race is packed at the 200 meter mark. Photo by John Hoke

Bliss, Car, 18:06; 18. Chris Shirley, ElkC, 18:07; 19. Daniel Davis, Riv, 18:13; 20. Walt Ginn, Hy, 18:15; 21. Richard Means, Ana, 18:17; 22. Chris Tookalo, Hy, 18:24; 23. Robert Pecina, Ana, 18:24; 24. Josh Williams, Wea, 17:26; 25. Cody McDonald, ElkC, 18:27; 26. Josh Frame, Wea, 18:34; 27. Jeremy Trout, Wea, 17:37; 28. Mike Goosen, Hy, 18:40; 29. Thomas King, Hy, 18:47; 30. Brant Littrell, Guy, 18:54.

#### Girls



Jamie Lucero

**TEAM SCORING:** 1. Weatherford 37; 2. Elk City 74; 3. Canton 84; 4. Jones 129; 5. Deer Creek-Lamont 152; 6. Alva 159; 7. Guymon 162; 8. Beaver 177; 9. Hinton 227; 10. Glenpool 233; 11. Freedom 302; NS--Stratford, Fairview, Anadarko, Buffalo, Hydro, Carnegie, Canute, Timberlake, Watonga.

**INDIVIDUALS:** 1. Jamie Lucero, Guy, 12:40; 2. Amy Kilhoffer, 12:49; 3. Ashlee Maberry, ElkC, 12:52; 4. Krista Rowe, Stra, 12:59; 5. Carman Zamora, Wea, 13:08; 6. Jennifer Shaffer, Wea, 13:15; 7. Kisha Sharp, Car, 13:21; 8. Jennifer Johnson, Jones, 13:25; 9. Cassie Prophet, Bug, 13:26; 10. Angie Framman, Wea, 13:30; 11. Jennie Shireman, ElkC, 13:30; 12. Kelly Moore, Can, 13:32; 13. Nikki Wright, Hy, 13:32; 14. Crystal Sweeney, Hy, 13:39; 15. Morgan Brown, Wea, 13:41; 16. Shanna Vassar, Wea, 13:41; 17. Ashley Harrison, Bea, 13:48; 18. Micah Wyatt, Hy, 13:54; 19. Katy Jones, Jones, 13:56; 20. Tricia Thomason, Hin, 14:01; 21. Brooke Tebow, DCL, 14:02; 22. Julie Crelly, Can, 14:04; 23. Caly Christensen, Wea, 14:05; 24. Rikki Ashby, Can, 14:07; 25. L. Christensen, Wea, 14:07; 26. Vanessa Gregory, Tim, 14:08; 27. Jordan Garrett, Can,

14:10; 28. Heather Canada, Can, 14:10; 29. Leanna Edler, Canute, 14:11; 30. Kim Kuehn, Wat, 14:13.

## Cowboy Jamboree OSU Stillwater 10/4/97 5A Boys

**TEAM SCORING:** 1. Moore 50; 2. Edmond Memorial 66; 3. Bartlesville 105; 4. Midwest City 110; 5. Broken Arrow 135; 6. Sapulpa 136; 7. Ponca City 143; 8. Westmoore 176; 9. Stillwater 181.

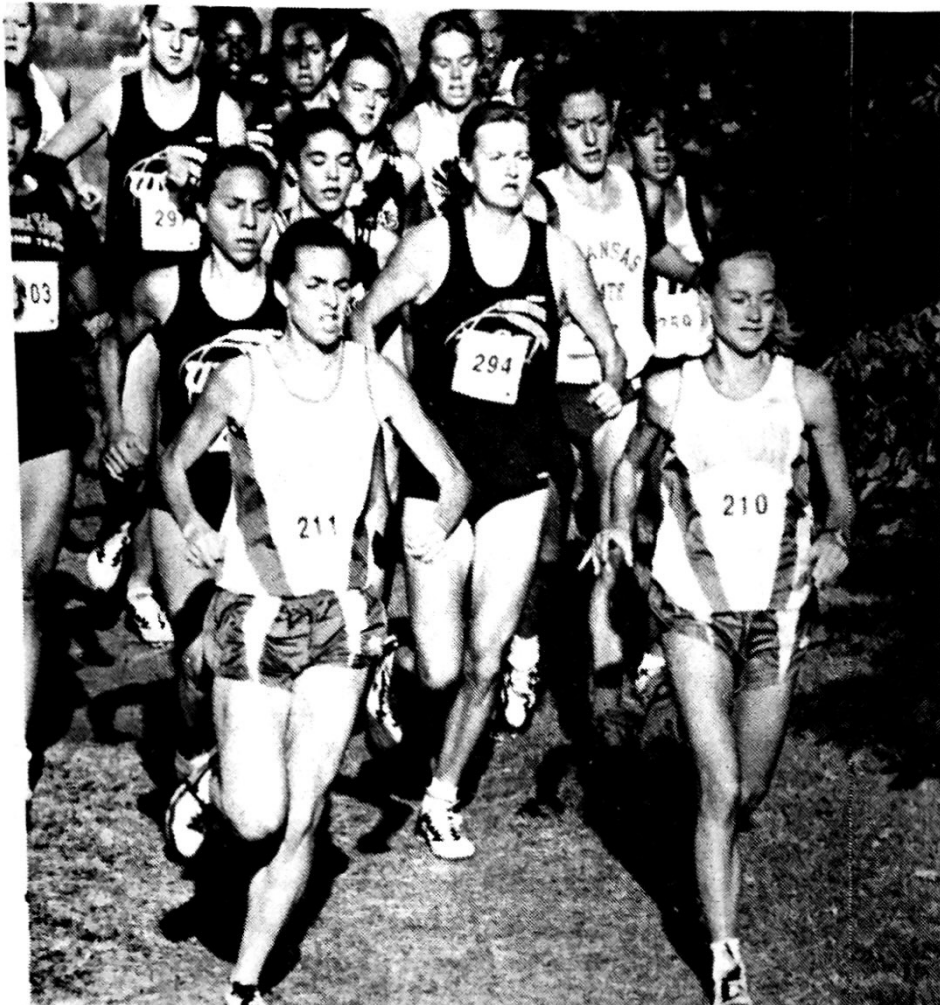
**INDIVIDUALS:** 1. Ben Lake, Sap, 16:09; 2. Chris McWalters, Moore, 16:50; 3. Jimmy Martinez, Moore, 16:59; 4. Paul Paschal, PonC, 17:01; 5. Ryan Starr, Bart, 17:07; 6. Eric Delgado, MWC, 17:19; 7. Aaron Peterman, EdM, 17:19; 8. Kyle Webb, BA, 17:29; 9. Brian Wyant, EdM, 17:32; 10. Mike Mitchell, MWC, 17:34; 11. Sean Walker, Moore, 17:35; 12. Chris Wright, BA, 17:42; 13. Jeremy McKinney, Bart, 17:3; 14. Derek Sparks, EdM, 14:44; 15. Jhawn Saul, Musk, 17:45; 16. Blake Culp, Bart, 17:50; 17. Roman Escalera, Moor, 17:50; 18. Luke Hoper, EdM, 17:51; 19. Gabe Marshall, Moore, 17:59; 20. Brady Schmiedberg, EdM, 18:00; 21. J.R. Lake, Sap, 18:06; 22. Kyle Massie, MWC, 18:08; 23. Christian Westhoff, EdM, 18:08; 24. Desean Lusk, MWC, 18:12; 25. Ryan Rice, Wm, 18:12; 26. Chris Buck, PonC, 18:13; 27. Travis Powell, EdM, 18:17; 28. Matt Jungers, Stw, 18:21; 29. Martin Williams, Stw, 18:24; 30. Phillip Cain, Bart, 18:30; 31. Justin McReynolds, Wm, 18:35; 32. Nathan Zimmerman, PonC, 18:40; 33. Jamar Jones, Sap, 18:45; 34. Josh Barnett, Wm, 18:47; 35. Brett Leemaster, Moore, 18:48.

#### 4A Boys

**TEAM SCORING:** 1. McGuinness 26; 2. Elk City 37; 3. Little Axe 92; 4. Holland Hall 100; 5. Altus 125; 6. Pryor 160; 7. Lexington 192; NS--Bristow; Duncan, Victory Christian, Pampa (Tx); Ft. Gibson, Guymon.

**INDIVIDUALS:** 1. Kevin Connolly, McG, 16:37; 2. Albert Kelly, Bris, 16:50; 3. Brett Lowry, McG, 16:53; 4. Utah Robinson, ElkC, 17:29; 5. Patrick Eberle, McG, 17:38; 6. Kyle Hawthorne, Altus, 17:50; 7. Kurt Knop, ElkC, 17:52; 8. Richard Schneberger, ElkC, 17:53; 9. Travis Johnson, ElkC, 17:55; 10. Joson DiMauro, VC, 18:01; 11. Jonathan Pitman, McG, 18:01; 12. John Hamilton, McG, 18:02; 13. Lee Spencer, Hll, 18:06; 14. Mark Bennett, Hll, 18:10; 15. Cody McDonald, LA, 18:15;

Continued on next page



**COWBOY JAMBOREE--**The university women are in a bunch at 1,000 meters. Photo by John Hoke

16. Chris McClure, LA, 18:15; 17. Zack Bishop, McG, 18:17; 18. Chris Mattione, ElkC, 17:17; 19. Mike Donnelly, McG, 18:20; 20. Luke Ennis, LA, 18:25; 21. Haneef Abdul-Raheem, LA, 18:37; 22. Kelly McClelland, Pam, 18:39; 23. Ron Bullcoming, LA, 18:40; 24. Scott Caldwell, FG, 18:55; 25. Brant Littrell, Guy, 19:03; 26. Juan Silva, Pam, 19:11; 27. Bryan Gibson, LA, 19:17; 28. Dee Mullens, LA, 19:24; 29. Jose Dela Cruz, Altus, 19:25; 30. Luke Groom, HH, 19:35; 31. Greg Spencer, HH, 19:36; 32. Marshall Thompson, Altus, 19:38; 33. Kyle Birkenfeld, Pry, 19:38; 34. Chris Shirley, ElkC, 19:48; 35. Damon Lee, HH, 19:55

