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PONCA CITY REGIONAL--The 4A girls are bunched at the near start of the race with Grove's Carly McCulley (right) leading followed by Kelly's Tracy Kmetz and Pryor's Heather Anderson. Full regional results inside this issue. Photo by Roger Taylor

1997 Cross Country State Meet Preview

By John Hoke
Editor

The 1997 Oklahoma Secondary Schools Activities Association's 1997 State Cross Country Championships get underway Saturday, November 1, at Tulsa's Oral Roberts University at 11:00 a.m. with the 5A Girls set for the first race. Admission to the meet is going to be charged, according to OSSAA coordinator, David Jackson, with proceeds to help defray expenses associated with the meet.

Regional meets were held at four sites this year: Midwest City, Ponca City, Watonga and Lindsay, with a total of 14 teams qualifying for the state meet in each class, two more than last year. The weather was marginal at worst and OK at best, as a strong weather front passed through the state on Friday and Saturday. The panhandle was hit with a furious snow storm and Boise City was unable to get to the Watonga regional but will be allowed to compete at the state meet. Guymon left on Friday in order to be assured on making it to Ponca City while Keyes was unable to make it back home on Saturday night after running in Watonga.

The biggest surprise of the weekend was the Moore girls' win over defending state champion Westmoore at Midwest City, though Sapulpa remains No. 1 ranked in 5A girls. There were several tight races, with the Moore boys two-point win over defending champion Edmond Memorial the closest. The McGuinness boys 78-point win over Weatherford was the biggest blowout, while the Irish girls six-pointer over Carl Albert was their closest regional victory in six years.

Taking double team titles at the regionals were Moore, McGuinness and Little Axe. McGuinness will be seeking the first-ever "triple double" at ORU, but the Irish are far from a shoo-in for this accomplishment as the girls face serious challenges from Carl Albert, Pryor and Grove. If Dave Morton's girls pull it off, they will tie the record for the most consecutive wins (six) and most certainly set the stage for the "triple double" when their counterparts take the course at 12:30 p.m. The Irish boys are again the most favored team at the meet and it would take something on the order of their bus getting stranded to stop them from winning their fifth title in six years.

The top times at Midwest City went to Moore's Chris McWatters, with a 16:02 in 5A and McGuinness' Amanda Jordan, who ran an 11:44

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**Next Issue November 17th
State Meet Results**

On Track

By John Hoke, Editor

This is the fifth year that *Oklahoma TRACK & FIELD NEWS* has covered the O.S.S.A.A. State Cross Country Championships and we've grown from a handful of hard-core subscribers to over 500 now. However, with almost 500 schools having track or cross country programs, there are a lot of people out there that don't get to see what's going on in running in our state high schools. Every high school library should have a copy. It's a great way to get athletes into the library to read something they're interested in and it gives them a chance to see their names in print. Coaches, parents, athletes--ask your school librarian to add *OT&FN* to their list of publications.

Sorry for the shameless plug but it takes subscribers to keep us in business. If you bought this copy at the state meet and aren't a subscriber, now is the time to become one. Take advantage of our state meet special! The state meet results issue and the 1998 track season--eight issues for only \$15.00!

This has been another great cross country season. What a great experience for our kids, from the top runners to those that just enjoy being on the team. I can't help it, I get this super feeling every year at this time and just want to pass it on.

The schedule in this issue lists the open cross country meets coming up sponsored by U.S.A. Track & Field and the A.A.U. as well as the Foot Locker Championships. Results from these meets will appear in the first issue of the 1998 track season which will be out at the end of February.

I attended the Chile Pepper Cross Country Festival in Fayetteville, on the same course that the Oklahoma vs. Arkansas meet will be held and it is truly a great place to watch CC. The Chile Pepper is one of my favorite events and every year more Oklahoma teams attend it. This is another one of those great experiences for a runner--just to be around big time cross country and see the surrounding hoopla. This year they awarded medals to the top high school runners instead of T-shirts our athletes couldn't accept. Next year they are planning a special medal and will give it to the top 20 runners instead of just ten. Way to go, Jose!

There is going to be a U.S.A. Track & Field Level I coaching certification school held in Dallas in December. This would be good opportunity for coaches to upgrade their knowledge and take the first step in USAT&F's tiered coaching program. The school covers a myriad of topics and is 21 hours of classroom instruction crammed into a weekend with a take home test to finish the certification process. Arkansas assistant coach Steve Silvey is the director and will be glad to send further information. Contact him at USA Track Clinic, P.O. Box 4501, Fayetteville, AR 72702.

The junior high state meet was held October 16 in Oklahoma City and the results will be in the next issue which will also cover the high school state meets.

The Big 12 Conference Cross Country Championships are being held on OSU's home course in Stillwater on the same day as the state championships. Too bad these meets had to conflict with each other but I know that sometimes colleges and high schools can't schedule around each other.

Coaches--if you haven't turned in your nominations for Senior Achievement Awards you need to get them to Velma-Alma coach Jerry Loveall ASAP.

See you at the state meet!

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State Meet Preview

Continued from page 1

in 4A, equaling Mustang's Corrie Hussar's 1996 time on the same course. At Ponca City, Jenks' Clay Cosby went 16:38 in 5A boys and Hale's Amy Bratton won 5A girls with a 12:05. At Lindsay, Caney Valley's Joey McNair took 2A with a 17:03 and Plainview's Becky Harvey won 2A with a 12:46. At Watonga, Prague's Daniel Stone ran 16:29 in 2A and Warner's Miley Turnbull ran 12:06 in 2A.



Summer Suchy
Westmoore

There are seven defending champions and two former champions in the field that include almost 75 returning All-Staters. Only three of the seven individuals are entering the meet ranked No. 1 while seven of the defending team champions carry a No. 1 ranking into the state meet.

A class by class rundown of the meet, in the order of their races.

5A Girls (11:00 a.m.)

Westmoore is the defending champion but defending individual champion Lindsay Hughes is not ranked in the top ten. Teammate Summer Suchy has

been impressive and will carry the No. 1 ranking into the meet with Hale's Amy Bratton her most serious challenger.

The Jaguars were surprise losers to Moore at the regional and have lost a couple of times to top ranked Sapulpa, though it was very close. This is really a three-team race though Mustang has some good balance and has to be rated as the dark horse of the class.

Sapulpa has topped the Power Poll for the past three weeks and were impressive in winning the Chile Pepper in Fayetteville two weeks ago. Mike Adair's Chieftains are anchored by the Ahlgren family, with three sisters in their top five. No team has more than two runners in the top ten--except 5A newcomer, Hale, who still lack a strong fifth runner--and it could very easily come down to the strength of the sixth runners



Amy Bratton
Hale



Amanda Jordan
McGuinness

for the Irish "triple double."

Carl Albert, almost invisible due to a lack of reported meets, showed up at the regional prepared to run and gave McGuinness their closest regional victory in six years. At the Ponca City regional, Pryor held off Grove by an even closer margin and they will all come together at ORU at 11:30 a.m. November 1. Kelley would be in the hunt, but they lost their outstanding freshman, Lindsay Metetich, to stress fractures early in the season.

Jordan has had an awesome season and could become the first girl to finish the season totally undefeated in many years. She set course records at Mustang and OSU and won heavy-duty meets at SMU in Dallas and the Chile Pepper in Fayetteville. If she wins she will be the sixth Irish champion in a row following Ashley Boothe's three titles and Jessica Hoke's two.

Duncan's Camille Herron has been the best of the rest all season with Pryor's Heather Anderson and Kelley's Tracy Kmetz hot on her heels. Irish sophomore Maggie Kelly and Grove senior Carly McCulley will look to a top five finish along with Carl Albert's Tressy Ross and Beth Barbiers.

5A Boys (12:00 noon)

This could easily be the tightest race of the

in a tight finish.

Bratton and Suchy have traded wins with Suchy taking their last meeting at the pre-state meet at ORU. Sapulpa's Adrienne McVey, Moore's Karli Haynes and Mustang's Wendy Scott are all capable of an individual win and this could certainly be one of the best individual races of the meet.

4A Girls (11:30 a.m.)

With three former All-Staters on the team and the state's No. 1 runner, you would think McGuinness would already be polishing their medals. But the Irish are looking over their shoulders and running scared--the competition is finally back. It's been six years since Morton's girls have had a serious challenge at the state meet and this year there are at least three teams poised to be the spoiler for



Camille Herron
Duncan



Clay Cosby
Jenks

day. With no real clear-cut favorite, three teams share top billing. Defending champion Edmond Memorial beat Jenks on a sixth runner finish after an 83-83 tie at the pre-state meet two weeks ago, with Moore laying low while their injured Jimmy Martinez recovered. Moore came back and edged the Bulldogs by two points at the Midwest City regional after getting smacked in the Metro Conference the week before without Martinez.

In the end, the Lion's get the nod for the top ranking on the strength of having two runners in the top five, which will count a lot towards the championship in a race that is as deep as this one will be. Look for the winner to score near 100 points.

Jenks can claim the top ranked individual with Clay Cosby but Sapulpa's Ben Lake has beaten him at least once this season with Moore's Chris McWatters rapidly moving up the ladder. Martinez was undefeated through the first half of the season but was injured at the Cowboy Jamboree and has not won since. Enid's Allyn Collins was a strong third at Ponca City and Union's Jeremy Case was fourth. Aaron Peterman is the Bulldogs top runner and Midwest City's Eric Delgado could crack the top five as well.

4A Boys (12:30 p.m.)

Last year McGuinness put six runners in the top eight, scoring only 23 points and winning by 91 points over runnerup Guthrie. The Irish might not be quite as strong this year, with only five in the top eight, but there isn't a better bet for a win on Nov. 1.

Led by defending champion Kevin Connolly and No. 2 ranked teammate, Brett Lowry, the Irish have steamrolled their competition all season and are in a tight battle with Moore, Edmond Memorial and Jenks for the No. 1 spot in the Power Ranking. Average times over the same course put the four teams within a few seconds of each other and the final



Kevin Connolly
McGuinness

Continued on next page



PONCA CITY REGIONAL--Union's Jeremy Case leads the pack in the 5A boys race followed by Enid's Alyn Collins and Sapulpa's Ben Lake. Photo by Roger Taylor

State Meet Preview

Continued from previous page



Brett Lowry
McGuinness

Power Ranking will probably be decided by tenths of a second.

Guthrie, winner of the Ponca City regional, is back with a solid lock on the number two spot while Edison and Weatherford will hope to slip on to the medal stand. With green the predominant color of the top ten, Shawnee's George Wright and Western Heights' Philip Semien hope to add some other colors to the awards' stand. Altus' Kyle Hawthorne, Kelley's Ryan Adams and Noble's Jack Tracy will join Irish runners Patrick Eberle, Jonathan Pitman and John Hamilton in the fight for All-State status.

3A Girls (1:00 p.m.)

Defending champion Marlow, like the McGuinness girls, has



Carrie McFall
Cascia Hall

her convincing win at the pre-state meet at ORU. She beat No. 2 ranked Jamie Lucero of Guymon at the Ponca City regional and No. 3 Amy Kilhoffer of Elk City at ORU. Little Axe's Susan Morford and Cascia Hall's Sara Jurek

not had the powerhouse team of past years--five championships and four seconds in nine years--but the Outlaws are still the team to beat. Coach Jimmy Brackeen's team won by only one point over Little Axe at the pre-state meet at ORU and Elk City--runnerup to the Outlaws at the Watonga regional--has to be counted as a possible contender.

Marlow has only one top ten runner, defending champion Leah McCauley, who has not made the top five since pre-season, while Little Axe has three and Elk City two. Mannford and Cascia Hall round out the top five but probably don't have the depth to contend for the title.

Cascia Hall's Carrie McFall has held the top individual spot since

will be in the hunt for a top five finish.

2A Girls (1:30)

Lexington won their second title in three years last year and the Bulldogs, under first-year coach David Whaley, appear headed for their third. After a slow start the Bulldogs have moved steadily up the ladder and are now ranked No. 10 in the Power Ranking. They have three runners in the top ten and were 30-point winners over Plainview in the regional at Lindsay. Warner won big in the Watonga regional and will certainly be capable of running with the 'dogs and Indians at state. Both Warner and Plainview have two in the top ten.

Warner's Miley Turnbull won the pre-state meet at ORU over defending champion Tasha Lance and then repeated that win at the Watonga regional. Plainview's Becky Harvey has been a bit inconsistent but has to be counted among the contenders in this race as does Lexington's Amanda Wedel and Audrey Lewis, as well as Dickson's Lindsay Hicks.



Miley Turnbull
Warner

A Girls (2:00 p.m.)

Velma-Alma is the defending champion after taking the inaugural win for this new class last year. Canton won the Ponca City regional but were 68-point victims of the Comets at state last year. Perennial Class A power Laverne failed to take a full team to the regionals, so, in spite of having two top ten runners, will not be in the hunt for the team title.

Boise City is a bit of a mystery--but aren't they always. The panhandle teams don't compete very often in the mainstream meets of the state and are unknown quantities when it comes to state meet time. This year they got



Rae Ann McCurry
Velma-Alma

State Meet Preview



*Darla Bocock
Boise City*



*Kevin Minson
Marlow*

snowed-in and missed the regional but will still be at state. Wakita and Hydro will be after one of the top three team medals as well.

Two-time defending champion Rae Ann McCurry, Velma-Alma junior, has not been undefeated this season but regained her No. 1 ranking with a solid win in the Lindsay regional over Stratford's Krista Rowe. Boise City senior, Darla Bocock, gets the No. 2 ranking and Laverne freshman Tonya Bentley, winner of the Watonga regional, is third.