#### 5A Girls

**TEAM SCORING:** 1. Sapulpa 32; 2. Westmoore 34; 3. Moore 63; Stillwater 95; 5. Bartlesville 139; 6. Broken Arrow 155; 7. Ponca City 202; NS--Midwest City, Edmond Memorial  
**INDIVIDUALS:** 1. Summer Suchy, Wm, 11:39; 2. Adrienne McVey, Sap, 11:45; 3. Allison Franklin, Wm, 11:49; 4. Michelle Ahlgren, Sap, 11:59; 5. Karli Haynes, Moore, 12:00; 6. Heather Barnes, Sap, 12:11; 7. Mary Hill, Sap, 12:16; 8. Nichole Henry, Moore, 12:21; 9. Martha Robinson, MWC, 12:28; 10. Valerie Gutierrez, Wm, 12:28; 11. Lindsey Hughes, Wm, 12:29; 12. Kristi Turner, Wm, 12:29; 13. Laura Beam, EdM, 12:30; 14. Kendra Maple, Bart, 12:31; 15. Renee Ahlgren, Sap, 12:33; 16. Jennifer Ahlgren, Sap, 12:48; 17. Heather Miles, Moore, 12:52; 18. Liz Weis, Stw, 12:54; 20. Julie Valenzuela, Moore, 12:56; 21. Julie Cardenas, Moore, 12:59; 22. Melissa Webb, Bart, 13:01; 23. Kristin Scott, Stw, 13:04; 24. Cydney Adair, Sap, 13:05; 25. Diana Hall, BA, 13:07; 26. Cristina Klos, EdM, 13:11; 27. Tonya Schmeder, BA, 13:19; 28. Amanda Robinson, EdM, 13:25; 29. Katie Kelly, Stw, 13:25; 30. Hallie Hutchens, Stw, 13:27; 31. Kristin Wilkinson, Stw, 13:29; 32. Lindsey Shelters, Moore, 13:32; 33. Jamie Reavis, EdM, 13:35; 34. Megan Miller, Stw, 13:37; 35. Amanda Cobb, PonC, 13:37

#### 4A Girls

**TEAM SCORING:** 1. McGinness 47; 2. Pampa (Tx) 84; 3. Pryor 84; 4. Lexington 101; 5. Little Axe 112; 6. Elk City 122; 7. Holland Hall 183; 8. Bristow 219; 9. Guymon 234;

NS--Ft. Gibson, Oktaha, Victory Christian, Berryhill, Duncan.

**INDIVIDUALS:** 1. Amanda Jordan, McG, 11:34 (new course record); 2. Camille Herron, Dun, 11:50; 3. Heather Anderson, Pry, 12:07; 4. Tasha Lance, VC, 12:16; 5. Amy Kilhoffer, ElkC, 12:17; 6. Maggie Kelley, McG, 12:21; 7. Melissa Corlett, Pry, 12:21; 8. Jennifer Roberts, HH, 12:27; 9. Angel Bonner, Lex, 12:27; 10. Beth Lee, Pam, 12:29; 11. Jai Scott, Berry, 12:30; 12. Susan Morford, LA, 12:31; 13. Jenny Fairhere, Pam, 12:34; 14. Hillary Cochran, LA, 12:34; 15. Ashlee Mabery, ElkC, 12:40; 16. Karen Baumeister, McG, 12:40; 17. Kelly Long, McG, 12:40; 18. Maureen Martin, McG, 12:42; 19. Lindsay Peterson, McG, 12:44; 20. Samantha Hurst, Pam, 12:46; 21. Kara Nutter, Pry, 12:48; 22. Abby Nutter, Pry, 12:54; 23. Amanda White, Pam, 12:56; 24. Brooke Boothe, McG, 12:56; 25. Audrey Lewis, Lex, 13:00; 26. Kristi Beckham, Lex, 13:08; 27. Amanda Wedel, Lex, 13:09; 28. Melissa Manuel, Lex, 13:10; 29. Jennie Shireman, ElkC, 13:11; 30. Michelle Cox, Lex, 13:14; 31. Michelle Parkins, LA, 13:15; 32. Anna Reser, Pam, 13:25; 33. Amber Carroll, Lex, 13:30; 34. Necia Chronister, LA, 13:35; Kendal Kelly, Bris, 13:35.

## Braman Invitational Braman High School

10/4/97

#### Boys

**TEAM SCORING:** 1. Braman 15; NS--Wakita, Glencoe, Deer Creek-Lamont, Perry.

**INDIVIDUALS:** 1. Shawn Hern, Wak, 18:37; 2. Jimmy Sandborn, Bra, 19:40; 3. Edward Wright, Glen, 19:44; 4. Dan Hern, Wak, 19:56; 5. Dave Dodson, Perry, 21:32; 6. Ben Stone, Per, 22:05; 7. Andy Holden, Bra, 22:36; 8. Justin, Glen, 22:08; 9. Alan Holden, Bra, 22:39; 10. A.J. Gummow, Bra, 22:39.

#### Girls

**TEAM SCORING:** 1. Wakita 28; 2. Deer Creek-Lamont 29.  
**INDIVIDUALS:** 1. Erin Rapp, Wak, 13:00; 2. Brooke

Tebow, DCL, 13:11; 3. Emily Lanie, Wak, 13:43; 4. Rachel Stockwell, DCL, 13:45; 5. Meg, Wak, 14:30; 6. Ashley Teft, DCL, 14:19; 7. Vesta Willosn, Wak, 14:44; 8. Esther Sproull, DCL, 14:58; 9. Buffy Silks, DCL, 15:10; 10. Natalie Sinor, DCL, 15:12.

## B.T. Washington Invite Tulsa 9/27/97

#### 4A-5A Boys

**TEAM SCORING:** 1. Edison 26; 2. Guthrie 29; 3. B.T. Washington 94; 4. Tulsa Memorial 150; 5. East Central 155; 6. Muskogee 167.

**INDIVIDUALS:** 1. Beau Brown, Ed, 17:27; 2. Robert Darbe, Gut, 17:42; 3. Avid Pennington, Ed, 17:50; 4. Nick Meyer, Gut, 17:53; 5. Ed Wallace, Ed, 18:01.

#### 4A-5A Girls

**TEAM SCORING:** 1. Edison 34; 2. Guthrie 37; 3. B.T. Washington 83; 4. Tulsa Memorial 105.

**INDIVIDUALS:** 1. Shavon Young, Gut, 12:44; 2. Heidi Martinson, Ed, 12:50; 3. Jennifer Dalby, Ed, 13:44; 4. Andi Smith, Ed, 13:46; 5. Lindsey Davis, Gut, 14:08.

#### 3A Boys

**TEAM SCORING:** 1. Riverside 26; 2. Mannford 41.

**INDIVIDUALS:** 1. Jason Lee, Man, 17:29; 2. Justin McKinney, Man, 17:36; 3. Hector Braveheart, Rive, 18:30.

#### 3A Girls

**TEAM SCORING:** 1. Mannford 26; 2. Berryhill 42.

**INDIVIDUALS:** 1. Jai Scott, Ber, 12:49; 2. Nichole Rader, Man, 13:32; 3. Tina Tiner, Man, 14:04.

## Chisholm Invitational Chisholm HS

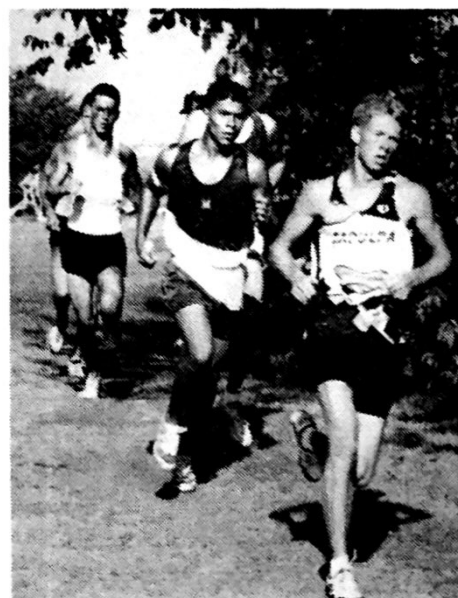
10/4/97

#### Girls

**TEAM SCORING:** 1. Hydro 49; 2. Chisholm 56; 3. Canton 61; 4. Wakita 69; 5. Deer Creek-Lamont 113; NS--Depew, Laverne, Buffalo, Blackwell.

**INDIVIDUALS:** 1. Angie Payne, Depew, 13:28; 2. Tonya Bentley, Lav, 13:30; 3. Kristen Barby, Lav, 13:49; 4. Erin Rapp, Wak, 13:52; 5. Lindsey Voss, Chis, 13:58; 6. Crystal Sweeney, Hy, 14:06; 7. Kari Sawyer, Chis, 14:08; 9. Cassie Prophet, Buf, 14:10; 10. Nikki Wright, Hy, 14:25; 11. Kelly Moore, Can, 14:29; 12. Meg Feist, Wak, 14:36; 13. Rikki Ashby, Can, 14:41; 14. Brook Bright, Hy, 14:45; 15. Emily Lanie, Wak, 14:51; 16. Jordan Garrott, Can, 14:55; 17. Rachel Stockwell, DCLA, 14:59; 18. Cindy Looper, Blackwell, 15:00; 19. Courtney Metscher, Chis, 15:09; 20. Jennifer Thompson, Chis, 15:11.

#### Boys



**COWBOY JAMBOREE--**Sapulpa's Ben Lake (right) was the eventual winner with Moore's Jimmy Martinez (middle) finishing third. Photo by John Hoke



**TEAM SCORING:** 1. Hydro 22; 2. Chisholm 36; NS—Glencoe, Wakita, Braman, Timberlake.

**INDIVIDUALS:** 1. Herbie Pebeashy, Hy, 16:54; 2. Steve Sawyer, Chis, 17:18; 3. Jonathan Bolden, Hy, 17:46; 4. Shawn Hern, Wak, 17:52; 5. Chris Tookalo, Hy, 18:08; 6. Derek Lieser, Chis, 18:09; 7. Walt Ginn, Hy, 18:49; 8. Jerame Dunkin, Chis, 18:55; 9. Edward Wright, Glencoe, 19:02; 10. Mike Gossen, Hy, 19:06; 11. Thomas King, Hy, 19:08; 12. Jimmy Sandborn, Braman, 19:21; 13. Josh Sawyer, Chis, 19:23; 14. Steven King, Hy, 19:39; 15. Jared Lieser, Chis, 19:50; 16. Dane McCreary, Chis, 20:10; 17. Dan Hem, Wak, 20:19; 18. Chad Zimmer, Hy, 20:41; 19. Daniel Bartell, Chis, 20:46; 20. Chad Eastin, Tim, 20:52.

## Dickson Invitational Dickson High School 9/27/97 Boys

**TEAM SCORING:** 1. Dickson 31; 2. Elgin 71; 3. Velma-Alma 80; 4. Lindsay 104; 5. Plainview 117; 6. Healdton 180; 7. Ardmore 189; 8. Tishomingo 195; 9. Stratford 232.

**INDIVIDUALS:** 1. David Lampkin, Dic, 17:20; 2. Jeremiah Johnson, Elg, 17:41; 3. James Lampkin, Dic, 17:59; 4. Kevin Rolan, Lin, 18:08; 5. Mylo Miller, VA, 18:15; 6. Jerry Cook, Dic, 18:19; 7. Freddie Stephens, Elg, 18:24; 8. Ryan Tish, 18:28; 9. Artiz Stroud, Elg, 18:30; 10. Alan Ratcliff, Dic, 18:41; 11. Dustin Dew, Dic, 18:44; 12. Michael Lytle, Dic, 18:46; 13. Greg Ballard, Heal, 18:47; 14. Kacey Miller, Va, 18:52; 15. Unknown, 16. Randy Womack, Pla, 18:57; 17. Travis Conklin, Pla, 19:00; 18. Matt Brackman, Lin, 19:04; 19. Casey Kirkpatrick, VA, 19:10; 20. Tyson Sjuln, Pla, 19:14; 21. Ryan Wilkes, Ard, 19:15; 22. Brian Firestone, VA, 19:21; 23. Jay Dennis, VA, 19:21; 24. Brandon Winn, Lin, 19:36; 25. Cory Sheffield, Dic, 19:51.

### Girls

**TEAM SCORING:** 1. Velma-alma 56; 2. Plainview 57; 3. Tishomingo 89; 4. Ardmore 138; 5. Lindsay 143; 6. Elgin 152; 7. Sulphur 179; NS—Healdton, Stratford.

**INDIVIDUALS:** 1. Becky Harvey, Pla, 12:34; 2. Sonya Peterson, Hea, 12:42; 3. RaeAnn McCurry, VA, 12:58; 4. Tia Holman, Ard, 13:01; 5. Krista Rowe, Stra, 13:14; 6. Lindsay Hicks, Dic, 13:18; 7. Amber Thacker, VA, 13:18; 8. Jalyne Horn, VA, 13:28; 9. Marda Traylor, Lin, 13:29; 10. Candice Cox, Pla, 13:36; 11. Vera Waller, Pla, 13:40; 12. Cindy Fuller, VA, 13:52; 13. T. Heffington, Tish, 13:56; 14. K. Cook, Tish, 13:57; 15. Taffany Johnson, Ard, 13:59; 16. Tiffany Hurst, Elg, 14:01; 17. Krista Wood, Pla, 14:03; 18. Nickie George, Pla, 14:05; 19. Lychrisa, Tish, 14:06; 20. Rachael Riddle, Lin, 14:07; 21. D. Hinter, Tish, 14:10; 22. L. Landreth, Tish, 14:14; 23. Brandie George, Pla, 14:15; 24. Amy, Sul, 14:18; 25. Beth Migliorino, Ard, 14:19.



*COWBOY JAMBOREE--The university men at the 1,000 meter mark. Photo by John Hoke*

## Dog Pack Run Edmond Mitch Park 10/4/97 Boys

**TEAM SCORING:** 1. Jenks 32; 2. Edmond Memorial 80; 3. Enid 90; 4. Mustang 98; 5. Edmond North 106; 6. Santa Fe 156; 7. Casady 209; 8. Eisenhower 216; 9. Shawnee 243; 10. Edmond Deer Creek 258; 11. Lawton 330.

**INDIVIDUALS:** 1. Casby, Jenks, 16:38; 2. Collins, Enid,

17:04; 3. Leigh, EdN, 17:03; 4. Hawkins, EdN, 17:19; 5. Burkhardt, EdM, 17:42; 6. Walker, Jenks, 17:48; 7. Hall, Jenks, 17:48; 8. Laughlin, Jenks, 17:49; 9. Burns, EdM, 17:52; 10. Moll, Jenks, 17:54; 11. Crawford, Must, 17:56; 12. Richard, Eid, 18:05; 13. Hale, Jenks, 18:09; 14. Riazuddin, SF, 18:16; 15. Mixon, Must, 18:18; 16. Caldwell, SF, 18:20; 17. Kahn, EdM, 18:21; 18. Cox, EdN, 18:23; 19. Holveck, EDC, 18:24; 20. Murray, Jenks, 18:25; 21. Mixon, Must, 18:28; 22. Heney, EdM, 18:29; 23. Swaggert, Enid, 18:35; 24. Wolf, Enid, 18:38; 25. Cervantes, Must, 18:40.

### Girls

**TEAM SCORING:** 1. Mustang 55; 2. Santa Fe 64; 3. Edmond North 65; 4. Casady 86; 5. Edmond Deer Creek 125; 6. Jenks 127; 7. Shawnee 204; 8. Edmond Memorial 221; 9. Yukon 223; NS—Eisenhower.

**INDIVIDUALS:** 1. Clinton, EdN, 12:42; 2. Ward, SF, 12:50; 3. M. Scott, Must, 12:52; 4. Ferguson, Cas, 12:55; 5. O'Rourke, Jenks, 12:57; 6. Thompson, Must, 13:08; 7. Hart, Must, 13:06; 8. Calderon, SF, 13:18; 9. Duncan, Cas, 13:24; 10. Domina, SF, 13:31; 11. Lowry, EDC, 13:35; 12. Woodson, SF, 13:39; 13. Hunter, EdN, 13:41; 14. Wendelken, 13:42; 15. Nichols, Must, 13:43; 16. Allen, EdN, 13:43; 17. Alvarez, Ike, 13:45; 18. Brewer, EdN, 13:53; 19. Hansen, EdN, 13:55; 20. Guthrie, EDC, 13:59; 21. Jacobson, Jenks, 14:01; 22. Parekh, Cas, 14:05; 23. Baru.

## East Central Invite Tulsa O'Brien Park 10/4/97 Girls

**TEAM SCORING:** 1. Warner 48; 2. Owasso 67; 3. Grove 69.

**INDIVIDUALS:** 1. Turnbull, War, 13:03; 2. McCulley, Gr, 13:10; 3. Novara, Ow, 13:13; 4. Kmetz, Kelley, 13:14; 5. McFall, Cascia Hall, 13:14; 6. Jurek, CH, 13:41; 7. Lease, War, 13:47; 8. Fields, Gr, 13:50; 9. Dossett, Ow, 14:02; 10. Roberts, War, 14:06.

### Boys

**TEAM SCORING:** 1. Owasso 56; 2. Rogers 101; 3. Mannford 132.

**INDIVIDUALS:** 1. McNair, Caney Valley, 17:06; 2. Lee,



*MUSTANG INVITATIONAL--The 4A boys race in the first 200 meters. Photo by John Hoke*

Continued on page 10

## Girls Individual Cross Country Rankings

### A

1. **Cindy Fuller**  
*Velma-Alma*
2. **Rae Ann McCurry**  
*Velma-Alma*
3. **Sonja Peterson**  
*Healdton*
4. **Darla Bocock**  
*Boise City*
5. **Amber Thacker**  
*Velma-Alma*
6. **Kristen Barby**  
*Laverne*
7. **Angie Payne**  
*Depew*
8. **Krista Rowe**  
*Stratford*
9. **Erin Rapp**  
*Wakita*
10. **Kisha Sharp**  
*Carnegie*

OTHERS: Cassie Prophet, Buffalo; Kelly Moore, Canton; Nikki Wright, Hydro; Crystal Sweeney, Hydro; Emily Lanie, Wakita; Rachel Stockwell, Deer Creek-Lamont; Ashley Harrison, Beaver; Micah Wright, Hydro; Tricia Thomason, Hinton; Brooke Tebow, Deer Creek-Lamont; Julie Crelly, Canton; Tonya Bentley, Laverne.

### 2A

1. **Miley Turnbull**  
*Warner*
2. **Tasha Lance**  
*Victory Christian*
3. **Becky Harvey**  
*Plainview*
4. **Lindsay Hicks**  
*Dickson*
5. **Amanda Wedel**  
*Lexington*
6. **Marda Traylor**  
*Lindsay*
7. **Vera Waller**  
*Plainview*
8. **Audrey Lewis**  
*Lexington*
9. **Melissa Manuel**  
*Lexington*
10. **Angel Bonner**  
*Lexington*

OTHERS: Jennifer Johnston, Jones; Sra Scribner, Tishomingo; Kristi Beckham, Lexington; Lindsay Voss, Chisholm; Katy Jones, Jones; Tonya Heffington, Tishomingo; Stephanie Glease, Warner; Kaycie Cook, Tishomingo; Michelle Cox, Lexington; Karly Roberts, Warner; Tiffany Hurst, Elgin; Amber Carroll, Lexington; Nickie George, Plainview.

### 3A

1. **Carrie McFall**  
*Cascia Hall*
2. **Jamie Lucero**  
*Guymon*
3. **Sara Jurek**  
*Cascia Hall*
4. **Amy Kilhoffer**  
*Elk City*
5. **Susan Morford**  
*Little Axe*
6. **Jai Scott**  
*Berryhill*
7. **Leah McCauley**  
*Marlow*
8. **Hillary Cochran**  
*Little Axe*
9. **Ashlee Mayberry**  
*Elk City*
10. **Melissa Hinds**  
*Marlow*

OTHERS: Brandi McNair, Marlow; Michelle Parkins, Little Axe; Misty Marshall, Glenpool; Amanda Lowry, Edmond Deer Creek; Kendal Kelly, Bristow; Maria Sanchez, Marlow; Jessica Upton, Little Axe; Amber Staats, Marlow; Amber Vanderslice, Marlow; Jessica Mania, Little Axe; Jessica Guthrie, Edmond Deer Creek; Amanda Benson, Edmond Deer Creek.