3A Boys (2:30 p.m.)

Defending champion Elk City has held the No. 1 ranking from the start of the season and it doesn't look like anyone is going to take it away from them. Coach Mark Heard's Elks won the pre-state meet by 21 points over Little Axe and then took the Lindsay regional by the same amount over Mannford. Elk City, a newcomer to 3A last year, has three ranked in the top ten. Little Axe always runs their best at the state meet and can't be counted out until it's all over. Marlow, Anadarko and Mannford will battle for a distant third.

Defending champion Kevin Minson of Marlow has had a rough season but is looking better, making it back to the No. 3 spot after a runnerup finish to Elk City's Utah Robinson at the Lindsay regional. 1997 runnerup by a hair, Albert Kelley of Bristow, has been impressive with solid wins at the pre-state meet and Ponca City regional and gets the No. 1 spot. Mannford's Jason Lee and Elk City Travis Johnson round out the top five.



*Daniel Stone
Prague*

2A Boys (3:00 p.m.)

Dickson is the defending champion and the Comets have been ranked No. 1 since the start of the season. Prague looked strong early but got beat by 16 points at the pre-state meet at ORU. Coach Ron Love's Comets have three in the top ten and will be hard to top. Chisholm and Elgin will duke it out for the third place medals.

This is a very balanced field and any one of several runners could take the race. Prague's Daniel Stone gets the No. 1 spot based on his regional win at Watonga and Caney Valley's Joey McNair gets No. 2. Former champion David Lampkin of Dickson won the pre-state meet but lost to McNair at the Lindsay regional. Chisholm's Steve Sawyer and Prague's Robert Smith round out the top five.



*Herbie Pebeashy
Hydro*

A Boys (3:30)

Hydro is the defending champion and they beat their closest rival, Tahlequah Sequoyah, by 18 points at the Watonga regional. Riverside, runnerup last year, beat Velma-Alma at the Lindsay regional and these four will contend for the top three spots. Hydro has three runners in the top ten as does Riverside. Oklahoma Christian School comes in at fifth.

Defending champion Herbie Pebeashy, Hydro junior, has been in a class by himself this season but has not run against former champion Mylo Miller of Velma-Alma yet. Miller was top-ranked most of last season but got injured late. Riverside's Daniel Davis, Jonathan Bolden from Hydro and Oklahoma Christian's Stephen Mays round out the top five.



*PONCA CITY REGIONAL--Hale's Amy Bratton leads Jenks' Atalie Barber in the 5A girls race.
Photo by Roger Taylor*

Regionals



Chris McWatters
Moore

At Midwest City 5A Boys

TEAM SCORING: 1. Moore 53; 2. Edmond Memorial 55; 3. Midwest City 105; 4. Mustang 113; 5. Norman North 153; 6. Westmoore 175; 7. Edmond Santa Fe 178; 8. Norman 201; 9. Edmond North 214; 10. Eisenhower 272; NS—Yukon, Putnam City North.

INDIVIDUALS: 1. Chris McWatters, Moore, 16:02; 2. Jimmy Martinez, Moore, 16:23; 3. Aaron Peterman, EdM, 16:23; 4. Eric Delgado, MWC, 16:37; 5. Patrick Tanner, NorN, 16:55; 6. Josh Burkhardt, EdM, 16:50; 7. Desean Lusk, MWC, 16:51; 8. Brad Mixon, Must, 16:52; 9. Roman Escalera, Moore, 16:54; 10. *Bryan Buster, Yuk, 16:55; 11. Derek Sparks, EdM, 17:00; 12. Brian Wyant, EdM, 17:06; 13. Fareed Kiazuddin, SF, 17:10; 14. Jeff Crawford, Must, 17:11; 15. Sean Walker, Moore, 17:12; 16. Ryan Rice, Wm, 17:14; 17. Brian Mixon, Must, 17:20; 18. *Sean Leigh, EdN, 17:22; 19. Mike Mitchell, MWC, 17:25; 20. *Cory Youngs, PCN, 17:26; 21. Andrew Call, NorN, 17:26; 22. *Matt Lammert, Nor, 17:26; 23. Christian Westhof, EdM, 17:29; 24. Brady Schmiedeberg, EdM, 17:30; 25. Brian Caldwell, SF, 17:38; 26. Gabe Marshall, Moore, 17:42; 27. *Phillip West, Nor, 17:42; 28. *Paul Dunn, Ike, 17:48; 29. Kyle Massie, MWC, 17:49; 30. Lee Cain, SF, 17:52; 31. Dalton Daugherty, Wm, 17:53; 32. Will Franklin, NorN, 17:54; 33. *Greg Hill, PCN, 17:57; 34. Jose Cervantes, Must, 17:57; 35. Chase Hawkins, EdN, 17:57; 36. Luke Hooper, EdM, 17:59; 37. Blake Abshire, NorN, 18:02; 38. Tristan Nunlry, Ike, 18:06; 39. Will Gardner, Nor, 18:14; 40. Johnathan Reynolds, Must, 18:08.

*individual qualifier

5A Girls

TEAM SCORING: 1. Moore 53; 2. Westmoore 65; 3. Mustang 72; 4. Santa Fe 112; 5. Edmond North 140; 6. Edmond Memorial 168; 7. Norman North 173; 8. Putnam City North 187; 9. Midwest City 195; 10. Yukon 229; NS—Midwest City, Eisenhower.

INDIVIDUALS: 1. Summer Suchy, Wm, 11:57; 2. Karli Haynes, Moore, 12:15; 3. Wendy Scott, Must, 12:18; 4. Allison Franklin, Wm, 12:18; 5. Carol Remy, NorN, 12:20; 6. Lindsey Hughes, Wm, 12:38; 7. Jessica Thompson, Must, 12:42; 8. Mindy Scott, Must, 12:43; 9. *Marthia Robinson, MWC, 12:45; 10. Nicole Henry, Moore, 12:51; 11. Jennifer Ward, SF, 12:52; 12. Heather Miles, Moore, 12:57; 13. Juliet Valenzuela, Moore, 12:58; 14. Laura Beam, EdM, 13:02; 15. *Adrienne Alvarez, Ike, 13:05; 16. Kari Hart, Must, 13:06; 17. Julie Cardenas, Moore, 13:07; 18. Christie Domina, SF, 13:07; 19. Sharalee Sparks, Moore, 13:09; 20. Daniella Calderone, SF, 13:11; 21. Charlene Woodson, SF, 13:41; 22. *Dani Mitchell, Nor, 13:15; 23. Rachel Clinton, EdN, 13:19; 24. Suzanne Stroup, Moore, 13:20; 25. Annie Allen, EdN, 13:24; 26. *Leah Carr, Yuk, 13:25; 27. Kristi Turner, Wm, 13:31; 28. *Tia Antone, PCN, 13:35; 29. Christine Hanson, EdN, 13:73;



Karli Haynes
Moore

30. Dawna Hughes, NorN, 13:40; 31. Valene Gutierrez, Wm, 13:41; 32. *Tanya McClelland, MWC, 13:42; 33. Valerie Brewer, EdN, 13:43; 34. Amanda Robinson, EdM, 13:46; 35. Kristina Klos, EdM, 13:47; 36. Kelly Fitzpatrick, PCN, 13:48; 37. Christine Slott, PCN, 14:05; 38. Lauren Miso, PCN, 14:08; 39. Shelby Winter, Yuk, 14:09; 40. Emily Hunter, EdN, 14:10.

*individual qualifier

4A Boys

TEAM SCORING: 1. McGuinness 20; 2. Weatherford 98; 3. Duncan 106; 4. Noble 123; 5. Shawnee 142; 6. Altus 148; 7. Carl Albert 170; 8. McAlester, 9. MacArthur 209; 10. U.S. Grant 267; NS—Durant, Harrah, John Marshall, Douglass, Poteau.

INDIVIDUALS: 1. Kevin Connolly, McG, 16:10; 2. Brett Lowry, McG, 16:42; 3. George Wright, Shaw, 16:47; 4. Patrick Eberle, McG, 16:53; 5. Kyle Hawthorne, Altus, 17:01; 6. Jonathan Pitman, McG, 17:20; 7. John Hamilton, McG, 17:24; 8. Jack Tracy, Nob, 17:24; 9. Mike Donnelly, McG, 17:25; 10. Jerry Gallaher, Dun, 17:30; 11. Matt Donley, Wea, 17:33; 12. Steve Blaylock, Dun, 17:35; 13. *Aaron Carr, Har, 17:37; 14. Zac Bishop, McG,



George Wright
Shawnee

17:39; 15. Nathan Mata, CA, 17:47; 16. Trevor Gillum, Dur, 17:45; 17. Levi Lainhart, Shaw, 17:47; 18. Kenny Allen, Dun, 17:50; 19. *Josh Lancaster, Har, 18:00; 20. Josh Williams, Wea, 18:10; 21. *Ferguson Atche, JM, 18:13; 22. *Broc Randal, McA, 18:17; 23. *Tony Schroeder, McA, 18:19; 24. Andy Frame, Wea, 18:20; 25. *Nate Phillips, Mac, 18:23; 26. Jeremy Trout, Wea, 18:25; 27. Cody Weaver, Nob, 18:25; 28. Robert Seda, Mac, 18:27; 29. Matt Ageuro, Pot, 18:28; 30. Chris Johnson, Nob, 18:38; 31. Jeremy Wendte, Dun, 18:43; 32. Merkel Joseph, CA, 18:40; 33. Josh Mosburg, Wea, 18:50; 24. Eric Hayes, Nob, 18:51; 35. Jose Delacruz, Altus, 18:54; 36. Marc Teaman, Shaw, 18:55; 37. Jeff Smith, USG, 18:59; 38. Daniel Cruz, Altus, 19:03; 39. Tony Loch, CA, 18:58; 40. Clifton Dumas, Doug, 19:05.

*individual qualifier

4A Girls

TEAM SCORING: 1. McGuinness 45; 2. Carl Albert 51; 3. Noble 103; 4. Weatherford 116; 5. McAlester 161; 6. Durant 187; 7. Shawnee 193; 8. Ardmore 197; 9. Duncan 204; 10. Altus 210; NS—Okmulgee.

INDIVIDUALS: 1. Amanda Jordan, McG, 11:44; 2. *Camille Herron, Dun, 12:28; 3. Maggie



Patrick Eberle
McGuinness

MIDWEST CITY REGIONAL—Duncan's Camille Herron leads Carl Albert's Beth Barbiers and McGuinness' Maggie Kelly in the 4A girls race. Photo by John Hoke



Tresey Ross
Carl Albert

Ross, CA, 12:52; 5. Beth Barbiers, CA, 12:58; 6. Tamra Boomer, Nob, 13:10; 7. *Amanda Bailey, Dun, 12:26; 8. Jaimi Clark, Nob, 13:29; 9. *Tia Holman, Ard, 13:20; 10. Lindsay Peterson, McG, 13:21; 11. Edith Kalkbrenner, CA, 13:22; 12. Amber Willis, Dur, 13:22; 13. Karen Baumeister, McG, 13:24; 14. Sara Mata, CA, 13:26; 15. Carmen Zamora, Wea, 13:27; 16. Lori Weaver, Nob, 13:29; 17. Sarah Kincannon, CA, 13:28; 18. Kelly Long, McG, 13:34; 19. Rebecca Bridges, Shaw, 13:36; 20. Jennifer Shaffer, Wea, 13:38; 21. Brooke Booth, McG, 13:40; 22. *Alison Carney, Altus, 13:49; 23. Maureen Martin, McG, 13:51; 24. Celeste Pasquale, Shaw, 13:55; 25. Morgan Brown, Wea, 13:56; 26. *Kim Reagan, Okm, 14:00; 27. Angie Grammer, Wea, 14:02; 28. Kim Thomas, McA, 14:03; 29. Shanah Vassar, Wea, 14:04; 30. Janit Nave, McA, 14:04; 31. Michelle Thomas, McA, 14:12; 32. Dana Kernan, Dur, 14:13; 33. Katie Smith, McA, 14:17; 34. Brandy Matson, Dur, 14:25; 35. Stephanie Pankau, CA, 14:27; 36. Jessie Tutt, Nob, 14:32; 37. Sara Richard, Nob, 14:34; 38. Lacy Christensen, Wea, 14:35; 39. April Moore, McA, 14:36; 40. *Beth Migliorino, Ard, 14:38; *Alexis Shoat, Ard.

*individual qualifier

At Ponca City 5A Boys

TEAM SCORING: 1. Jenks

43; 2. Bartlesville 69; 3. Sapulpa 135; 4. Owasso 143; 5. Stillwater 146; 6. Enid 146; 7. Broken Arrow 148; 8. Ponca City 201; 9. Union 215; 10. Hale 297; 11. Rogers 297; 12. Charles Page 351; 13. Tahlequah 355; NS—Muskogee.