### 4A

1. **Amanda Jordan**  
*McGuinness*
2. **Camille Herron**  
*Duncan*
3. **Tracy Kmetz**  
*Kelley*
4. **Heather Anderson**  
*Pryor*
5. **Melissa Corlett**  
*Pryor*
6. **Beth Barbiers**  
*Carl Albert*
7. **Amber Willis**  
*Durant*
8. **Maggie Kelly**  
*McGuinness*
9. **Lori Weaver**  
*Noble*
10. **Carly McCulley**  
*Grove*

OTHERS: Abby Nutter, Pryor; Sharon Young, Guthrie; Brooke Boothe, McGuinness; Kelly Long, McGuinness; Michelle Fields, Grove; Kara Nutter, Pryor; Jaimi Clark, Noble; Lindsay Peterson, McGuinness; Angie Kmetz, Kelley; Carman Zamora, Weatherford; Abby Robertson, Grove; Jennifer Shaffer, Weatherford; Celeste Pasquale, Shawnee.

## Boys Individual Cross Country Rankings

### A

1. **Herbie Pebeashy**  
*Hydro*
2. **Chris Sunrohodes**  
*Tahlequah Sequoyah*
3. **Mylo Miller**  
*Velma-Alma*
4. **Jonathan Bolden**  
*Hydro*
5. **Hector Broveheart**  
*Riverside*
6. **Shawn Hern**  
*Wakita*
7. **Thomas Stevens**  
*Velma-Alma*
8. **Aaron Danford**  
*Riverside*
9. **Lance Zunie**  
*Tahlequah Sequoyah*
10. **Stephen May**  
*Oklahoma Christian School*

OTHERS: Lucas Bliss, Carnegie; Daniel Davis, Riverside; Walt Ginn, Hydro; Taylor Miles, Oklahoma Christian; Andy Brown, Keyes; Chris Tookalo, Hydro; Ben Claycraft, Oklahoma Christian; Stacey Bowman, Velma-Alma; Greg Ballard, Healdton; Jason Littlecook, Tahlequah Sequoyah.

### 2A

1. **David Lampkin**  
*Dickson*
2. **Daniel Stone**  
*Prague*
3. **Joey McNair**  
*Caney Valley*
4. **Ryan Bickerstaff**  
*Alva*
5. **Robert Smith**  
*Prague*
6. **Steve Sawyer**  
*Chisholm*
7. **Jason DeMauro**  
*Victory Christian*
8. **Jerry Cook**  
*Dickson*
9. **Derek Lieser**  
*Chisholm*
10. **Jim Bob Coleman**  
*Watonga*

OTHERS: Artiz Stroud, Elgin; Chris McCormick, Prague; Freddie Stephens, Elgin; Don Ryan, Tishomingo; Jeremiah Smith, Elgin; Dustin Dew, Dickson; Kevin Rolen, Lindsay; Bobby Chapman, Prague; Michael Lytle, Dickson; Jonathan Oates, Warner; Ryan Love, Dickson; Jordan Garner, Warner.

### 3A

1. **Albert Kelly**  
*Bristow*
2. **Theodore Roundface**  
*Anadarko*
3. **Utah Robinson**  
*Elk City*
4. **Chris McClure**  
*Little Axe*
5. **Jason Lee**  
*Mannford*
6. **Haneef Abdul-Raheem**  
*Little Axe*
7. **Dustin Moore**  
*Anadarko*
8. **Chris McHone**  
*Elk City*
9. **Mike Willis**  
*Marlow*
10. **Chris Poole**  
*Elk City*

OTHER: David Gouge, Anadarko; Richard Schnedberger, Elk City; S. Luke Ennis, Little Axe; Cody McDonald, Elk City; Travis Johnson, Elk City; Kurt Knop, Elk City; Sean Holveck, Edmond Deer Creek; Will Warren, Purcell; M. J. Reynolds, Marlow; Ron Bulcoming, Little Axe; Kevin Minson, Marlow.

### 4A

1. **Kevin Connolly**  
*McGuinness*
2. **Brett Lowry**  
*McGuinness*
3. **George Wright**  
*Shawnee*
4. **Phillip Semien**  
*Western Heights*
5. **Robert Darbe**  
*Guthrie*
6. **Nick Myer**  
*Guthrie*
7. **Beau Brown**  
*Edison*
8. **John Hamilton**  
*McGuinness*
9. **Kyle Hawthorne**  
*Altus*
10. **Levi Lainhart**  
*Shawnee*

OTHERS: Ryan Adams, Kelley; Patrick Eberle, McGuinness; David Pennington, Edison; Ed Wallace, Edison; Mike Mayer, Guthrie; Aaron Murray, Catoosa; Pascale Pallor, Sallisaw; Matt Donley, Weatherford; Zac Bishop, McGuinness; David Connolly, McGuinness; Jonathan Pitman, McGuinness.



**5A**

1. **Summer Suchy**  
*Westmoore*
2. **Adrienne McVey**  
*Sapulpa*
3. **Karli Haynes**  
*Moore*
4. **Allison Franklin**  
*Westmoore*
5. **Wendy Scott**  
*Mustang*
6. **Brandy Bratton**  
*Hale*
7. **Amy Bratton**  
*Hale*
8. **Caroly Remy**  
*Norman North*
9. **Michelle Ahlgren**  
*Sapulpa*
10. **Heather Barnes**  
*Sapulpa*

OTHERS: Jessica Thompson, Mustang; Laura Beam, Edmond Memorial; Renee Ahlgren, Sapulpa; Lindsay Hughes, Westmoore; Mindy Scott, Mustang; Nicole Henry, Moore; Mary Hill, Sapulpa; Martha Robinson, Midwest City; Kristi Turner, Westmoore; Jennifer Ward, Santa Fe; Christine Novara, Owasso; Valerie Gutierrez, Westmoore.

**Girls Power Rank**

1. **Sapulpa**
2. **Westmoore**
3. **McGuinness**
4. **Mustang**
5. **Moore**
6. **Pryor**
7. **Santa Fe**
8. **Carl Albert**
9. **Hale**
10. **Lexington**

**5A Girls**

1. **Sapulpa**
2. **Westmoore**
3. **Moore**
4. **Mustang**
5. **Santa Fe**
6. **Hale**
7. **Owasso**
8. **Edm Memorial**
9. **Edmond North**
10. **Stillwater**

**5A Boys**

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

**Boys Power Rank**

1. **Moore**
2. **McGuinness**
3. **Edm Memorial**
4. **Jenks**
5. **Bartlesville**
6. **Mustang**
7. **Midwest City**
8. **Sapulpa**
9. **Elk City**
10. **Guthrie**

**4A Girls**

1. **McGuinness**
2. **Pryor**
3. **Carl Albert**
4. **Grove**
5. **Kelley**
6. **Noble**
7. **Weatherford**
8. **Western Heights**
9. **Guthrie**
10. **Edison**

**4A Boys**

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

**5A**

1. **Clay Cosby**  
*Jenks*
2. **Ben Lake**  
*Sapulpa*
3. **Jeremy Case**  
*Union*
4. **Chris McWatters**  
*Moore*
5. **Jimmy Martinez**  
*Moore*
6. **Chase Hawkins**  
*Edmond North*
7. **Paul Paschal**  
*Ponca City*
8. **Ryan Starr**  
*Bartlesville*
9. **Sean Leigh**  
*Edmond North*
10. **Eric Delgado**  
*Midwest City*

OTHERS: Josh Burkhart, Edmond Memorial; Kyle Webb, Bartlesville; Aaron Peterman, Edmond Memorial; Jonathon Koscinski, Norman North; Mike Mitchell, Midwest City; Sean Walker, Moore; Brandon Kissack, Bartlesville; Forrest Walker, Jenks; Jhawn Saul, Muskogee; Bryon Mixon, Mustang; Pete Laughlin, Jenks; Fare Riazuddin, Santa Fe.

**3A Girls**

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

**3A Boys**

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

**2A Girls**

1. **Lexington**
2. **Plainview**
3. **Warner**
4. **Elgin**
5. **Chisholm**
6. **Lindsay**
7. **Dickson**
8. **Jones**
9. **Marietta**
10. **Alva**

**2A Boys**

1. **Dickson**
2. **Prague**
3. **Elgin**
4. **Chisholm**
5. **Lindsay**
6. **Plainview**
7. **Warner**
8. **Caney Valley**
9. **Heritage Hall**
10. **Lexington**

**A Girls**

1. **Velma-Alma**
2. **Canton**
3. **Wakita**
4. **Boise City**
5. **Laverne**
6. **Okla Christian**
7. **Beaver**
8. **Hinton**
9. **Deer Creek-L**
10. **Healdton**

**A Boys**

1. **Hydro**
2. **Velma-Alma**
3. **Tah Sequoyah**
4. **Riverside**
5. **Okla Christian**
6. **Braman**
7. **Keyes**
8. **Hinton**
9. **Healdton**
10. **Boise City**



ORU CC CLASSIC--Dickson's David Lampkin (right) won the 2A boys race with Prague's Daniel Stone second. Photo by Roger Taylor

Mannford, 17:15; 3. Moseby, Ow, 17:47; 4. Adams, Kel, 18:03; 5. Murray, Catosa, 18:07; 6. Allen, BTWashington, 18:12; 7. Sowell, Webster, 18:22; 8. Manning, Rog, 18:25; 9. McKinney, T Memorial, 118:32; 10. Harding, Ow, 18:38 s, EdM, 14:11; 24. Sammons, EdN, 14:13; 25. Chown, Must, 4:16.

## Holland Hall Invite Tulsa 9/27/97

### Boys

TEAM SCORING: 1. Jenks 44; 2. Bartlesville 59; 3. Owasso 105; 4. Ponca City 130; 5. Holland Hall 152; 6. Dallas St. Mark's 179; 7. Casady 206; 8. Kelley 232; 9. Rogers 247; 10. Pryor 253; 11. Union 253; 12. Greenhill (Dallas) 267; 13. Cascia Hall 279; 14. Sand Springs 320; NS--Bristow.

INDIVIDUALS: 1. Clay Cosby, Jenks, 16:49; 2. Jeremy Case, Un, 17:20; 3. Albert Kelly, Bris, 17:27; 4. Paul Paschal, PonC, 17:30; 5. Ryan Starr, Bart, 17:35; 6. Josh oseby, Ow, 17:51; 7. Ryan Adams, Kel, 18:00; 8. Jeremy McKinney, Bart, 18:00; 9. Barrett Hall, Jenks, 18:05; 10. Forrest Walker, Jenks, 18:11.

### Girls

TEAM SCORING: 1. Casady 71; 2. Pryor 83; 3. Owasso 103; 4. Kelley 116; 5. Bartlesville 137; 6. Holland Hall 182; 7. Jenks 182; 8. Union 187; 9. Cascia Hall 200; 10. Ponca City 272; 11. Sand Springs 277; 12. Bristow 289; 13. Dalls Hockaday 315; 14. Catoosa 329.

INDIVIDUALS: 1. Anna Fresonke, Cas, 13:05; 2. Heather Anderson, Pry, 13:08; 3. Cristine Novara, Ow, 13:19; 4. Kendra Maple, Bart, 13:20; 5. Carrie McFall, CH, 13:25; 6. Jennifer Roberts, HH, 13:27; 7. Melissa Webb, Bart, 13:34; 8. Melissa Corlett, Pry, 13:35; 9. Burke Duncan, Cas, 13:37; 10. Kara Nutter, Pry, 13:41.

## Laverne Invitational Laverne High School

9/27/97

### Boys

TEAM SCORING: 1. Elk City 20; 2. Guymon 87; 3. Keyes 104; 4. Alva 111; 5. Fairview 139; NS--Watonga, Follett (Tx), Balco, Freedom.

INDIVIDUALS: 1. Ryan Bickerstaff, Alva, 17:36; 2. Utah Robinson, ElkC, 18:04; 3. Kurt Knop, ElkC, 18:16; 4. Chris McHone, ElkC, 18:24; 5. Travis Johnson, ElkC, 18:33; 6. Richard Schneberger, ElkC, 18:37; 7. JimBob Coleman, Wat, 18:47; 8. Andy Brown, Keyes, 18:48; 9. Brant Littrell, Guy, 18:55; 10. Chris Shirley, ElkC, 19:08; 11. Cody McDonald, ElkC, 19:16; 12. Chris Poole, ElkC, 19:41; 13. Jon Bawden, ElkC, 20:01; 14. Trey Gryman, Guy, 20:20; 15. Zac Miller, Guy, 20:20; 16. Ben Pater, Guy, 20:31; 17. James anks, ElkC, 20:33; 18. Jeremy Cantrell, ElkC, 20:43; 19. Clint Rule, ElkC, 20:52; 20. Jerrod Moore, Keyes, 20:54; 21. Josh Myers, Balco, 21:39; 22. Javis Kams, Wat, 21:43; 23. Josh Anderson, Alva, 21:50; 24. Dirk Roberto, Follett, 21:51; 25. Tyler Miller, Guy, 21:55.

### Girls

TEAM SCORING: 1. Canton 40; 2. Follett (Tx) 81; 3. Guymon 99; 4. Watonga 100; 5. Laverne 102; 6. Alva 122; NS--Turpin, Freedom, Balco.

INDIVIDUALS: 1. Jamie Lucero, Guy, 12:31; 2. Kristen Barby, Lav, 13:30; 3. Tonya Bentley, Lav, 13:51; 4. Kelly Moore, Can, 14:00; 5. Cassie Crites, Wat, 14:12; 6. Julie Creilly, Can, 14:20; 7. Rebecca



Kristen Barby

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Rbertson, Follett, 14:23; 8. Leslie Shafer, Alva, 14:27; 9. Rikki Ashby, Can, 14:29; 10. Jordan Garrot, Can, 14:36; 11. Heather Canada, Can, 14:37; 12. Kim Kuehn, Wat, 14:39; 13. Lacey Mussman, Guy, 14:44; 14. Jaime Hawthorne, Guy, 14:45; 15. Stephanie Arnall, Follett, 14:49; 16. Brandy Allen, Wat, 14:55; 17. Deana Goll, Alva, 15:00; 18. Rachael McQuitty, Follett, 15:18; 19. Crystal Lohmann, Alva, 15:20; 20. Trisha Martin, Follett, 15:26; 21. Brooks Terrel, Follett, 15:31; 22. Susan Land, Turpin, 15:32; 23. Kenzi Bond, Can, 15:38; 24. Nadine Rorquez, Follett, 15:40; 25. Samie Gilchrist, Can, 15:47.

## McAlester Invitational McAlester HS

9/27/97  
Girls

TEAM SCORING: 1. Warner 34; 2. McAlester 68; 3. Durant 78; 4. Broken Arrow 79; 5. Tahlequah 116; 6. Glenpool 119; NS—Poteau.

INDIVIDUALS: 1. Miley Turnbull, War, 12:18; 2. Amber Willis, Dur, 12:39; 3. Stephanie Glease, War, 13:09; 4. Karly Roberts, War, 13:11; 5. Misty Marshall, Glen, 13:17; 6. Tonya Schroeder, BA, 13:27; 7. Janit Nave, McA, 13:35; 8. Dana Kermanian, Dur, 13:40; 9. Allen, Tah, 13:46; 10. Karla Hopkins, BA, 13:47.

### Boys

TEAM SCORING: 1. Broken Arrow 18; 2. McAlester 50; 3. Tahlequah 78; 4. Warner 95; NS—Durant, Poteau, Ft. Gibson, Oktaha.

INDIVIDUALS: 1. Chris Wright, BA, 17:02; 2. Kyle Webb, BA, 17:05; 3. Trevor Gillum, Dur, 17:41; 4. Zach Fowler, BA, 18:12; 5. Alan Hancock, BA, 18:17; 6. Chris Baucum, McA, 18:18; 7. Scott Caldwell, Ft. Gibson, 18:22; 8. John Oats, War, 18:24; 9. Vicente Betels, McA, 18:28; 10. Justin Brugger, BA, 18:34.

## Mustang Invitational Mustang High School

9/27/97  
5A Boys

TEAM SCORING: 1. Midwest City 40; 2. Mustang 45; 3. Edmond Memorial 74; 4. Yukon 108; 5. Norman North 137; 6. Del City 171; NS—Eisenhower.

INDIVIDUALS: 1. Delgado, MWC, 17:17; 2. Buster, Yuk, 17:28; 3. Mitchell, MWC, 17:32; 4. Crawford, Must, 17:35; 5. Cali, NN, 17:44; 6. Brad Mixon, Must, 17:44; 7. Lusk, MWC, 17:48; 8. Brian Mixon, 17:52; 9. Massie, MWC, 17:55; 10. Burns, EdM, 18:06; 11. Cervantes, Must, 18:16; 12. Kosinski, NN, 18:17; 13. Nunley, Ike, 18:41; 14. Henry, EdM, 18:42; 15. Kahre, EdM, 18:52; 16. Reynolds, Must, 18:57; 17. Scheffe, EdM, 19:02; 18. Herndon, EdM, 19:06; 19. Lopez, Yuk, 19:11; 20. Hawk, MWC, 19:18; 21. Thomas, EdM, 19:20; 22. Malone, MWC, 19:23; 23. Hanson, EdM, 19:24; 24. Ly, Ike, 19:31; 25. Simpson, Yuk, 19:32; 26. Anderson, Must, 19:38; 27. Hickey, MWC, 19:44; 28. Irvin, Yuk, 19:56; 29. Newton, Ike, 19:59; 30. Ray, DelC, 20:03.

### 4A Boys

TEAM SCORING: 1. McGuinness 21; 2. Weatherford 61; 3. Western Heights 83; 4. Oklahoma Christian School 97; 5. Edmond Deer Creek 122; 6. Hinton 149.

INDIVIDUALS: 1. Connolly, McG, 16:35 (ties course record); 2. Lowry, McG, 17:04; 3. Semien, WH, 17:40; 4. Donley, Wea, 17:51; 5. Hamilton, McG, 17:56; 6. Bishop, McG, 18:13; 7. Eberly, McG, 18:17; 8. Pratt, WH, 18:18; 9. Farris, Wea, 18:27; 10. Miles, OCS, 18:29; 11. Holbeck, EDC, 18:34; 12. Craighead, OCS, 18:37; 13. Frame, Wea, 18:45; 14. Donnelly, McG, 18:54; 15. Pitman, McG, 19:05; 16. May, OCS, 19:12; 17. Mossman, Wea, 19:25; 18. Trout, Wea, 19:25; 19. Edwards, EDC, 19:32; 20. Young, Wea, 19:36; 21. Ryker, Hin, 19:47; 22. Ray, Hin, 20:15; 23. Davis, WH, 20:17; 24. Erickson, WH, 20:25; 25. Bradley, WH, 20:56; 26. Benson, EDC, 21:00; 27. Stucker, Wea, 21:08; 28. Mayberry, WH, 21:25; 29. Locher, OCS, 21:37; 30. Locher, OCS, 21:49.

### 5A Girls

TEAM SCORING: 1. Moore 39; 2. Mustang 40; 3. Edmond Memorial 64; 4. Eisenhower 113; 5. Midwest City 121.

INDIVIDUALS: 1. Haynes, Moore, 12:13; 2. W. Scott, Must, 12:19; 3. Beam, EdM, 12:38; 4. M. Scott, Must, 12:42; 5. Robinson, MWC, 12:47; 6. Henry, Moore, 12:47; 7. Thompson, Must, 12:52; 8. Yinger, EdM, 12:54; 9. Miles, Moore, 13:05; 10. Hart, Must, 13:06; 11. Valenzuela, Moore, 13:12; 12. Cardenas, Moore, 13:28; 13. Alvarez, 13:29; 14. Sparks, Moore, 13:43; 17. Nichols, Must, 13:50; 18. Robinson, EdM, 13:56; 19. Chown, Must, 14:05; 20. Revis, EdM, 14:16; 21. Barus, EdM, 14:19; 22. Myers, Must, 14:21; 23. Grimes, Ike, 14:32; 24. Spencer, Ike, 15:03; 25. Warren, EdM, 15:23; 26. McMullen, Ike, 17:34; 28. Bosie, Ike, 17:45.