INDIVIDUALS: 1. Clay Cosby, Jenks, 16:38; 2. Ben Lake, Sapulpa, 16:48; 3. Allyn Collins, Enid, 16:50; 4. *Jeremy Case, Un, 16:58; 5. Ryan Starr, Bart, 17:11; 6. Kyle Webb, BA, 17:18; 7. *Paul Paschal, PonC, 17:29; 7. Pte Laughlin, Jenks, 17:35; 9. Jeremy McKinney, Bart, 17:36; 10. Grant Hill, Jenks, 17:41; 12. Brandon Kissack, Bart, 17:45; 13. Forrest Walker, Jenks, 17:47; 14. Josh Moseby, Ow, 17:52; 15. *Sean Manning, Rog, 17:52; 16. *Jhawn Saul, Musk, 17:56; 17. David Hale, Jenks, 18:06; 18. J.R. Lake, Sap, 18:07; 19. Blake Culp, Bart, 19:09; 20. *Bobby Breisch, CP, 18:14; 21. Rem Moll, Jenks, 18:5; 22. Eric Wright, Stw, 18:20; 23. Mike Richard, Enid, 18:22; 24. Chris Wright, BA, 18:24; 25. Chase Haney, Ow, 18:31; 26. Mark Wilcox, 18:32; 27. Martin Williams, Stw, 18:34; 28. *Nathan Zimmerman, PonC, 18:35; 29. Tony Butler, Ow, 18:35; 30. Craig Swiger, Enid, 18:37; 31. Phillip Cain, Bart, 18:39; 32. Joshua Hendrix, BA, 18:42; 33. Evan Rogers, Stw, 18:44; 34. Matt Jungers, Stw, 18:44; 35. Dan Leger, Stw, 18:45; 36. Joey Anderson, Sap, 18:47; 37. Jared Harpole, Bart, 18:49; 38. Jared Harding, Ow, 18:50; 49. Jamario Jones, Sap, 18:50; 40. Alan Hancock, BA, 18:51.

*individual qualifier

5A Girls

TEAM SCORING: 1. Sapulpa 31; 2. Hale 76; 3. Jenks 111; 4. Stillwater 118; 5. Owasso 127; 6. Bartlesville 129; 7. Broken Arrow 135; 8. Union 186; 9. Enid 250; 10. Ponca City 284; 11. Tahlequah 291; 12. Charles Page 305; NS—Muskogee



Adrienne McVey
Sapulpa

INDIVIDUALS: 1. Amy Bratton, Hale, 12:05; 2. Adrienne McVey, Sap, 12:15; 3. Heather Barnes, Sap, 12:25; 4. Brandy Bratton, Hale, 12:27; 5. Geanell Zeno, Hale, 12:28; 6. Christine Novara, Ow, 12:37; 7. Mary Hill, Sap, 12:40; 8. Michelle Ahlgren, Sap, 12:45; 9. Kendra Maple, Bart, 12:51; 10. Atalie Barber, Jenks, 12:55; 11. Renee Ahlgren, Sap, 13:04; 12. Kelli O'Rourke, Jenks, 13:06; 13. Jennifer Ahlgren, Sap, 13:08; 14. Liz Weiss, Stw, 13:08; 15. JoAnna Dosssett, Ow, 13:13; 16. Melissa Webb, Bart, 13:15; 17. Stasia Allcorn, BA, 13:22; 18. Karla Hopkins, BA, 13:23; 19. Tonya Schroeder, BA, 13:25; 20. Hillary Jacobson, Jenks, 13:26; 21. Jennifer Lassiter, Jenks, 13:31; 22. *Lucresha Lopez, Un, 13:31; 23. Hallie Hutchens, Stw, 13:32; 24. Katie Kelly, Stw, 13:33; 25. Lisa Bowles, Stw, 13:35; 26. *Christy Schultz, Un, 13:39; 27. Joy Russel, Bart, 13:43; 28. Cydney Adair, Sap, 13:47; 29. Mary Ryser, Ow, 13:50; 30. Angela Parker, Hale, 13:52; 31. *Kyla Davis, CP, 13:54; 32. Kristin Wilkinson, Stw, 13:57; 33. *Amanda Cobb, PonC, 13:59; 34. Kari Ann Grant, Bart, 14:00; 35. *Amy Tiger, Enid, 14:00; 36. Melissa Graham, Hale, 14:04; 37. Kristin Scott, Stw, 14:09; 38. Elizabeth Haight, Ow, 14:08; 39. Sara Walker, Ow, 14:18; 40. Esther Hewitt, BA, 14:23; 42. *Jenny Schultz, Un, 14:25; 44. *Lauren Burkhardt, Tah, 14:27.

*individual qualifiers

4A Boys

TEAM SCORING: 1. Guthrie

41; 2. Edison 82; 3. Claremore 129; 4. Western Heights 131; t. Kelley 144; 6. Catoosa 175; 7. Pryor 183; 8. B.T. Washington 186; 9. Sallisaw 195; 10. Webster, 11. Grove 270; NS—Ft. Gibson.

INDIVIDUALS: 1. Phillip Semien, WH, 17:27; 2. Ryan Adams, Kel, 17:32; 3. *Pascale Pauller, Sal, 17:40; 4. Robert Darbe, Guth, 17:52; 5. Nick Meyer, Guth, 17:52; 6. Mike Mayer, Guth, 17:59; 7. *Scott Caldwell, FG, 18:00; 8. Aaron Murray, Cat, 18:11; 9. Nik Labus, Guth, 18:11; 10. Beau Brown, Ed, 18:17; 11. *Jon Allen, BTW, 18:17; 12. *Jason Sowell, Web, 18:29; 13. Shane Pratt, WH, 18:35; 14. Roy Chartier, Clar, 18:37; 15. Turk Burns, Clar, 17:41; 16. Ed Wallace, Ed, 18:46; 17. David Pennington, Ed, 18:49; 18. Scott Selman, Kel, 18:54; 19. Sterling Pratt, Guth, 18:55; 20. *Nick Cox, Sal, 19:05; 21. Rocky James, Ed, 19:17; 22. Kyle Birkenfeld, Pry, 19:21; 23. Kevin Howarth, Ed, 19:23; 24. Zeke Hathcock, Guth, 19:29; 25. Jeremy Garmand, Guth, 19:34; 26. Kyle Bradley, WH, 19:44; 27. *Blake O'Brien, Gr, 19:47; 28. *John Perry, FG, 19:47; 29. Ray Akin, Clar, 19:50; 30. Ryan Robertson, Pry, 19:50; 31. Stefan Fertl, Cat, 19:56; 32. Jonathan Pinky, Ed, 19:59; 33. Stephen Knox, Kel, 19:59; 34. Adam Stoemer, Kel, 20:00; 35. Ryan Towner, BTW, 20:02; 36. Seth Black, Ed, 20:08; 37. Brian Brower, Clar, 20:10; 38. Ken Roberts, Web, 20:10; 39. Justin Sallee, Sal, 20:11; 40. Christopher Dean, Cat, 20:12.

*individual qualifier

4A Girls

TEAM SCORING: 1. Pryor 46; 2. Grove 50; 3. Kelley 67; 4. Edison 109; 5. Guthrie 112; 6.

Phillip Semien
Western Heights

Western Heights 134; 7. Claremore 199; 8. B.T. Washington 225; 9. Catoosa 235; 10. Sallisaw 236.

INDIVIDUALS: 1. Heather Anderson, Pry, 12:30; 2. Tracy Kmetz, Kel, 12:39; 3. Carly McCulley, Gr, 12:46; 4. Angie Kmetz, Kel, 12:52; 5. Shavon Young, Guth, 12:55; 6. Melissa Corlett, Pry, 12:55; 7. Kara Nutter, Pry, 12:59; 8. Abby Nutter, Pry, 13:04; 9. Abby Robertson, Gr, 13:05; 10. Michelle Fields, Gr, 13:10; 11. Angie Drake, Gr, 13:15; 12. Lindsay Funk, Kel, 13:24; 13. *Joanna Fedick, Cat, 13:31; 14. Jennifer Dalby, Ed, 13:33; 15. Heidi Martinson, Ed, 13:34; 16. Amy Saxon, WH, 13:35; 17. Sarah Northcutt, Gr, 13:36; 18. Andi Smith, Ed, 13:38; 19. Esther Shaw, WH, 13:47; 20. Mary Shaw, WH, 13:50; 21. Lindsey Davis, Guth, 13:57; 22. Scavlet Prock, Guth, 13:58; 23. Katie Wagner, Kel, 13:59; 24. Lisa Webster, Pry, 14:07; 25. Ali Sraves, Gr, 14:13; 26. Sarah Kessler, Kel, 14:24; 27. Wendy Selman, Kel, 14:25; 28. Karen Smith, Ed, 14:28; 29. Leslie Roof, Guth, 14:30; 30. Mandi McCandlon, Kel, 14:35; 32. Lisa Fry, Clar, 14:44; 33. Bobbi Collins, Clar, 14:44; 34. Diana Diez, Ed, 14:52; 35. Samantha Privette, Guth, 14:57; 36. *Sarah Lipert, BTW, 14:58; 37. Nicole Hazelwood, Clar, 14:59; 38. Rebekah Davis, WH, 15:03; 39. *Megan Landa, Sal, 15:07; 40. *Blair Roe, BTW, 15:08; 43. Dana Bliss, Sal, 15:15; 46. *Katie Horn, Sal, 15:23; 47. *Julie Fitzgerald, BTW, 15:30.

*individual qualifiers

3A Boys

TEAM SCORING: 1. Little Axe 26; 2. Mannford 47; 3. Guyon 65; 4. Jay 92; NS—Bristow, Pawhuska, Cascia Hall.

INDIVIDUALS: 1. *Albert Kelly, Bris, 17:17; 2. Jason Lee, Mann, 17:45; 3. Haneef Abdul-Rahman, LA, 17:59; 4. Luke Ennis, LA, 18:07; 5. Brant Littrell, Guy, 18:09; 6. Justin McKinney, Mann, 18:12; 7. Ron Bullcoming, LA, 18:22; 8. Chris McClure, LA, 18:32; 9. Chuck Staton, LA, 18:34; 10. Brad Hamilton, Mann, 19:02; 11. *Matt Benson, Paw, 19:13; 12. Bryan Gibson, LA, 19:19; 13. Zac Miller, Guy, 19:22; 14. Ben Pate, Guy, 19:25; 15. Jim Goeller, Jay, 19:27; 16. Dee Mullens, LA, 19:28; 17. *Andy Zanovich, CH, 19:48; 18. *Jason Caldwell, Paw, 20:06; 19. Bill Cash, Mann, 20:14; 20. Alan Netherton, Jay, 20:25; 21. *Thomas Butchko, CH, 20:36; 22. Kelley Smith, Mann, 20:39; 23. Tyler Miller, Guy, 20:53; 24. Jeremiah Graybill, Jay, 21:00; 25. Brandon Hogan, Guy, 21:04; 26. Shawn Allen, Jay, 21:11; 27. Jack Titchener, Mann, 21:19; 28. *Murray Crookes, Paw, 22:13; 29. Chris Taylor, Jay, 22:17; 30. Jimmy Griffin, Mann, 22:37; 31. Nasser Mitwalli, Jay, 25:07.

Jason Lee
Mannford

*individual qualifiers

3A Girls

TEAM SCORING: 1. Little Axe 37; 2. Mannford 80; 3. Cascia Hall 87; 4. Jay 115; 5. Guyon 120; 6. Bristow 150; 7. Berryhill 161; 8. Glenpool 165; NS—Blackwell.

INDIVIDUALS: 1. Carrie McFall, CH, 12:28; 2. Jamie Lucero, Guy, 12:39; 3. Suzy Morford, LA, 12:47; 4. Sara Jurek, CH, 13:05; 5. Hillary Cochran, LA, 13:11; 6. Jai Scott, Ber, 13:20; 7. Michelle Parkins, LA, 13:26; 8. *Misty Marshall, Glen, 13:32; 9. Tina Tiner, Mann, 13:35; 10. Jessica Upton, LA, 13:36; 11. Kristina Babel, Jay, 13:42; 12. Kathy



Jamie Lucero
Guyon

Continued on page 10

Girls Individual Cross Country Rankings

A

1. **Rae Ann McCurry**
Velma-Alma
2. **Darla Bocock**
Boise City
3. **Tonya Bentley**
Laverne
4. **Krista Rowe**
Stratford
5. **Cindy Fuller**
Velma-Alma
6. **Amber Thacker**
Velma-Alma
7. **Keshia Sharp**
Carnegie
8. **Angie Payne**
Depew
9. **Crystal Sweeney**
Hydro
10. **Kristen Barby**
Laverne

OTHERS: Cassie Prophet, Buffalo; Erin Rapp, Wakita; Jalyne Horn, Velma-Alma; Nikki Wright, Hydro; Kelly Moore, Canton; Sonjo Peterson, Healdton; Virginia Snider, Velma; Brooke Tebow, Deer Creek-Lamont; Micah Wyatt, Hydro; Kim Ogles, Boise City; Leanna Edler, Canute; Ashley Harrison, Beaver.

2A

1. **Miley Turnbull**
Warner
2. **Tasha Lance**
Victory Christian
3. **Becky Harvey**
Plainview
4. **Amanda Wedel**
Lexington
5. **Audrey Lewis**
Lexington
6. **Lindsay Hicks**
Dickson
7. **Stephanie Gleese**
Warner
8. **Michelle Cox**
Lexington
9. **Courtney Metscher**
Chisholm
10. **Vera Waller**
Plainview

OTHERS: Kari Sawyer, Chisholm; Karly Roberts, Warner; Amber Carroll, Lexington; Morgan McAffrey, Warner; Jennifer Johnston, Jones; Angel Bonner, Lexington; Tiffany Fox, Warner; Candice Cox, Plainview; Mary Creel, Metro Christian; Rachelle Riddle, Lindsay; Katy Jones, Jones; Lindsay Voss, Chisholm.