**HOLLAND HALL INVITATIONAL**--The girls race gets under way from the track. Casady won the team title. Photo by Gary Adams

### 4A Girls

TEAM SCORING: 1. McGuinness 16; 2. Weatherford 58; 3. Western Heights 92; 4. Edmond Deer Creek 98; 5. Oklahoma Christian School 146; 6. Hinton 152; 7. Tuttle 194.

INDIVIDUALS: 1. Jordan, McG, 11:46 (new course record); 2. Kelly, McG, 12:57; 3. Long, McG, 12:57; 4. Boothe, McG, 13:03; 5. Shaffer, Wea, 13:05; 6. Peteron, McG, 13:13; 7. Zamora, Wea, 13:15; 8. Baumeister, McG, 13:16; 9. Martin, McG, 13:31; 10. Shaw, WH, 13:49; 11. Shaw, WH, 13:50; 12. Brown, Wea, 13:52; 13. Lowry, EDC, 13:55; 14. Guthrie, EDC, 14:02; 15. Vassar, Wea, 14:05; 16. Saxon, WH, 14:21; 17. Majors, Hin, 14:28; 18. Thomason, Hin, 14:33; 19. Lettkeman, Wea, 14:34; 20. Benson, EDC, 14:41; 21. Cristenson, Wea, 14:42; 22. Whitten, WH, 14:51; 23. Marcus, OCS, 14:55; 24. Sharatt, Wea, 14:58; 25. Loehrke, EDC, 14:59; 26. Frank, EDC, 15:00; 27. Burks, OCS, 15:12; 28. Brevetti, EDC, 15:25; 29. Moore, OCS, 15:33; 30. Hening, Tut, 15:40.

ville (Ark) 121; 6. Tahlequah Sequoyah 125; 7. VanBuren (Ark) 165; 8. East Newton (Ark) 217; 9. Jay 261; 10. Eureka Springs (Ark) 266; 11. Farmington (Ark) 306; 12. Harrison (Ark) 315; 13. Clarksville (Ark) 316; NS—Muskogee.

INDIVIDUAL RESULTS: 1. Raul Torres, Rog, 17:44; 2. Jhawn Saul, Musk, 17:57; 3. Jeremy Thompson, Ben, 18:14; 4. Nick Slagle, Rog, 18:41; 5. Lance Zunie, TS, 18:17; 6. Lee Wood, Rog, 18:20; 7. Steve Stone, Rog, 18:29; 8. Chris McClure, LA, 18:37; 9. Zack Hill, SS, 18:42; 10. Josh Stokes, Rog, 18:43; 11. Landon Thurman, ES, 18:44; 12. Haneef Abdul-Raheem, LA, 18:45; 13. Donnie bunker, SS, 18:45; 14. Danny Bishop, SS, 18:46; 15. Luke Ennis, LA, 18:52; 20. Dee Mullens, LA, 19:00; 21. David Walkingstick, TS, 19:21; 26. Chris Sunrhodes, TS, 19:37.

## Thunderbird Conf Little Axe High School

9/30/97

### Girls

TEAM SCORING: 1. Little Axe 31; 2. Tishomingo 54; 3.

Continued on next page

## Panther Invitational Siloam Springs, Ark.

9/27/97

### Boys

TEAM SCORING: 1. Rogers (Ark) 24; 2. Siloam Springs (Ark) 93; 3. Little Axe 96; 4. Fayetteville (Ark) 120; 5. Benton-




**SHARP'S CREEK**--Laverne's Kristen Barby (right) and teammate Tonya Bentley lead Boise City's Darla Bocock (second from left) and teammate Kim Ogles. Bocock won the race at Turpin. Photo by Roger Taylor



LAVERNE INVITATIONAL--The boys race gets started. Photo by Roger Taylor

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Jones 96; 4. Purcell 128; 5. Harrah 129; 6. Prague 177; 7. Konawa 220; 8. Coalgate 227

**INDIVIDUALS:** 1. Amy Dunaway, Pur, 13:19; 2. Susan Morford, LA, 13:34; 3. Hillary Cochran, LA, 13:59; 4. Jennifer Johnston, Jones, 14:02; 5. Jessica Upton, LA, 14:03; 6. Sara Scribner, Tish, 14:06; 7. Katy Jones, Jones, 14:09; 8. Tonya Heffington, Tish, 14:13; 9. Kaycie Cook, Tish, 14:16; 10. Necia Christer, LA, 14:17; 11. Margo Wahpekeche, LA, 14:30; 12. Michelle Parkins, LA, 14:34; 13. Deidra Hinton, Tish, 14:42; 14. Ashley Upton, LA, 14:52; 15. Allison McGee, Har, 14:57; 16. Arie Dunaway, Pur, 14:59; 17. Natalie Covin, Pra, 15:02; 18. Lindsay Landrith, Tish, 15:12; 19. Mindy Reed, LA, 15:33; 20. Jessica Mania, LA, 15:49; 21. Kathy Russell, LA, 15:57; 22. Jackie Mania, LA, 16:04; 23. Arianna Poland, Jones, 16:13; 24. Laura Benedix, Har, 16:16; 25. Leslie Burnett, LA, 16:16.

### Boys

**TEAM SCORING:** 1. Little Axe 31; 2. Prague 32; 3. Harrah 97; 4. Purcell 131; 5. Tishomingo 137; NS-Coalgate.

**INDIVIDUALS:** 1. Daniel Stone, Pra, 17:05; 2. Robert Smith, Pra, 17:10; 3. Chris McClure, LA, 17:25; 4. Aaron Carr, Har, 17:50; 5. Dee Mullins, LA, 17:54; 6. Haneef Abul-Raheem, LA, 17:55; 7. Luke Ennis, LA, 17:55; 8. Chris McCormick, Pra, 18:02; 9. Bobby Chapman, Pra, 18:10; 10. Ron Bullcoming, LA, 18:16; 11. Don Ryan, Tish, 18:38; 12. Tim Guess, Pra, 18:40; 13. Josh Lancaster, Har, 18:41; 14. Will Warren, Pur, 19:07; 15. Jacob Newton, LA, 19:16; 16. Bryan Gibson, LA, 19:34; 17. S.Blackowl, Tish, 19:41; 18. Justin Keyes, LA, 19:56; 19. Josh Freeman, LA, 19:57; 20. Josh Stone, Pra, 20:11; 21. Casey Illsapp, Pur, 20:16; 22. Unknown, Coalgate, 20:26; 23. Courtney Vasek, Har, 20:38; 24. Tommy Reeves, Pur, 20:47; 25. Unknown, Pra, 20:59 Velma-Alma Inveite

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16. Publication of is Required and will be printed in October 17, 1997 issue of this publication. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including multiple damages and civil penalties). (Signed) John G. Hoke, Publisher, 10/1/97.



## Velma-Alma Invite Velma-Alma HS

10/4/97

### Girls

TEAM SCORING: 1. Velma-Alma 49; 2. Marlow 85; 3. Plainview 87; 4. Durant 167; 5. Lindsay 169; 6. Ardmore 208; 7. Elgin 248; 8. Healdton 261; 9. Marietta 280; NS--Stratford, Hinton, Jones.

INDIVIDUALS: 1. Becky Harvey, Pla, 12:16; 2. RaeAnn McCurry, VA, 12:25; 3. Sonya Petersen, Hea, 12:28; 4. Cindy Fuller, VA, 12:38; 5. Tia Holman, Ard, 12:42; 6. Vera Waller, Pla, 12:45; 7. Leah McCauley, Mar, 12:53; 8. Amber Thacker, Va, 12:57; 9. Marda T aylor, Lin, 12:59; 10. Krista Rowe, Stra, 13:02; 11. Amber Willis, Dur, 13:05; 12. Brandi McNair, Mar, 13:19; 13. Jennifer Johnston, Jones, 13:20; 14. Unkonwn; 15. JaLynne Horn, VA, 13:28; 16. Melissa Hinds, Mar, 13:30; 17. Virginia snider, Va, 13:31; 18. Katy Jones, Jones, 13:32; 19. Lycrisa Lampkin, Pla, 13:33; 20. Maria Sanchez, Mar, 13:34; 21. Dana Kermanian, Dur, 13:34; 22. Tricia Thomason, Hin, 13:37; 23. Amber Vanderslice, Mar, 13:39; 24. Tiffany Hurst, Elg, 13:45; 25. Leah Kochert, Lin, 13:45; 26. Candice Cox, Pla, 13:47; 27. Beth Miglorino, Ard, 13:49; 28. Nickie George, Pla, 13:52.

### Boys

TEAM SCORING: 1. Dickson 45; 2. Marlow 103; 3. Velma-Alma 108; 4. Duncan 113; 5. Elgin 129; 6. Lindsay 139; 7. Plainview 168; 8. Durant 242; 9. Healdton 242; NS--Marietta.

INDIVIDUALS: 1. David Lampkin, Dic, 16:30; 2. Mylo Miller, VA, 16:36; 3. Jeremiah Smith, Elg, 16:56; 4. Martin Salas, Mari, 16:58; 5. Gallaher, Dun, 17:00; 6. Kevin Minson, Mar, 17:03; 7. Kevin Rolen, Lin, 17:11; 8. James Lampkin, Dic, 17:12; 9. Jerry Cook, Dic, 17:16; 10. Blaylock, Dun, 17:20; 11. Unkonwn; 12. Trevor Gillum, Dur, 17:26; 13. Dustin Dew, Dic, 17:28; 14. Michael Lytle, Dic, 17:32; 15. Artiz Stroud, Elg, 17:35; 16. Allen, Dun, 17:44; 17. Randy Womack, Pla, 17:47; 18. Scott Martin, Mar, 17:49; 19. Brandon Winn, Lin, 17:50; 20. Tyson Sjuln, Pla, 17:50; 21. Greg Ballard, Hea, 17:51; 22. Jon Davis Mar, 17:52; 23. Thomas Steuer, VA, 17:52; 24. M.J. Reynolds, Mar, 17:53; 25. Ryan Love, Dick, 17:55; 26. Casey Kirkpatrick, VA, 17:55; 27. Gary Eubank, Dic, 18:01; 28. Brian Firestone, VA, 18:05; 29. Jay Dennis, Mar, 18:13; 30.