3A

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

OTHERS: Jennie Shireman, Elk City; Amber Staats, Marlow; Brandi McNair, Marlow; Maria Sanchez, Marlow; Misty Marshall, Glenpool; Tina Tiner, Mannford; Ashley Upton, Little Axe; Kristina Babel, Jay; Kathy Russell, Little Axe; Margo Wahpekeche, Little Axe; Nicole Rader, Mannford; Cindy Looper, Blackwell.

4A

1. **Amanda Jordan**
McGuinness
2. **Camille Herron**
Duncan
3. **Heather Anderson**
Pryor
4. **Tracy Kmetz**
Kelley
5. **Maggie Kelly**
McGuinness
6. **Carly McCulley**
Grove
7. **Tressy Ross**
Carl Albert
8. **Beth Barbiers**
Carl Albert
9. **Angie Kmetz**
Kelley
10. **Shavon Young**
Guthrie

OTHERS: Melissa Corlett, Pryor; Kara Nutter, Pryor; Tamra Boomer, Noble; Abby Nutter, Pryor; Abby Robertson, Grove; Amanda Bailey, Duncan; Jaimi Clark, Noble; Michelle Fields, Grove; Angie Drake, Grove; Tia Holman, Ardmore; Lindsay Peterson, McGuinness; Edith Kalkbrenner, Carl Albert.

Boys Individual Cross Country Rankings

A

1. **Herbie Pebeashy**
Hydro
2. **Mylo Miller**
Velma-Alma
3. **Daniel Davis**
Riverside
4. **Jonathan Bolden**
Hydro
5. **Stephen Mays**
Oklahoma Christian School
6. **Walt Ginn**
Hydro
7. **Lance Zunie**
Tahlequah Sequoyah
8. **Taylor Miles**
Oklahoma Christian School
9. **Aaron Danford**
Riverside
10. **Hector Braveheart**
Riverside

OTHERS: Thomas King, Hy; David Walk-
ingstick, Seq; Lucien Bliss, Car; Chris Sun-
rhodes, Seq; Shawn Hem, Wak; Greg Ballard,
Heald; Andy Brown, Keyes; Casey Kirkpatrick,
Velma; Mike Goosen, Hy; L. Crawford, Riv; Jay
Dennis, Velma; Jonas Garcia, Seq.

2A

1. **Daniel Stone**
Prague
2. **Joey McNair**
Caney Valley
3. **David Lampkin**
Dickson
4. **Steve Sawyer**
Chisholm
5. **Robert Smith**
Prague
6. **James Lampkin**
Dickson
7. **Jason DiMauro**
Victory Christian
8. **Ryan Bickerstaff**
Alva
9. **Jerry Cook**
Dickson
10. **Kevin Rolan**
Lindsay

OTHERS: Martin Salas, Mari; Tyson Sjulin,
Plain; Jim Bob Coleman, Wat; Jeremiah Smith,
Elg; Chris McCormick, Prague; Artiz Stroud,
Elg; Dustin Dew, Dic; John Campbell, Lex; Mi-
chael Lytle, Dic; Derek Lieser, Chisholm;
Jerame Dunkin, Chis; Ryan Love, Dic.

3A

1. **Albert Kelly**
Bristow
2. **Utah Robinson**
Elk City
3. **Kevin Minson**
Marlow
4. **Jason Lee**
Mannford
5. **Travis Johnson**
Elk City
6. **Theodore Roundface**
Anadarko
7. **Haneef Abdul-Raheem**
Little Axe
8. **Dustin Moore**
Anadarko
9. **Richard Schneberger**
Elk City
10. **Luke Ennis**
Little Axe

OTHERS: Kurt Knop, Elk; Brant Littrell,
Guy; Michael Willis, Mar; Justin McKinney,
Mannf; Ron Bulcoming, LAxe; Chris McHone,
Elk; Scott Martin, Mar; Chris McClure, LAxe;
Chuck Staton, LAxe; David Gouge, Anadarko;
Chris Poole, Elk City; Cody McDonald, Elk.

4A

1. **Kevin Connolly**
McGuinness
2. **Brett Lowry**
McGuinness
3. **George Wright**
Shawnee
4. **Phillip Semien**
Western Heights
5. **Patrick Eberle**
McGuinness
6. **Kyle Hawthorne**
Altus
7. **Jonathan Pitman**
McGuinness
8. **John Hamilton**
McGuinness
9. **Ryan Adams**
Kelley
10. **Jack Tracy**
Noble

OTHERS: Pascale Pallor, Sallisaw; Mike
Donnelly, McG; Robert Darbe, Guth; Nick
Myer, Guth; Jerry Gallaher, Duncan; Matt Don-
ley, Wea; Mike Mayer, Guthrie; Scott Caldwell,
FGibson; Steve Blaylock, Dun; Aaron Carr, Har-
rah; Aaron Murray, Catoosa; Nik Labus, Guth.

5A

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

OTHERS: Christine Novara, Owasso; Lindsay Hughes, Westmoore; Mary Hill, Sapulpa; Jessica Thompson, Mustang; Mindy Scott, Mustang; Michelle Ahlgren, Sapulpa; Marthia Robinson, MWCity; Nicole Henry, Moore; Kendra Maple, Bartlesville; Jennifer Ward, Santa Fe; Atalie Barber, Jenks; Heather Miles, Moore.

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**

5A Girls

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

5A Boys

1. **Moore**
2. **Jenks**
3. **Ed Memorial**
4. **Bartlesville**
5. **Midwest City**
6. **Mustang**
7. **Sapulpa**
8. **Norman North**
9. **Owasso**
10. **Stillwater**

Girls Power Rank

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

4A Girls

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

4A Boys

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

5A

1. **Clay Cosby**
Jenks
2. **Ben Lake**
Sapulpa
3. **Chris McWatters**
Moore
4. **Alynn Collins**
Enid
5. **Jimmy Martinez**
Moore
6. **Aaron Peterman**
Edmond Memorial
7. **Jeremy Case**
Union
8. **Eric Delgado**
Midwest City
9. **Ryan Starr**
Bartlesville
10. **Patrick Tanner**
Norman North

OTHERS: Josh Burkhart, Ed Memorial; DeSean Lusk, MW City; Kyle Webb, Broken Arrow; Brad Mixon, Mustang; Roman Escalera, Moore; Paul Paschal, Ponca City; Bryan Buster, Yukon; Pete Laughlin, Jenks; Jeremy McKinney, Bartlesville; Grant Hill, Jenks; Barrett Hall, Jenks; Derek Sparks, Edmond Memorial

3A Girls

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

3A Boys

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

2A Girls

1. **Lexington**
2. **Plainview**
3. **Warner**
4. **Chisholm**
5. **Tishomingo**
6. **Jones**
7. **Madill**
8. **Watonga**
9. **Elgin**
10. **Marietta**

2A Boys

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

A Girls

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

A Boys

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



MIDWEST CITY REGIONAL--In the 5A boys race Moore's Jimmy Martinez (left) finished second and Edmond Memorial's Aaron Peterman was third. Photo by John Hoke



Utah Robinson
Elk City

Regionals

Continued from page 7

Russell, LA, 13:43; 13. Margo Wahpekeche, LA, 13:45; 14. Nichole Rader, Mann, 13:51; 15. *Cindy Looper, Black, 13:52; 16. Witney Howell, LA, 13:54; 17. Kenda Kelly, Bris, 13:58; 18. Krystie Panther, Jay, 14:01; 19. Mindy Clay, Mann, 14:21; 20. Kristin Rogers, Mann, 14:22; 21. Shayla Whitney, Mann, 14:23; 22. Lacy Mussman, Guy, 14:28; 23. Shannon Murray, Bris, 14:29; 24. Molly Priest, Guy, 14:30; 25. Trace Six, Jay, 14:37; 26. Emily McBride, CH, 14:38; 27. Caroline Lovely, CH, 14:40; 28. Nichole Sparks, Bris, 14:41; 29. Laurie Cannon, Ber, 14:42; 30. Jade Lindly, Jay, 14:43; 31. Jamie Hawthorn, Guy, 14:50; 32. Nikki Lippert, CH, 14:50; 33. Anne Mowry, CH, 14:51; 34. *Melissa Johnson, Glen, 14:51; 36. *Jessica Inman, Glen, 15:10; 37. Sarah Heitheid, Mann, 14:22; 38. Tricin Six, Jay, 15:30; 39. Melissa Rhodes, Ber, 15:35; 40. Becky Jurek, CH, 15:43; 44. *Tisha Allen, Glen, 16:24; 47. *Candice Hughes, Glen, 16:58; 50. *Patricia Lopez, Glen, 18:09.

*individual qualifiers

At Lindsay 3A Boys

TEAM SCORING: 1. Elk City

26; 2. Marlow 53; 3. Anadarko 57; 4. Purcell 142; 5. Edmond Deer Creek 148; 6. Byng 159; 7. Classen 194; 8. Star Spencer 213.

INDIVIDUALS: 1. Utah Robinson, ElkC, 17:16; 2. Kevin Minson, Mar, 17:22; 3. Travis Johnson, ElkC, 17:31; 4. Theodore Roundface, Ana, 17:34; 5. Dustin Moore, Ana, 14:41; 6. Richard Schneberger, ElkC, 17:42; 7. Kurt Knop, ElkC, 17:48; 8. Michael Willis, Mar, 17:51; 9. Chris McHone, ElkC, 17:56; 10. Scott Martin, Mar, 18:09; 11. David Gauge, Ana, 18:13; 12.



Amy Kilhoffer
Elk City

Chris Poole, ElkC, 18:31; 14. Will Warren, Pur, 18:32; 15. John Davis, Mar, 18:33; 16. Robert Pecina, Ana, 18:35; 17. Sean Holveck, EDC, 18:39; 18. Rubin Smith, Mar, 18:56; 19. M.J. Reynolds, Mar, 18:57; 20. Toby Hawkins, Byng, 19:27; 21. Richard Meers, Ana, 19:28; 22. Donald Meers, Ana, 19:44; 23. Ricki Goombi, Ana, 19:45; 24. David Kinsey, Mar, 19:55; 25. Mike Frazier, Byng, 19:59; 26. Tommy Reeves, Pur, 20:07; 27. David Splinter, Clas, 20:15; 28. *Antonio Martin, SS, 20:25; 29. Evan Morgan, EDC, 20:25; 30. Casey Millsap, Pur, 20:28; 31. Andy Benson, EDC, 20:31; 33. Jessi Gandy, Pur, 20:54; 34. Dustin Yoe, EDC, 35. *Carlos Roland, SS, 21:09; 36. Nick Hailey, Byng, 21:11; 37. Tyler Larsen, EDC, 21:21; 38. Drew Thompson, EDC, 21:23; 39. Travis Wood, Pur, 21:26; 40. Blair Elliott, Clas, 21:40; 49. *Michael Royal, SS, 25:55; 50. *Tregary Williams, SS, 30:19; 51. *Marcus Lee, SS, 30:20.

*individual qualifiers

3A Girls

TEAM SCORING: 1. Marlow 31; 2. Elk City 50; 3. Edmond



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Deer Creek 80; 4. Sulphur 105; 5. Purcell 109; 6. Tuttle 151; 7. Anadarko 171.

INDIVIDUALS: 1. Amy Kilhoffer, ElkC, 12:47; 2. Ashlee Maberry, ElkC, 12:51; 3. Leah McCauley, Mar, 13:10; 4. Jenny Shireman, ElkC, 13:17; 5. Amber Staats, Mar, 13:29; 6. Brandi McNair, Mar, 13:32; 7. Maria Sanchez, Mar, 13:33; 8. Amy Dunaway, Pur, 13:50; 9. Amy Shelby, Sul, 14:00; 10. Melissa Hinds, Mar, 14:06; 11. Amanda Lowry, EDC, 14:07; 12. Amanda Brandon, EDC, 14:10; 13. Blue Day Roundface, Ana, 14:14; 14. Jessica Guthrie, EDC, 14:14; 15. Tashina Smith, Sul, 14:21; 16. Nicole Webb, Sul, 14:21; 17. Jessica Franck, EDC, 14:25; 18. Amanda Cantrell, ElkC, 14:39; 19. Mandy McCollum, Mar, 14:42; 20. Amber Vanderslice, Mar, 14:51; 21. Arie Dunaway, Pur, 14:56; 22. Tasha Henning, Tut, 14:59; 23. Cicely Martin, Pur, 15:07; 24. Emily Hooper, Pur, 15:08; 25. Page Kincaid, ElkC, 15:15; 26. Bethany Loeike, EDC, 15:23; 27. Jennifer Reese, Sul, 15:26; 28. Melissa Brevetti, EDC, 15:32; 29. Rachelle Sullivan, Tut, 15:41; 30. Kalya Questone, Ana, 15:45; 31. Kim Parrish, Tut, 15:50; 32. Kara Jackson, Tut, 15:52; 33. Theta Polk, Pur, 15:57; 34. Heather Mead, Pur, 16:05; 35. Emily Weaver, Pur, 16:12; 36. Gena Whitney, EDC, 16:41; 37. Miranda Galensie, Byng, 16:44; 38. Ray Lynn Sullivan, Tut, 16:46; 39. Jessica Swartz, Sul, 17:06; 40. Lori McDonald, Sul, 17:17.

2A Boys

TEAM SCORING: 1. Dickson 27; 2. Lexington 88; 3. Plainview 95; 4. Lindsay 102; 5. Heritage Hall 128; 6. Caney Valley 136; 7. Tishomingo 169; 8. Marietta 187; NS--Bethany, Madill.