*MUSTANG INVITATIONAL--The 5A girls race gets under way with Moore winning the team title. Photo by John Hoke*

Matt Boeckman, Lin, 18:16.

## Sharp's Creek Meet Turpin High School

10/11/97

### Girls

TEAMS PARTICIPATING: Turpin, Laverne, Boise City, Hooker, Tyrone, Spearman (Tx), Follett (Tx), Ashland (Ks).

OKLAHOMA INDIVIDUAL RESULTS: 1. Darla Bo-cock, BC, 13:36; 2. Kristen Barby, Lav, 13:54; 3. Tonya

Bentley, Lav, 14:14; 4. Kim Ogles, BC, 14:25; 5. Whitney Cook Hooker, 15:31; 6. Stormie Schumacher, BC, 15:33; 7. Melissa Ogles, BC, 15:56; 8. Abba Thrasher, Lav, 16:16; 9. Lauren McReynolds, BC, 16:43; 10. Brika Maschmeier, Tur, 17:25; 11. Jodie Desbien, BC, 18:14; 12. Erin Kincannon, BC, 18:50.

### Boys

OKLAHOMA INDIVIDUALS RESULTS: 2. Andy Hedgewood, BC, 19:33; 3. Nate Twyman, BC, 20:19; 4. Jonathon Osborn, Ty, 23:10; 5. Daniel Walton, BC, 25:05.

Continued on next page

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## Metro Conference Putnam City 10/14/97

### Boys

TEAM SCORING: 1. Mustang 42; 2. Ed North 53; 3. P.C. North 87.5; 4. Yukon 125; No team scores; Ed Santa Fe, P.C. West, Putnam City.

INDIVIDUALS: 1. Sean Leigh, EdN, 16:16; 2. Chase Hawkins, EdN, 16:17; 3. Cory Young, PCN, 16:29; 4. Bryan Buster, Yuk, 16:31; 5. Bryan Mixon, Must, 16:47; 6. Jeff Crawford, Must, 16:47; 7. Brad Mixon, Must, 16:55; 8. Greg Hill, PCN, 17:09; 9. Brian Caldwell, Ed.S.F., 17:13; 10. Jose Cervantes, Must, 17:15; 11. Fareed Riazuddin, Ed.S.F., 17:17; 12. Brian Kelpeck, Ed. S.F., 17:22; 13. Lee Gavin, Ed S.F., 17:37; 14. Johnathan Reynolds, Must, 17:40; 15. Seth Peterson, Ed N., 17:45; 16. Isaac Anderson, Must, 17:86; 17. Casey England, Ed N., 17:54; 18. Brian Cox, Ed N., 17:59; 19. Matt Adermolt, Ed S.F., 18:08; 20. Maurice Sanders, PCN, 18:12; 21. Wayne Strong, PCW, 18:16; 22. Kyle Davis, Must, 18:27; 23. Jason Thole, Yukon, 18:35; 24. Justin Jones, PCW, 18:37; 25. Janed Moon, PCW, 18:38; 26. Jeremy Lee, Ed. S.F., 18:44; 27. Inman Payne, PCN, 18:57; 28. Robbie Irlin, Yuk, 19:00; 29. Steve Burshek, PCN, 19:00; 30. Jeff Ball, PCN.

### Girls

TEAM SCORING: 1. Mustang 32, 2. Ed Santa Fe 42, 3. ED North 54, 4. P.C. North 112, 5. Yukon 124, 6. Putnam City 178, No team scores; P.C. West.

INDIVIDUALS: 1. Wendy Scott, Must, 12:24; 2. Mindy Scott, Must, 12:43; 3. Jennifer Ward, Ed S.F., 12:53; 4. Kari Hart, Must, 12:54; 5. Rachael Clinton, Ed S.F., 13:09; 6. Christie Domina, Ed S., 13:06; 7. Daniella Calderon, Ed S.F., 13:09; 8. Jessica Thompson, Must, 13:16; 9. Christine Hanson, Ed N., 13:17; 10. Charlene Woodson, Ed S.F., 13:18; 11. Lea Cakk, Yuk, 13:22; 12. Valerie Brewer, Ed N, 13:27; 13. Annie Allen, Ed N, 13:36; 14. Tia Antone, PCN, 13:47; 15. Emily Hunter, Ed N, 13:48; 16. Kristin Jones, Ed. S.F., 13:58; 17. Gina Nichols, Must, 14:01; 18. Lyndsey Myers, Must, 14:02; 19. Christie Slott, PCN, 14:03; 20. Shelby Winter, Yuk, 14:07; 21. Jennifer Sellers, Ed. S.F., 14:12; 22. Lisa Snook, Ed. N, 14:14; 23. Becky Chown, Must, 14:23; 24. Kelly Fitzpatrick, PCN, 14:29; 25. Laurie Harrison, Ed. S.F., 14:32; 26. Lauren Mise, PCN, 14:35; 27. Monica Sammons, Ed N, 14:52; 28. Rachel Henderson, P.C., 15:04; 29. Tracey Ashcraft, PCN, 15:09; Kim Kelly, Yuk, 15:21.

## Mid-State Conference 10/15/97

### Boys

TEAM SCORING: 1. Edmond Memorial 46; 2. Norman North 58; 3. Moore 70; 4. Midwest City 89; 5. Enid 98, 6. Westmoore 162; 7. Norman 170; 8. Del City 250.

INDIVIDUALS: 1. Chris McWaters, Moore, 16:09; 2. Eric Delgado, MWC, 16:36; 3. Patrick Tanner, Norm. N., 16:36; 4. Josh Burkhardt, Ed. Mem., 16:41; 5. Desean Lusk, MWC, 16:45; 6. Aaron Peterman, Ed. Mem., 16:49; 7. Roman Scelena, Moore, 16:50; 8. Alyn Collins, Enid, 16:54; 9. Sean Walker, Moore, 16:55; 10. Brian Wyant, Ed. Mem., 17:10.

### Girls

TEAM SCORING: 1. Westmoore 24, 2. Moore 46; 3. Edmond Memorial 96; 4. Norman North 103; 5. Midwest City 128, 6. Enid 141; 7. Norman 184. No team scores: Del City

INDIVIDUALS: 1. Summer Suchy, WM, 11:15; 2. Carolyn Remy, Norm. N., 11:32; 3. Allison Franklin, WM, 11:36; 4. Lindsey Hughes, WM, 11:44; 5. Karli Haynes, Moore, 11:49; 6. Kristi Turner, WM, 11:53; 7. Heather Miles, Moore, 12:00; 8. Laura Beam, Ed. Mem., 12:02; 9. Nicole Henry, Moore, 12:03; 10. Valerie Gutierrez, WM, 12:12.

## Metro Lakes Conf Pryor 10/14/97

### Boys (3 miles)

INDIVIDUALS: 1. Ryan Adams, Bishop Kelly, 15:45; 2. Aaron Murray, Catoosa, 16:25; 3. Roy Chartier, Claremore, 16:42; 4. Scott Selman, Bishop Kelly, 16:44; 5. Trae Ratliff, Tahlequah, 16:57; 6. Jason Sowell, Webster, 16:58; 7. Kyle Birkenfeld, Pryor, 17:20; 8. Turk Burns, Claremore, 17:29; 9. Payt Akin, Claremore, 17:45; Ken Roberts, Webster, 17:47.

INDIVIDUALS: 1. Tracy Kmetz, Bishop Kelly, 12:05; 2. Melissa Corlett, Pryor, 12:06; 3. Heather Anderson, Pryor, 12:13; 4. Abby Nutter, Pryor, 12:26; 5. Kara Nutter, Pryor, 12:40; 6. Joanna Fedick, Catoosa, 13:20; 7. Katie Wagner, Bishop Kelly, 13:21; 8. Lindsay Funk, Bishop Kelly, 13:26; 9. Sara Kessler, Bishop Kelly, 13:37; 10. Kerry Allen, Tahlequah, 13:37.



ORU CC CLASSIC--Elk City's Utah Robinson leads Marlow's defending state champion Kevin Minson in the 3A boys race. Photo by John Hoke

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## Cross Country Schedule

### October

17: Lindsay, Metro Lakes Conf.  
18: Alva, Chile Pepper-Fayetteville, Ark., Midwest City. 25: Regionals-Ponca City, Midwest City, Watonga, Lindsay.

### November

1: State Meet, ORU-Tulsa. 8: OK AAU JO CC Meet, Tulsa. 15: OK USATF JO CC Meet, Tulsa.

### December

6: AAU JO CC National, Orlando, FL. 13: USATF JO CC National, Portland, OR.

# Two miles or 5km? That is the question!

By Wes Brown

As we stand on the brink of the next millennium, many coaches, parents, cross country and track & field advocates, are beginning to ask what can we do to make our sport even better.

On the world-class level, as the rest of the world is stretching the limits of competition with times that most thought could never be reached, the U.S. falls farther and farther behind in the distance events.

In the mens events, there is only four runners, Bob Kennedy, Todd Williams, Rodney Holman and Rich Kenan, who have made breakthroughs on the world-class level.

In the women's event, Regina Jacobs, Lynn Jennings and Mary Decker Slaney, are essentially the only women that have been able to compete at the top of their class.

There are a number of reasons for this trend and probably too many to discuss in this article, but from a coaching and athletic standpoint, we have put too many limitations on our young athletes. As a former national class high school and collegiate runner, a long time running promoter and advocate, one of Oklahoma's top open runners, and presently personal trainer and coach to athletes ranging from high school to post college, I feel compelled to offer the argument that in Oklahoma we can overcome some of those limitations by making the girls standard cross country distance equal to the boys.

However, no argument is valid without the evidence to support it. Here are just a few of the reasons I feel the Oklahoma powers-that-be should consider over the next few years.