INDIVIDUALS: 1. Joey McNair, CV, 17:03; 2. David Lampkin, Dic, 17:26; 3. James Lampkin, Dic, 17:40; 4. Jerry Cook, Dic, 17:55; 5. Kevin Rolen, Lin, 17:58; 6. Martin Salas, Mari, 18:01; 7. Tyson Sjuln, Plain, 18:09; 8. Dustin Dew, Dic, 18:16; 9. John Campbell, Lex, 18:22; 10. Michael Lytle, Dic, 18:31; 11. Ryan Love, Dic, 18:37; 12. Cory Sheffield, Dic, 18:38; 13. Michael Bratcher, Lex, 18:42; 14. Danny Ryan, Tish, 18:44; 15. Corey Lawson, Lex, 18:52; 16. Travis Conklin, Plain, 18:54; 17. Randy Womack, Palin, 18:59; 18. Justin Smith, HH, 19:03; 19. Brandon Embrey, Lex, 19:07; 20. Matt Boeckman, Lin, 19:11; 21. Stephen Blakowl, Tish, 19:14; 22. *Matthew Morris, Beth, 19:37; 23. Brandon Winn, Lin, 19:44; 24. Justin Schafer, CV, 19:45; 25. Chris Speller, HH, 20:05; 26. Sean Jackson, Lin, 20:08; 27. Hector Romo, Plain, 20:14; 28. Travis Bogetich, HH, 20:22; 29. Andrew Porter, HH, 20:32; 30. Tommy McClure, Plain, 20:41; 31. Zac Elkins, Lin, 20:46; 32. Stephen Neslage, HH, 20:49; 33. Jim Finley, Lex, 20:58; 34. Kenny Edwards, Lin, 21:05; 35. Jeremy Long, CV, 21:08; 36. Karl West, CV, 21:17; 37. Brent Rutledge, Lex, 21:22; 38. *Dillon Bell, Mari, 21:47; 39. Gamar Zantout, HH, 21:44; 40. *Michael Ellis, Mad, 21:47; 41. *Santos Sanchez, Mari, 22:36; 42. *James Scivally, Mari, 23:34.

*individual qualifiers

2A Girls

TEAM SCORING: 1. Lexington 25; 2. Plainview 55; 3. Tishomingo 102; 4. Madill 109; 5. Lindsay 124; 6. Marietta 135; 7. Dickson 173; 8. Wynnewood 219; 9. Konawa 252; NS--Bethany, Caney Valley.

INDIVIDUALS: 1. Becky Harvey, Plain, 12:46; 2. Amanda Wedel, Lex, 12:52; 3. Audrey Lewis, Lex, 13:05; 4. Lindsey Hicks, Dic, 13:15; 5. Michelle Cox, Lex, 13:18; 6. Vera



PONCA CITY REGIONAL--Bristow senior Albert Kelly leads the 3A boys pack en route to the win. Photo by Roger Taylor



Becky Harvey
Plainview

Waller, Plain, 13:20; 7. Amber Carroll, Lex, 13:31; 8. Angel Bonner, Lex, 13:35; 9. Candice Cox, Plain, 13:36; 10. Melissa Manuel, Lex, 13:37; 11. Kristi Beckham, Lex, 13:41; 12. Rachelle Riddle, Lin, 13:48; 13. Tonya Frank, Mad, 13:58; 14. Deidra Hinton, Tish, 14:00; 15. *Amy Kittrell, CV, 14:01; 16. B.J. Kiser, Mad, 14:09; 17. Kaycie Cook, Tish, 14:07; 18. Marda Traylor, Lin, 14:15; 19. Kristie Wood, Plain, 14:18; 20. Tonya Heffinton, Tish, 14:21; 21. Jamie Hudelson, Mari, 14:28; 22. Nickie George, Plain, 14:30; 23. Ashley Ayres, Mad, 14:33; 24. Shena Yearby, Mari, 14:35; 25. Lindsey Landrith, Tish, 14:36; 26. Lyndsey Ellis, Plain, 14:38; 27. Mindy Hurst, Mari, 14:39; 28. Heather Elwood, Mad, 15:02; 29. Jessica Capps, Mari, 15:07; 30. Sara Scribner, Tish, 15:13; 31. *Elizabeth Womack, Beth, 15:15; 32. Jennifer Day, Lin, 15:21; 33. Leah Kochert, Lin, 15:21; 34. Jennifer Baker, Mad, 15:28; 35. Lyrisha Lampkin, Plain, 15:30; 36. Hailey Burch, Lin, 15:38; 37. Lauren Skiles, Dic, 15:40; 38. *Danielle Popejoy, Wyn, 15:43; 39. Rachel Holton, 15:45; 40. *Ebony Williams, Wyn, 15:46; 41. *S. Oller, Wyn, 16:04; 42. *Shauna Blankenship, Kon, 16:20; 43. *Tricia Schimmel, CV, 16:34.

*individual qualifiers

A Boys

TEAM SCORING: 1. Riverside 38; 2. Velma-Alma 47; 3. Oklaho a Christian School 58; 4. Wakita 121; 5. Healdton 128; 6. Coalgate 142; NS--Carnegie, Okla, Stratford, Mounds, Maysville.

INDIVIDUALS: 1. Mylo Miller, VA, 17:20; 2. Daniel Davis, Riv, 17:47; 3. Stephen Mays, OCS, 17:55; 4. Taylor



Mylo Miller
Velma-Alma

Miles, OCS, 18:09; 5. Aaron Danford, Riv, 18:12; 6. Hector Braveheart, Riv, 18:23; 7. *Lucian Bliss, Car, 18:25; 8. Shawn Hern, Wak, 18:31; 9. Greg Ballard, Heald, 18:37; 10. Casey Kirkpatrick, VA, 18:43; 11. Lloyd Crawford, Riv, 18:46; 12. Jay Dennis, VA, 18:53; 13. Thomas Steuer, VA, 18:39; 14. Ben Craycroft, OCS, 19:03; 15. *Billy Frazier, Oktaha, 19:06; 16. Bryan Firestone, VA, 19:06; 7. Jeff Brown, Riv, 19:09; 18. Max Whiteagle, Riv, 19:09; 19. Jesse Pinto, Riv, 19:10; 20. Stacey Bowman, Va, 19:14; 21. Wheat Miller, VA, 19:28; 22. Rob Loeber, OCS, 19:38; 23. Waylon McKinney, Coal, 19:49; 24. Bret Heidebrecht, OCS, 19:54; 25. Matt Loeber, OCS 19:58; 26. *Cody Wood, Strat, 20:04; 27. Ryan Dent, Wak, 20:11; 28. Dan Hern, Wak, 20:15; 29. *Nick Bennett, Mounds, 20:18; 30. Ray Caldwell, Coal, 20:34; 31. *Glendon Hudson, Mays, 20:42; 32. *Tim Satepauhoodle, Car, 20:56; 33. Adam Bennett, Heald, 21:22; 34. Bobby Baird, Heald, 21:38; 35. Billy Davis, Heald, 21:45; 36. Daniel Perryman, Strat, 22:23; 37. Tim Welsh, Coal, 22:28; 38. Austin Burgess, Wak, 22:32; 39. Barrett Corsini, Coal, 22:36; 40. John Taylor, Coal, 22:40.

*individual qualifier

A Girls

Continued on next page

Coaches' Corner

ARKANSAS/OKLAHOMA CROSS COUNTRY DUAL

The annual dual between Oklahoma and Arkansas is set for November 15 at the University of Arkansas' home course in Fayetteville. The girls race will start at 12:00 p.m. and will be followed by the boys at 12:30 p.m. All athletes are eligible if their coach is a member of the Oklahoma Track Coaches Association. Athletes must be nominated by their coaches and are responsible for their own transportation to and from the meet. Team headquarters will be at the Hampton Inn Springdale (501-736-3500) four miles from the course. Contact David Morton for further information at 405-341-0877 (home) or 405-842-6639 (school).

OKLAHOMA TRACK COACHES ASSOCIATION

If you have not joined the OTCA for the 1997-98 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 the State Indoor Meet, summer and winter clinics, coaches Hall of Fame, senior All-Star awards, and coach of the year awards. Send \$35 to Randy Belicek, 925 Lovers Lane, Purcell, OK 73080.

USA TRACK & FIELD LEVEL I COACHING SCHOOL

A clinic to get U.S.A. Track & Field Level I Coaching certification will be held December 19-21, 1997 in Dallas, Texas. USAT&F has designed a tiered program beginning with Level I, which further educates coaches and helps them become the best possible coaches. The school provides the latest information and techniques available and is designed to help the U.S.A. continue its superiority at the international level. For further information, contact Coach Steve Silvey, c/o USA Track Clinic, P.O. Box 4501, Fayetteville, AR 72702.

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Regionals

Continued from previous page

TEAM SCORING: 1. Velma-Alma 17; 2. Wakita 58; 3. Deer Creek-Lamont 84; 4. Healdton 93; 5. Oklahoma Christian School 100; NS-Stratford, Carnegie, Depew, Oktaha, Maysville.

INDIVIDUALS: 1. Rae Ann McCurry, VA, 12:50; 2. *Krista Rowe, Strat, 13:10; 3. Cindy Fuller, VA, 13:12; 4. Amber Thacker, VA, 13:14; 5. *Keshia Sharp, Car, 13:24; 6. *Angie Payne, Depew, 13:29; 7. Erin Rapp, Wak, 13:34; 8. Jalynne Horn, VA, 13:42; 9. Virginia Snider, VA, 13:49; 10. Brooke Tebow, DCL, 13:56; 11. Meg Feist, Wak, 14:04; 12. Emily Lanie, Wak, 14:08; 13. Rachel Stockwell, DCL, 14:10; 14. Sonya Peterson, Heald, 14:11; 15. Chris Linke, VA, 14:20; 16. Lori Wilson, VA, 14:26; 17. *Darla Atackie, Car, 14:39; 18. *Kia Moore, Oktaha, 14:44; 19. *Sarah Turner, Maysville, 14:41; 20. Lydia Anderson, Oktaha, 14:43; 21. Frank Lambert, Wak, 14:43; 22. Ashley Bennett, Heald, 14:44; 23. Courtney Marcus, OCS, 14:51; 24. Whitney Moore, OCS, 14:53; 25. Crystal O'Bryant, Strat, 14:57; 26. Ashley Teft, DCL, 14:58; 27. Amanda Stewart, Heald, 15:01; 28. Mindy Burks, OCS, 15:07; 29. Olivia Mitchell, Heald, 15:12; 30. Leah Evans, OCS, 15:25; 31. Vesta Willson, Wak, 15:27; 32. Esther Sproull, DCL, 15:30; 33. Lindsey Moore, OCS, 15:40; 34. Holle McCleanethan, Depew, 15:45; 35. Natalie Hinds, DCL, 15:48; 36. Misty Branch, Heald, 16:06; 37. Delind Skinner, Car, 16:10; 38. Meaghan Mendenhall, DCL, 16:11; 39. Duffy Silks, DCL, 16:16; 40. Lucy Lanie, Wak, 16:31.

*individual qualifiers

At Watonga

2A Boys

TEAM SCORING: 1. Prague 39; 2. Chisholm 60; 3. Elgin 68; 4. Alva 110; 5. Warner 129; 6. Fairview 134; 7. Watonga 148; 8. Millwood 208; NS-Victory Christian.

INDIVIDUALS: 1. Daniel Stone, Pra, 16:29; 2. Steve Sawyer, Chis, 16:40; 3. Robert Smith, Pra, 16:41; 4. *Jason DiMauro, VC, 17:13; 5. Ryan Bickelstaff, Alva, 17:17; 6. Jim Bob Coleman, Wat, 17:50; 7. Jeremiah Smith, Elg, 18:05; 8. Chris McCormick, Pra, 18:06; 9. Artiz Stroud, Elg, 18:07; 10. Derek Lieser, Chis, 18:17; 11. Jerame Dunkin, Chis, 18:22; 12. Bobby Chapman, Pra, 18:27; 13. Freddy Stephens, Elg, 18:31; 14. James West, Fair, 14:42; 15. Jonathan Oats, War, 14:47; 16. Daniel Felts, Alva, 19:05; 17. David Goingkeen, Elg, 19:22; 18. Tim Guess, Pra, 19:24; 19. Jordan Garner, War, 19:27; 20. Josh Sawyer, Chis, 19:29; 21. Jared Lieser, Chis, 19:32; 22. Cory Watkins, Chis, 19:33; 23. Cody Wheeler, Fair, 19:44; 24. Josh Stone, Pra, 19:58; 25. Derek Springer, Pra, 20:04; 26. Heath Garner, War, 20:15; 27. Nathan Lamb, Elg, 20:22; 28. Christian Empt, Fair, 20:25; 29. Luke Beckman, Elg, 20:31; 30. Mitch Lyon, Alva, 20:33; 31. Cory Chislick, Alva, 20:41; 32. Jarvis Kams, Wat, 20:55; 33. Josh Anderson, Alva, 21:15; 34. Jeremy Gayer, War, 21:25; 35. Ashley Sutter, Fair, 21:29; 36. J.R. Romannose, Wat, 21:35; 37. *Kenneth Jones, Millwood, 21:36; 38. Brian Fanning, Wat, 22:34; 39. Jeremy Sacket, Fair, 22:41; 40. Zack Smith, War, 22:48; 42. *John Farland, Millwood, 25:14; 43. *Jason Braggs, Millwood, 25:27; 45. *Foster Lasley, VC, 25:31; 46. *Justin Viney, Millwood, 28:07; 47. *Latrell Thomas, Millwood, 28:08.