1. Olympics - One of the best development for women's running came in 1984 when the Olympic Games opened up the modern marathon to women. Soon after, Joan Benoit showed that women were just as strong and tough as men in the event that is considered the epitome of the Olympic games - the modern marathon.

Although, as a personal trainer I believe that no one - man or woman - should attempt the 26.2 mile distance until after college, Benoit showed that women were equal to men in terms of training, mental toughness, and understand race strategy.

Since that time, the doors have slowly opened up to allow women to compete in the same events as men. Today, women are competing and training on par with men in every distance the 100-meters to the ultra marathon. In fact, Ann Trason, a woman ultra marathoner, is considered by some to be the "best" endurance athlete of our time.

Likewise, in working in young athletes, I have found that in all cases, young women train just as intelligently, are just as mentally tough and understand the strategy of racing just as their male counterparts.

2. Standardization - Presently, there are 32 states in the union that offer 5K cross country championships. An additional 9 states are in transition from the 2-mile to the 4K or 5K distances, and there are nine others, including Oklahoma, who still use 2-mile or 3,200 meters as their longest competitive distance.

Although I don't agree with the United State Track & Field Association on many issues, I do agree with their policy of trying to standardize (in metrics) most of the country's major running championships. Even though as a traditionalist, I still enjoy running mile-based events, I do understand that the United States is the only country in the world where the mile standards are still being used. In Europe, 4K, 6K, 12K, and 20K distances are very common to cross country and road races.

If the time is not right for the move to 5K, some consideration to using the 4K distance should be given to experimenting at the smaller schools where cross country is given top billing.

3. College recruiting - For Oklahoma high school female runners who happen to be good enough to make it to college, having a good 5K cross country time on their resume is a plus in being recruited.

In my conversations with college coaches across the nation, when they recruit female athletes to compete in the 5,000 and 10,000 meter events on the collegiate level, a good cross country 5K time helps to predict the athlete's potential.

Also, every classification of women's collegiate athletics use the 5K distance for their national championships.

Although many of Oklahoma youth may run 5K road races, there are not many college coaches who use road times as a basis for choosing how their athletes will run in cross country or on the track.

Also, it is no wonder that many of colleges choose to recruit out-of-the-country athletes who may have a number of 5K times under their belts.

4. Foot Locker - For college coaches, the biggest recruitment tool for top U.S. distance athletes besides track & field, is the Foot Locker regional meets and championships. And what is the distance that is run at all Foot Locker? 5 kilometers. At last year's Foot Locker regional and national championships, Oklahoma's Mark Thompson was able to finish among the top athletes in the country (2nd at regionals and, 7th at nationals) because he had run a number of meets and his state championship at the distance.

However, no Oklahoma female athlete was able advance to the Foot Locker national meets because they had no "race experience" at the distance. The Oklahoma female athletes who did compete in the Foot Locker regionals in Wisconsin struggled at the 5K distance because they were not familiar with 5K race strategy. Not surprisingly, the Oklahoma team finished last at the Midwest regionals.

5. 11-minutes - In track & field, no Oklahoma woman has ever broken 11 minutes for the 2-mile, which is considered, beside running well at Foot Locker meets, to be "national class" benchmark for top high school girl runners. As a longtime coach, I believe once Oklahoma girls start training at the 5K distance, the 11-minute "barrier" will be broken the same year. Why? Because once an athlete learns to run a respectful 5K, the 2-mile distance will seem a lot easier, thus the "mental barrier" of 11 minutes will soon be broken too.

6. Dollars and Sense - The reason it makes good sense to move to the 5K because when it comes to college, the Oklahoma girls lose out on the millions of scholarship dollars that are given out across the country each year. Title IX has opened up the doors for many young women to go to college, pay for their school and start promising careers. Let's not deny them that opportunity by limiting their ability to compete for those scholarships.

And although I have no problem with foreign athletes running for teams at U.S. colleges and universities, I do see a growing with American distance athletes, and Oklahoma girls specifically, at a disadvantage to compete for the same scholarships that are now going to athletes from other countries.

And as the cost of college continue to rise, I know there are a number of Oklahoma parents out there who would benefit economically from the scholarship bounty that will continue to grow. In the spirit of fairness, I will offer that there are some very credible arguments that weigh in on the side of staying with the 2-mile distance. Some critics argue that the longer distance would lead to more eating and nutrition disorders that now are prevalent in the sport. Others say that the increase in distance will also cause the an increase in training load, which would lead to more injuries.

However, in talking with doctors and sports psychologist and physiologists, most will tell that a majority of eating and nutrition disorders & psychological disorders. Also, the training base for 5 kilometers, for high schoolers, is essentially no different than the 2-mile.

Finally, a good knowledge, understanding and respect for running by administrators, coaches, parents and "sports writers," can make cross country the most healthy participation sport in America. As a writer for one of the state's largest newspapers, I know that there many sports writers and sports fans who consider running, cross country and track & field an off-season basketball, football and wrestling.

I would also encourage the Oklahoma Coaches Association to consider either changing the distance altogether from 2-mile to 5K, implementing a 2-year or 2-year pilot program with the larger classifications and then moving to the smaller schools, or slowly integrating changes in the distance by experimenting with the 4K distance before wholesale changes are made.

In closing, I reiterate that it is time to let our great Oklahoma female athletes shine.



# 1997 Regional Assignments

## At Midwest City Regional Park

**Class 5A (girls 2:00 p.m./boys 3:00 p.m.):** Choctaw, Del City; Edmond Memorial, Edmond North, Santa Fe, Eisenhower, Lawton, Midwest City, Moore, Muskogee, Mustang, Norman, Norman North, Putnam City, Putnam City North, Putnam City West, Westmoore, Yukon.

**Class 4A (girls 2:30 p.m./boys 3:30 p.m.):** Altus, Ardmore, McGuinness, Broken Bow, Capitol Hill, Carl Albert, Douglass, Duncan, Durant, El Reno, Harrah, John Marshall, MacArthur, McAlester, Noble, Northeast, Northwest Classen, Okmulgee, Poteau, Shawnee, Southeast, U.S. Grant, Weatherford.

## At Ponca City High School

**Class 5A (girls 1:00 p.m./boys 2:30 p.m.):** Bartlesville, Broken Arrow, Charles Page, Enid, Jenks, Tulsa Memorial, Nathan Hale, Owasso, Ponca City, Sapulpa, Stillwater, Tahlequah, Union, Will Rogers.

**Class 4A (girls 1:30 p.m./boys 3:00 p.m.):** Kelley,



*ORU CC CLASSIC--McGuinness girls are a tight pack in the middle of the 4A race. The Irish won both 4A girls and boys. Photo by Roger Taylor*

B.T. Washington, Catoosa, Tulsa Central, Claremore, Cushing, Webster, Eat Central, Ft. Gibson, Grove, Guthrie, McLain, Miami, Pryor, Sallisaw, Edison, Wagoner, Western Heights.

**Class 3A (girls 2:00 p.m./boys 3:30 p.m.):** Berryhill, Blackwell, Bristow, Cascia Hall, Collinsville, Dewey, Glenpool, Guymon, Jay, Little Axe, Mannford, Pawhuska, Perry, Claremore Sequoyah.

## At Watonga High School

**Class 2A (girls 2:00 p.m./boys 3:00 p.m.):** Alva, Beggs, Chelsea, Chisholm, Elgin, Fairview, Hennessey, Inola, Jones, Metro Christian, Millwood, Prague, Victory Christian, Warner, Watonga.

**Class A (girls 2:30 p.m./boys 3:30 p.m.):** Arapaho, Balko, Beaver, Binger-Oney, Boise City, Braman, Buffalo, Canton, Canute, Davenport, Erick, Forgan, Foyil, Freedom, Frontier, Glencoe, Goodwell, Hinton, Hooker, Hydro, Kansas, Keyes, Laverne, Lomega, Medford Oaks, Oilton, Okeene, Picher-Cardin, Pioneer-

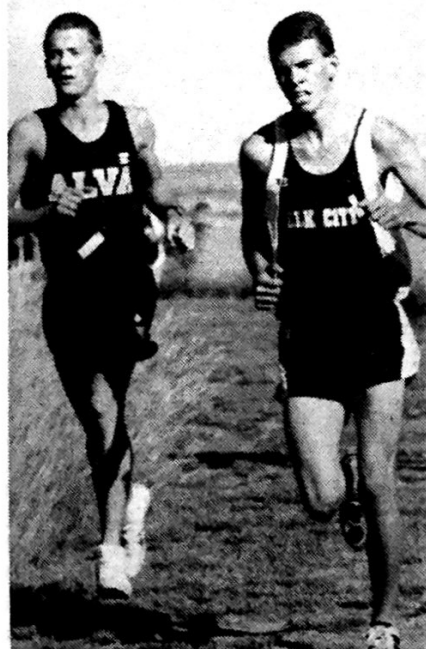
Pleasant Vale, Pond Creek-Hunter, Ringwood, Tahlequah Sequoyah, Timberlake, Turpin, Tyrone, Yarbrough.

## At Lindsay Golf Course

**Class 3A (girls 1:00 p.m./boys 2:30 p.m.):** Anadarko, Byng, Classen, Edmond Deer Creek, Elk City, Holdenville, Marlow, Purcell, Star Spencer, Sulphur, Tuttle.

**Class 2A (girls 1:30 p.m./boys 3:00 p.m.):** Bethany, Blanchard, Caney Valley, Dickson, Heavener, Heritage Hall, Konawa, Lexington, Lindsay, Madill, Marietta, Plainview, Tishomingo, Westville, Wynnewood.

**Class A (girls 2:00 p.m./boys 3:30 p.m.):** Carnegie, Cement, Coalgate, Deer Creek-Lamont, Depew, Elmore City-Pernell, Ft. Cobb-Broxton, Haldton, Maysville, Mounds, Moyers, Navajo, Oklahoma Christian School, Oktaha, Quinton, Riverside, Rock Creek-Bennington, Silo, Stratford, Stuart, Temple, Vanoss, Velma-Alma, Wakita.



*LAVERNE INVITATIONAL--Alva's Ryan Bickerstaff (left) won with Elk City's Utah Robinson second. Photo by Roger Taylor*