*individual qualifiers

2A Girls

TEAM SCORING: 1. Warner 22; 2. Chisholm 60; 3. Jones 94; 4. Watonga 105; 5. Elgin 110; 6. Alva 125; 7. Prague 148; NS-Fairview, Victory Christian, Metro Christian.

INDIVIDUALS: 1. Miley Turnbull, War, 12:06; 2. *Tasha Lance, VC, 12:10; 3. Stephanie Gleese, War, 12:59; 4. Courtney Metscher, Chis, 13:07; 5. Kari Sawyer, Chis, 13:19; 6. Karly Roberts, War, 13:22; 7. Morgan McAffrey, War, 13:28; 8. Jennifer Johnston, Jones, 13:35; 9. Tiffany Fox, war, 13:36; 10. *Mary Creel, MC, 13:49; 11. Katy Jones, Jones, 13:50; 12. Lindsay Voss, Chis, 13:53; 13. Kim Kuehn, Wat, 13:54; 14. Natalie Cavin, Pra, 13:56; 15. Tiffany Hurst, Elg, 14:01; 16. Mindy Madewell, War, 14:08; 17. Michelle Bouziden, Alva, 14:15; 18. Jennifer Thompson, Chis, 14:20; 19. Katy Hartfield, Wat, 14:26; 21. Kiera Cyphers, Jones, 14:34; 22. Sarah Leis, Elg, 14:35; 23. Ivy Ageman, Jones, 14:38; 24. Cassie Crites, Wat, 14:45; 25. Heather Denman, Elg, 14:46; 26. Deana Goll, Alva, 14:48; 27. Brandy Allen, Wat, 14:51; 28. Amy Leis, Elg, 14:53; 29. Shareese Bell, Chis, 14:54; 30. Nicole Martini, Elg, 15:03; 31. Crystal Lohmann, Alva, 15:14; 32. Heather Coleman, Wat, 15:26; 33. Tracy Shivers, Pra, 15:28; 34. Jessica Gleese, War, 15:30; 35. Kim Emmons, Pra, 15:31; 36. Cynthia Ellis, Elg, 15:37; 37. Kari Shivers, Pra, 15:40; 38. Kim Rhodes, Elg, 15:46; 39. *Misty Bryant, Fair, 15:59; 40. Candi Rex, Pra, 15:59; 43. *Amber Woods, Fair, 16:22.

*individual qualifiers

A Boys

TEAM SCORING: 1. Hydro 20; 2. Tahlequah Sequoyah



HIGH RANKED RUNNERS--(left to right): Dickson's David Lampkin, former 2A champion, No. 3 ranked; Victory Christian's Tasha Lance, defending 2A champion, No. 2 ranked; Susan Morford, Little Axe, No. 4 ranked in 3A; Lance Zunie, Tahlequah Sequoyah, No. 7 ranked in A; Sara Jurek, Cascia Hall, No. 5 ranked in 3A.

38; 3. Keyes 82; 4. Braman 117; 5. Timberlake 131; 6. Freedom 165; NS--Beaver, Balko, Glencoe, Hinton, Okeene, Yarbrough.

INDIVIDUALS: 1. Herbie Pebeashy, Hy, 16:52; 2. Jonathan Bolden, Hy, 18:00; 3. Walt Ginn, Hy, 18:06; 4. Lance Zunie, TS, 18:13; 5. Thomas King, Hy, 18:19; 6. David Walkingstick, TS, 18:24; 7. Chris Sunrhodes, TS, 18:30; 8. Andy Brown, Keyes, 18:37; 9. Mike Goosen, Hy, 18:44; 10. Jonas Garcia, TS, 18:50; 11. Tim Washington, TS, 18:53; 12. Chris Tookalo, Hy, 19:03; 13. Jimmy Sandborn, Braman, 19:04; 14. *Brandon Ryker, Hin, 19:10; 15. *Ed Wright, Glencoe, 19:14; 16. Jason Littlecook, TS, 19:19; 17. Chad Zimmer, Hy, 19:25; 18. Cody Bible, TS, 19:36; 19. *Jim Ray, Hin, 19:40; 20. Jerrad Moore, Keyes, 19:53; 21. *Casey Cunningham, Yar, 20:09; 22. Eddi Brown, Keyes, 20:27; 23. Austin Hanes, Keyes, 20:36; 24. *James Peters, Okeene, 20:41; 25. Ryan Stafford, Keyes, 20:42; 26. *Blake Loepp, Beaver, 20:43; 27. *Josh Myers, Balko, 20:45; 28. DeeJay Johns, Braman, 20:56; 29. Kale Pierce, Tim, 21:01; 30. Chris Stone, Freedom, 21:02; 31. Chad Eastin, Tim, 21:09; 32. Justin Linsenmeyer, Glencoe, 21:20; 33. Andy Holden, Braman, 21:23; 34. Mikel Chapman, Tim, 21:27; 35. Allen Holden, Braman, 21:27; 36. Corbin Copeland, Keyes, 21:35; 37. Ryan Jenlink, Tim, 21:50; 38. Justin Williams, Yar, 21:57; 39. Clint McEachern, Tim, 22:10; 40. A.J. Gummow, Braman, 22:38.

*individual qualifiers

A Girls

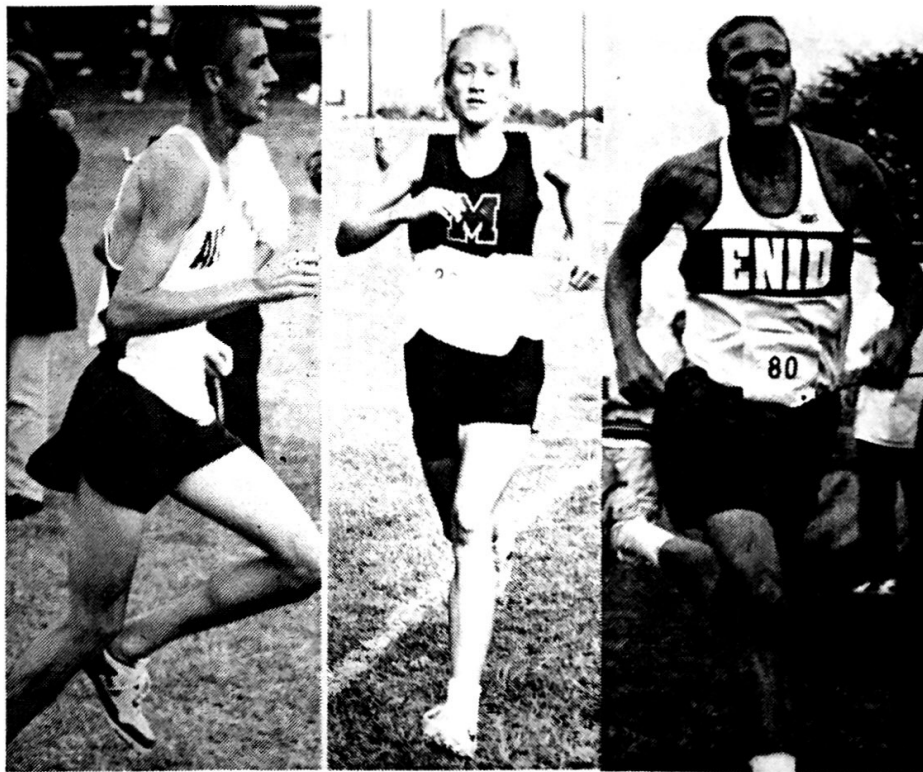
TEAM SCORING: 1. Canton 37; 2. Hydro 53; 3. Beaver 67; 4. Canute 115; 5. Pond Creek-Hunter 121; 6. Freedom 140; 7. Hinton 163; NS--Medford, Goodwell, Yarbrough, Lomega, Turpin, Tahlequah Sequoyah, Pioneer-Pleasant Vale, Laverne, Buffalo, Hooker, Keyes, Balko, Timberlake.

INDIVIDUALS: 1. *Tonya Bentley, Lav, 12:43; 2. Crystal Sweeney, Hy, 13:21; 3. *Kristin Barby, Lav, 13:25; 4. *Cassie Prophet, Buf, 13:28; 5. Nikki Wright, Hy, 13:40; 6. Kelly Moore, Can, 13:46; 7. Micah Wyatt, Hy, 13:57; 8. Leanna Edler, Canute, 14:02; 9. Ashley Harrison, Bea, 14:03; 10. *Lisa Rhodd, TS, 14:03; 11. *Sarah Thompson, PPV, 14:10; 12. *Malissa Hill, Galko, 14:11; 13. Jordan Garrott, Can, 14:12; 14. *Vanessa Gregory, Tim, 14:23; 15. Rikke Ashby, Can, 14:25; 16. Heather Canada, Can, 14:26; 17. Julie Creilly, Can, 14:28; 18. Candace Caldwell, Bea, 14:42; 19. Whitney Cook, Hooker, 14:56; 20. Trish Gardner, Keyes, 14:59; 21. Abba Thrasher, Lav, 15:03; 22. Kayla Karber, Balko, 15:08; 23. Lindsay Mahl, Can, 15:11; 24. Lindsay Winters, Lomega, 15:16; 25. Brooke Bright, Hy, 15:18; 26. Nancy Majors, Hin, 15:20; 27. Ashley Glenn, Bea, 15:25; 28. Kristina Gay, Freedom, 15:30; 29. Erin Kee, Bea, 15:31; 30. Lori Biggerstaff, Med, 15:33; 31. Barby Payne, Bea, 15:39; 32. Angie Stone, Freedom, 15:42; 33. Caley

Gregg, Bea, 15:43; 34. Susan Land, Tur, 15:45; 35. Amanda Bushnell, PCH, 15:50; 36. Shana Schuermann, PCH, 15:51; 37. Ashley Apperson, PCH, 15:58; 38. Mindy Harriman, Keyes,

16:04; 39. Kenzi Bond, Can, 16:05; 40. Kayle Johnson, Yar, 16:07.

*individual qualifiers



HIGH RANKED RUNNERS: Kyle Hawthorne, Altus, No. 6 ranked in 4A; Wendy Scott, Mustang, No. 5 in 5A; and Alyn Collins, Enid, No. 4 in 5A.

Cross Country Schedule

November

1: State Meet, ORU-Tulsa. 8: OK AAU JO CC Meet*, Tulsa, Mohawk Park, contact Steve Skocik at PO Box 2912, Tulsa, OK 74101 or call 918-357-1572. 15: OK USATF JO CC Meet*, Tulsa, Dowell-Schlumberger, 129th E., Ave. and 51st Street, contact Sarah Pilgrim at 918-744-5978. 29: Foot Locker Midwest Regional, Univ. of Wisconsin--Parkside, Kenosha, WI.

December

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

*These meets will be conducted using standard USATF age groups. Bantams (born in 1987 or later) run 3km. Midgets (1985-86) run 3km. Youth (1983-84) run 4km. Intermediate (1981-82) run 5km and Young Men/Women (1979-80) run 5km. Athletes must join either the AAU or USATF depending on the meets, and memberships can be purchased at the meets. Both the AAU and USATF memberships will be valid through 1998 if purchased at the meet.

Chile Pepper CC Festival Fayetteville, Arkansas 10/18/97

Invitational Boys

TEAM SCORING: 1. The Woodlands (Tx) 44; 2. McGuinness 95; 3. Russellville (Ark) 108; 4. Rogers (Ark) 167; 5. Fayetteville (Ark) 167; 6. Siloam Springs (Ark) 220; 7. Sapulpa 252; 8. Guthrie 263; 9. Edmond North 293; 10. Bentonville (Ark) 305; 11. Van Buren (Ark) 349; 12. Marlow 354; 13. Mountain Home (Ark) 362; 14. Weatherford 375; 15. Cabot (Ark) 411; 16. Longview (Tx) 423; 17. Casady 433; 18. Ft. Smith Southside (Ark) 461; 19. Arkansas Math & Science (Ark) 544; 20. Springdale (Ark) 589; 21. Lexington 636; 22. Ft. Smith Northside (Ark) 654; 23. First Baptist Academy (Tx) 677; 24. Harrison (Ark) 709; 25. Warner 709; 26. Morrilton (Ark) 713; 27. Clarksville (Ark) 717; 28. Tahlequah 746; 29. Subiaco (Ark) 833.

INDIVIDUALS: 1. Kevin Connolly, McG, 15:19; 2. David McWhorter, Fay, 15:39; 3. Daniel Lincoln, AMS, 15:42; 4. Colin Campbell, TW, 15:52; 5. John Eckart, Rus, 15:54; 6. Ben Lake, Sap, 16:00; 7. Scott Luhrs, TW, 16:04; 8. Joey McNair, Caney Valley, 16:05; 9. Steve Jones, Ben, 16:07; 10. Matt Hill, Rus, 16:07; 11. Chris Emme, TW, 16:08; 12. Jonathan Santos, FBA, 16:10; 13. Brett Lowry, McG, 16:13; 14. Justin Hughes, Rus, 16:15; 15. Chase Hawkins, EdN, 16:29; 16. Robert Dunphy, TW, 16:31; 17. Sean Leigh, EdN, 16:33; 18. Reggie Tolbert, Longview, 16:42; 19. Steve Stone, Rog, 16:43; 20. Nathan Lewis, Ben, 16:43; 21. Kevin Minson, Mar, 16:45; 22. Louis Bordes, TW, 16:47; 23. John Trahan, TW, 16:49; 24. John Hamilton, McG, 16:40; 25. Jeremy Thompson, Ben, 16:52; 26. Michael Vann, Fay, 16:53; 27. Nick Slagle, Rog, 16:53; 28. Matt Donley, Wea, 16:54; 29. Chris Gathercole, FSS, 16:55; 30. Jonathan Pitman, McG, 16:56; 31. Brent Shores, Rus, 16:57; 32. David Kale, FSN, 16:57; 33. Patrick Eberle, McG, 16:57; 34. Danny Bishop, SS, 16:57; 35. Jenny Miller, Grove, 16:59; 36. Jason DiMauro, Victory Christian, 17:02; 37. Nick Meyer, Gu, 17:02; 38. Naveen Saini, AMS, 17:03; 39. Aaron Dickens, VB, 17:04; 40. Daniel Rew, Fay, 17:05.

Invitational Girls

TEAM SCORING: 1. Sapulpa 40; 2. McGuinness 82; 3. Bentonville (Ark) 127; 4. Lexington 149; 5. Marlow 207; 6. Fayetteville (Ark) 224; 7. Edmond North 246; 8. Grove 247; 9. Weatherford 264; 10. Warner 264; 11. Rogers (Ark) 268; 12. Harrison (Ark) 297; 13. Casady 303; 14. Lakeside (Ark) 357; 15. Cabot (Ark) 398; 16. Mountain Home (Ark) 409; 17. Shiloh

Christian (Ark) 472; 18. Ft. Smith Southside 514; 19. Tahlequah 520; 20. Ft. Smith Northside (Ark) 581; 21. First Baptist Academy (Tx) 614.

INDIVIDUALS: 1. Amanda Jordan, McG, 11:20; 2. Ashley McLeod, Hermann (Mo) 11:29; 3. Kelly Bryson, Ben, 11:33; 4. Amanda Owensby, Ben, 11:38; 5. Miley Turnbull, War, 11:59; 6. Michelle Ahlgren, Sap, 12:03; 7. April Johnson, Fay, 12:03; 8. Tasha Lance, Victory Christian, 12:04; 9. Adrienne McVey, Sap, 12:06; 10. Becky Harvey, Plainview, 12:09; 11. Heather Barnes, Sap, 12:19; 12. Mary Hill, Sap, 12:19; 13. Maggie Kelly, McG, 12:19; 14. Rene Ahlgren, Sap, 12:25; 15. Erin Ferguson, Cas, 12:27; 16. Dawn Crawford, MH, 12:27; 17. Carly McCulley, Gr, 12:28; 18. Amanda Wedel, Lex, 12:31; 19. Jennifer Ahlgren, Sap, 13:32; 20. Johanne Runyan, Winslow (Ark), 12:33; 21. Brooke Boothe, McG, 12:34; 22. Rachel Clinton, EdN, 12:35; 23. Audrey Lewis, Lex, 12:36; 24. Leah McCauley, Mar, 12:37; 25. Lindsay Peterson, McG, 12:39; 26. Betsy Bogler, Lake, 12:39; 27. Cydney Adair, Sap, 12:43; 28. Annie Allen, EdN, 12:43; 29. Amber Stark, Springdale (Ark) 12:44; 30. Vera Waller, Plainview, 12:44; 31. Rendi Williams, Lake, 12:45; 32. Stephanie Gleese, War, 12:46; 33. Jennie Shaffer, Wea, 12:46; 34. Angela Potochnik, Rog, 12:49; 35. Amanda Walden, Ben, 12:50; 36. Christy Keight, Har, 12:50; 37. Michelle Cox, Lex, 12:51; 38. Masie Cochran, Fay, 12:53; 39. Karen Baumeister, McG, 12:54; 40. Tammy Husky, Ben, 12:55.

Open Boys

TEAM SCORING: 1. The Woodlands (Tx) 20; 2. McGuinness 109; 3. Rogers (Ark) 117; 4. Pottsville (Ark) 125; 5. Eureka Springs (Ark) 136; 6. Alcorn (Ark) 141; 7. Weatherford 223; 8. Oakdale JH (Ark) 233; 9. Sapulpa 274; 10. Elmwood JH (Ark) 283; 11. Van Buren 292; 12. Ramay/Woodland JH (Ark) 293; 13. Siloam Springs (Ark) 305; 14. Edmond North 308; 15. Ft. Smith Southside (Ark) 403; 16. Alma (Ark) 460; 17. Atkins (Ark) 467; 18. Dardanelle (Ark) 499; 19. Carroll County Christian 556.

INDIVIDUALS: 1. Greg Clark TW, 16:37; 2. Brian Periman, TW, 16:51; 3. Chris Easelsborn, TW, 16:52; 4. Landon Thurman, EurS, 16:56; 5. Matt Quinn, Al, 16:57; 6. Russell McCamdon, TW, 17:05; 7. Mike Donnelly, McG, 17:15; 8. Mike Crawley, TW, 17:24; 9. Scott Swearingen, Elm, 17:41; 10. J.S. Seaguess, TW, 17:47; 11. Shane Phelps, Al, 17:55; 12. Geoff Castro, Oak, 18:04; 13. Brandon Moore, Al, 18:05; 14. Edward Hill, Potts, 18:12; 15. Ashley Hill, EurS, 18:19; 16. Ryan Morrison, McG, 17:28; 17. Josh Franke, Rog, 18:29; 18. Shannon Mill, EurS, 18:32; 19. Christian Kosted, McG, 18:33; 20. Daniel Davis, Potts, 18:38.

Open Girls

TEAM SCORING: 1. McGuinness 52; 2. Oakdale JH (Ark) 123; 3. Eureka Springs (Ark) 127; 4. Bentonville (Ark) 153; 5. Decatur (Ark) 153; 6. Edmond North 172; 7. Jay 178; 8. Lexington 70; 9. Siloam Springs (Ark) 209; 10. Weatherford 216; 11. Elmwood JH (Ark), 216; 12. Tahlequah 280; 13. Shiloh Christian (Ark) 288; 14. Fayetteville (Ark) 379.

INDIVIDUALS: 1. Jamie Owensby, Ben, 12:01; 2. Laura Tollett, Bryant (Ark) 12:28; 3. Candace Bowling, SS, 12:38; 4. Shasta Beal, Dec, 12:39; 5. Kim Halvorson, Oak, 13:06; 6. Julie DuMontier, EurS, 13:12; 7. Lauren Lee, Elm, 13:13; 8. Jessica Clement, McG, 13:19; 9. Amy Barnes, Ben, 13:22; 10. Molly McQueen, McG, 13:23; 11. Sarah Powell, Lex, 13:24; 12. Anna Sexauer, McG, 13:29; 13. Katie Hogan, McG, 13:40; 14. Ali Steele, McG, 13:47; 15. Krystle Panther, Jay, 13:51; 16. Connor Hoke, McG, 13:52; 17. Maureen Howard, Unatt, 13:55; 18. Sara Hogan, McG, 13:56; 19. Andrea Kendrick, SC, 14:09; 20. Kayne Evans, EurS, 14:05; 21. Katie Wells, McG, 14:07; 22. Andrea Kendrick, SC, 14:09; 23. Heather Sharrett, Wea, 14:10; 24. Courtney Rogers, McG, 14:11; 25. Tracie Six, Jay, 14:13.

Frontier Conference Tulsa O'Brien Park 10/21/97

Girls

TEAM SCORING: 1. Sapulpa 19; 2. Owasso 94; 3. Stillwater 102; 4. Broken Arrow 110; 5. Bartlesville 134; 6. Jenks 139; 7. Union 142; 8. Ponca City 226.

INDIVIDUALS: 1. Adrienne McVey, Sap, 11:57; 2. Christine Novara, Ow, 12:05; 3. Heather Barnes, Sap, 12:06; 4. Michelle Ahlgren, Sap, 12:10; 5. Mary Hill, Sap, 12:16; 6. Renee Ahlgren, Sap, 12:17; 7. Kendra Maple, Bart, 12:29; 7. Jennifer Ahlgren, Sap, 12:34; 9. Joanna Dossett, Ow, 12:39; 10. Melissa Webb, Bart, 12:40.

Boys

TEAM SCORING: 1. Jenks 42; 2. Bartlesville 79; 3. Broken Arrow 113; 4. Sapulpa 126; 5. Stillwater 136; 7. Owasso 137; 8. Union 176; 9. Sand Springs 243.

INDIVIDUALS: 1. Ben Lake, Sap, 16:14; 2. Clay Cosby, Jenks, 16:22; 3. Paul Paschal, PonC, 16:37; 4. Jeremy Case, Un, 17:07; 5. Pete Laughlin, Jenks, 17:14; 6. Ryan Starr, Bart,

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17:17; 7. Kyle Webb, BA, 17:25; 8. Chris Wright, BA, 17:25;
9. Robby Breisch, SS, 17:30; 10. Barrett Hall, Jenks, 17:31.

Three Rivers Conf Ft. Gibson 10-15-97

Boys

TEAM SCORING: 1. Sequoyah 20; 2. Warner 50; 3. Fort Gibson 58;

INDIVIDUALS: 1. Scott Caldwell, Ft. Gib, 17:02; 2. Lance Zunie, Seq, 17:23; 3. Chris Sunrhodes, Seq, 17:49; 4. David Walkingstick, Seq, 17:56; 5. Tim Washington, Seq, 18:06; 6. Jonas Garcia, Seq, 18:27; 7. Jonathan Oats, Warner, 18:31; 8. Jason Littlecook, Seq, 18:39; 9. Jordan Garner, Warner, 18:44; 10. John Perry, Ft. Gib, 18:52.

Girls

TEAM SCORING: 1. Warner 15; No Team Scores: Sequoyah, Fort Gibson, Westville, Beggs.

INDIVIDUALS: 1. Miley Turnbull, Warner, 11:51; 2. Stephanie Gleese, Warner, 12:27; 3. Karly Roberts, Warner, 12:35; 4. Tiffany Fox, Warner, 12:38; 5. Morgan McAffrey, Warner, 12:42; 6. Lisa Rhodd, Seq, 13:04; 7. Cindy Coffman, Warner, 13:42; 8. Mindy Madewell, Warner, 13:54.

Lindsay Invitational 10/17/97

2A Girls

TEAM SCORING: 1. Tishomingo 57; 2. Velma Alma 70; 3. Plainview 72; 4. Lindsay 159; 5. Marietta 165; 6. Madill 173; 7. Wakita 178; 8. OCLA; 9. Elgin 203; 10. Healdton 216; 11. Wynnewood 289; 12. Hinton 290.

INDIVIDUALS: 1. Rae Ann McCurry, V.A., 12:30; 2. Sonya Petersen, Hld, 12:35; 3. Cindy Fuller, V.A., 12:46; 4. Krista Rowe, Stratford, 12:46; 5. Lindsay Hicks, Dickson, 12:58; 6. Marda Traylor, Lindsay, 13:01; 7. Erin Rapp, Wakita, 13:11; 8. Candice Cox, Plainview, 13:16; 9. Sara Scribner, Tish, 13:21; 10. Tonya Heffington, Tish, 13:23.

2A Boys

TEAM SCORING: 1. Prague 52; 2. Riverside 62; 3. Dickson 68; 4. Velma Alma 96; 5. OCS 142; 6. Lindsay 160; 7. Elgin 171; 8. Plainview 191; 9. Heritage Hall 219; 10. Healdton 253; 11. Coalgate 313.

INDIVIDUALS: 1. Daniel Stone, Prague, 16:20; 2. David Lampkin, Dickson, 17:00; 3. Robert Smith, Prague, 17:04; 4. Daniel Davis, Riverside, 17:23; 5. Hector Braveheart, Riverside, 17:23; 6. Mylo Miller, Velma Alma, 17:34; 7. Aaron Danford, Riverside, 17:36; 8. Kevin Rolen, Lind., 17:39; 9. Shawn Hem, Wakita, 17:42; 10. Jerry Cook, Dickson, 17:51.

3A Girls

TEAM SCORING: 1. Marlow 25; 2. Elk City 44; 3. Glenpool 77; 4. Sulphur 84.

INDIVIDUALS: 1. Leah McCauley, Marlow, 12:36; 2. Amy Kilhoffer, Elk, 12:41; 3. Ashlee Maberry, Elk, 12:51; 4. Amy Dunaway, Purcell, 13:03; 5. Amber Staats, Mar, 13:09; 6. Melissa Hinds, Mar, 13:11; 7. Brandi McNair, Mar, 13:13; 8. Maria Sanchez, Mar, 13:19; 9. Jennie Shireman, Elk, 13:25; 10. Misty Marshal, Glen, 13:34.

3A Boys

TEAM SCORING: 1. Elk City 22; 2. Anadarko 45; 3. Marlow 63; 4. Purcell 111.

INDIVIDUALS: 1. Theodore Roundface, Ana, 17:02; 2. Utah Robinson, Elk, 17:07; 3. Richard Schneberger, Elk, 17:11; 4. Travis Johnson, Elk, 17:17; 5. Kevin Minson, Mar, 17:24; 6. Chris McHone, Elk, 17:27; 7. Kurt Knop, Elk, 17:28; 8. Dustin Moore, Ana, 17:33; 9. David Gouge, Ana, 17:45; 10. Chris Poole, Elk, 17:52. Boys (3 miles)

Southern Conference 10-18-97

Boys

TEAM SCORING: 1. Duncan 32; 2. Eisenhower 53; 3. Altus 67; 4. MacArthur 73; 5. Ardmore 139.

INDIVIDUALS: 1. Kyle Hawthorne, Altus, 16:24; 2. Jerry Gallaher, Duncan, 16:41; 3. Steve Blaylock, Duncan, 16:56; 4. Kenny Allen, Duncan, 17:08; 5. Nate Phillips, Mac, 17:16.

Girls

TEAM SCORING: 1. Ardmore 36; 2. Altus 55; 3. Eisenhower 64; 4. Duncan 72.

INDIVIDUALS: 1. Camille Herron, Duncan, 12:10; 2. Tia Holman, Ardmore, 15:55; 3. Adrienne Alvarez, Ike, 13:25; 4. Amanda Bailey, Duncan, 13:49; 5. Allison Carney, Altus, 14:03.

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LEARN THE LATEST COACHING METHODS

2 miles or 5km? Will the debate ever end?

By: Jeff Berryessa
formerly of SMSU

As a former Division I Head Coach, I have listened with interest in cross-country at the arguments for and against running the 5K or 2 miles. This debate seems to be the "bad penny" that never really goes away! Each year a new crop of coaches fan this same subject into flames.

Actually, my daughter had the simplest answer to this debate. She has run 5K in Missouri and has run everything from 100M hurdles to the Mile. When asked about this she simply said, "the 5K is different and I want to do something different than track. Besides, what distance you run depends on the coach's philosophy at each school." This is true. There are also some very specific reasons.

Proponents of the 5K insist that this is the collegiate distance for girls and we should be preparing them for this. Also, other states already run 5K in the fall. Additionally, it is more in line with International distances. Proponents mention the annual push to increase the distance to 6K-8K in colleges' races.

I feel that these concepts are not necessarily good ones. It is true that 5K is currently run for women in colleges, but so are other distances throughout their season. Like the 5K, these other distances are used to improve team success. Part of any success is having a full team to compete. From high school how many go onto college to run? Is it enough to change the entire state code?

Now, if other states are going to the 5K that is their business. This move is still not proof that this is the correct move. If "10,000 Frenchmen cannot be wrong" is absolute proof of anything, then you will like the arguments from these states. The same goes for the International argument. Why let Europe influence us. What is needed here in the Midwest? I really do not have much influence over European thought but I do care if the local high school runner is doing well and I sure would like to have a chance for them to be prepared to help our own teams. Possible running 2 miles in high school will give him/her more of a chance to be noticed with their speed and further motivate them to run in college.

The difference of my personal approach centers along social, philosophical, physiological and historical grounds. Let's take a quick look at each. You can certainly draw your own conclusions at your own high school.

SOCIAL: Girls have historically not looked at running beyond 2 miles as "participant friendly." Most high schools have cheerleading and flag girls/dance squads that rival some football teams in participant numbers! In cross-country, we tend to take all that is left after this.

Racing and training for the 5K is frightening, not to mention time consuming. Meets can take too long to complete and at certain stages "survival" running takes hold and makes our sport look dull and mind numbing. NO RUNNER LIKES TO SURVIVE! IT IS EMBARRASSING AND FRUSTRATING! Boys have less social stigma to do this but much is the same with them as far as running is concerned.

A 2 mile racing distance is easier to watch and to administer for all schools. Two mile races are over

quickly, but more importantly, the length of running allows new runners to begin to conceive of winning and believing in improving. Retention, a key to all sports, depends on their view of balance between personal success, personal time and desire. Two miles is simply easier to do.

PHILOSOPHY: Are we trying to run fast or long? This is a basic thought. If you want to stop the statement "I can run all day 'at this pace,' coach" then you must train runners to be fast first and to carry distance second. Sometimes this can become reversed with the theories of LSD and base development. Two mile races better allow runners to think "fast" than does the endurance of a 5K race.

Training kids to "endure" has the effect of running slowly! Racing is supposed to be the fastest runner to the finish line; not the first, slowest runner! 5K's can foster the idea that to run fast and long, you must run slower. This is survival running with the emphasis on being steady and not the skill in the strength of your carried speed. Survival mentalities are hard to change. Additionally, you can effectively "fix" an internal pace mechanism to a slower foot action that would not normally be the case. A prime example of this is running a Marathon and then having difficulties with running faster times over 2 miles-5K.

PHYSIOLOGICAL: Endurance and Base can be successfully created in a 12 week period. Significant increase in a Cardiovascular "strength" is marginal at best, after this point. It is better to develop Aerobic power and Anaerobic Threshold levels at this stage. The muscle strength of a 2 mile training program can work more to this need than the 5K. Just look at the concept of pace. During a 2 mile race, consistency at 400M pace times can be maintained. In the 5K we talk of consistency, but actually see a faster or slower first mile (depending on your coach), with changes of pace within the next 1-1 1/2 miles before the traditional kick. I have learned that once a runner begins to slow their time, it is very difficult for them to stop this drop in time during a race. Usually this slowing continues.

HISTORICAL: I have seen athletes with 2 mile strength training and quickness maintain this same strength and quickness even when they move up to the 5K. Kansas and Illinois are prime examples of this. To me, the real key here is that 2 miles is short enough to have more kids try it and become good at it. Greater physical ranges of students' abilities can be joined causing more confidence in team success and what they are doing. Simply put, training for the 2 mile is not so foreign, there is already a 3200M in track and field.

All of this is fine and well except for the boy's who run 2 miles. In college, they will be expected to run 300% more distance (10K) and at greater speeds. This is tough! Some will red-shirt their first season to develop a physical strength for later. Some will not have this luxury. The solution? Perhaps to offer 5K for the state of Oklahoma for boys only. If you are truly trying to think of their welfare, this seems only logical. The Girls could do nicely at 2 miles and the added distance training will allow girls to make a small jump in distance in college as well.

Jeff Berryessa is currently coach at Glendale High in Springfield. He has spent 18 years as Head Women's Coach at Southwest Missouri State University. He currently coaches and does consultation on training in both cc and track at JAB493T@VMA.SMSU.EDU

Cross Country State Champions

Team Champions

BOYS

1937: Tulsa Central. 1938: Tulsa Central. 1939: Tulsa Central. 1940: Tulsa Central. 1941: Tulsa Central. 1942: Tulsa Central. 1943: Tulsa Central. 1944: Tulsa Central (OU & OSU). 1945: Tulsa Central (OU & OSU). 1946: Rogers (OU & OSU). 1947: Rogers (OU & OSU). 1948: Tulsa Central (OU & OSU). 1949: Tulsa Central (OU & OSU). 1950: Tulsa Central (OU & OSU). 1951: Tulsa Central (OU & OSU). 1952: Tulsa Central (OU & OSU). 1953: Tulsa Central (OU & OSU). 1954: Tulsa Central (OU & OSU).

1955: Rogers. 1956: Rogers. 1957: Tulsa Central. 1958: Rogers. 1959: Edison. 1960: Edison. 1961: Tulsa Central. 1962: Edison. 1963: Tulsa Central. 1964: 2A--Ponca City; A--Tahlequah Sequoyah. 1965: 2A--Hale; A--Tahlequah Sequoyah. 1966: 2A--Hale; A--Okla. City Southeast. 1967: 2A--Grant; A--Kelley. 1968: 2A--Northwest Classen; A--Kelley. 1969: 2A--Putnam City; A--Tahlequah Sequoyah.

1970: 4A--McLain; 3A--Webster. 1971: 4A--Edison; 3A--Kelley and Broken Arrow. 1972: 4A--Hale; 3A--Riverside. 1973: 4A--Putnam City; 3A--Kelley. 1974: 4A--Hale and Putnam City; 3A--Kelley. 1975: 4A--Putnam City; 3A--Kelley. 1976: 4A--Northwest Classen; 3A--Kelley. 1977: 4A--Norman; 3A--Riverside. 1978: 4A--Moore; 3A--Owasso. 1979: 4A--Edmond; 3A--Anadarko.

1980: 4A--Edmond; 3A--Pryor. 1981: 4A--Edmond; 3A--Sallisaw. 1982: 4A--Edmond; 3A--Sallisaw. 1983: 4A--Edmond; 3A--Guthrie. 1984: 5A--Jenks; 4A--Guthrie; 3A--McGuinness. 1985: 5A--Edmond; 4A--Edison; 3A--Weatherford and Marlow. 1986: 5A--Jenks; 4A--Western Heights; 3A--Marlow. 1987: 5A--Edmond; 4A--Western Heights; 3A--Marlow. 1988: 5A--Jenks; 4A; 2A--Riverside. 1993: 5A--Jenks; 4A--McGuinness; 3A--Marlow; 2A--Tahlequah Sequoyah. 1994: 5A--Jenks; 4A--Guthrie; 3A--Little Axe; 2A--Lindsay. 1995: 5A--Edmond Memorial; 4A--McGuinness; 3A--Little Axe; 2A--Tahlequah Sequoyah. 1996: 5A--Edmond Memorial; 4A--McGuinness; 3A--Elk City; 2A--Dickson; A--Hydro.

GIRLS

1975: Edmond. 1976: Union. 1977: 4A--Edmond; 3A--Union. 1978: 4A--Edmond; 3A--Union. 1979: 4A--Edmond; 3A--Union. 1980: 4A--Edmond; 3A--Union. 1981: 4A--Norman; 3A--Union. 1982: 4A--Edmond; 3A--Sallisaw. 1983: 4A--Edmond; 3A--Sallisaw. 1984: 4A--Edmond; 3A--Pryor; 3A--Alva. 1985: 5A--Jenks; 4A--Kelley; 3A--Alva. 1986: 5A--Tahlequah; 4A--Kelley; 3A--Grove. 1987: 5A--Jenks; 4A--Pryor; 3A--McGuinness. 1988: 5A--Jenks; 4A--Pryor; 3A--McGuinness. 1989: 5A--Jenks; 4A--Pryor; 3A--Marlow. 1990: 5A--Jenks; 4A--McGuinness; 3A--Marlow; 2A--Hennessey. 1991: 5A--Bartlesville; 4A--Tahlequah; 3A--Marlow; 2A--Beaver. 1992: 5A--Moore; 4A--McGuinness; 3A--Plainview; 2A--Tahlequah Sequoyah. 1993: 5A--Bartlesville; 4A--McGuinness; 3A--Plainview; 2A--Beaver. 1994: 5A--Jenks; 4A--McGuinness; 3A--Marlow; 2A--Lexington. 1995: 5A--Jenks; 4A--McGuinness; 3A--Plainview; 2A--Velma-Alma. 1996: 5A--Westmoore; 4A--McGuinness; 3A--Marlow; 2A--Lexington; A--Velma-Alma.

ness; 3A--Marlow; 2A--Lexington; A--Velma-Alma.

Individual Champions

BOYS

1937: Carl Ridens, Guthrie. 1938: Mode Perry, Tulsa. 1939: Ted Roberts, Classen. 1940: Ted Roberts, Classen. 1941: James Woodward, Okla. City Central. 1942: Bob Letson, Rogers. 1943: Eldon Ferguson, Tulsa Central.

1944: R.C. Slocum, Tulsa Central (OU & OSU). 1945: Carl Jacobsen, Tulsa Central (OU), R.C. Slocum, Tulsa Central (OSU). 1946: Dick Willey, Rogers (OU), Bill Ward, Rogers (OSU). 1947: Bruce Drummond, Tulsa Central (OU), Dick Willey, Rogers (OSU). 1948: Bruce Drummond, Tulsa Central (OU & OSU). 1949: Derald Smith, Capitol Hill (OU), George Gilmour, Tulsa Central (OSU). 1950: Donald Ladd, Capitol Hill (OU & OSU). 1951: Bob Buchanan, Stillwater (OU & OSU). 1952: Bob Buchanan, Stillwater (OU), Bobby Cave, Stillwater (OSU). 1953: Ron Wade, Tulsa Central (OU & OSU). 1954: Floyd Cumbe, Tulsa Central (OU), Lad-die Nethercutt, Capitol Hill (OSU).

1955: Clyde Davidson, Rogers. 1956: Harold Smith, Rogers. 1957: Harold Smith, Rogers. 1958: Ted Riesinger, Rogers. 1959: John English, Edison. 1960: John English, Edison. 1961: George Stroup, Edison. 1962: Ray Smith, Rogers. 1963: Bob Arnold, Rogers. 1964: 2A--Charles Brown, Ponca City; A--Willie Rios, Eisenhower. 1965: 2A--Willie Rios, Eisenhower; A--Tommy Ward, McAlester. 1966: 2A--Ron Majors, Enid; A--Bill Hornbosted, Stillwater. 1967: 2A--Ron Majors, Enid; A--Terry Ziegler, Kelley. 1968: 2A--Randy Heierding, Putnam City; A--Wayne Wallgren, Choctaw. 1969: 2A--Kim Wilson, Enid; A--John Grula, Stillwater.

1970: 4A--John Womack, Ponca City; 3A--Lyn Long, Marlow. 1971: 4A--Bill Welch, Edison; 3A--Chuck Barkley, Classen. 1972: 4A--Dave Sanders, Edison; 3A--Chuck Barkley, Classen. 1973: 4A--Brent Schooley, John Marshall Sequoyah. 1974: 4A--John Miley, Northwest Classen; 3A--Pat Vaughan, Union. 1977: 4A--John Miley, Northwest Classen; 3A--Tom Horn, Bixby. 1978: 4A--Greg Avery, Ponca City; 3A--Tom Horn, Bixby. 1979: 4A--Dallas Cox, Muskogee; 3A--Lamont Frazier, Tahlequah Sequoyah.

1980: 4A--Kevin Thatcher, Edmond; 3A--Joe Scott, Western Heights. 1981: 4A--Kevin Thatcher, Edmond; 3A--Joe Atkin, Sallisaw. 1982: 4A--Mike Bilyeu, Hale; 3A--Ronald Lee, Sallisaw. 1983: 4A--Cary Brady, Norman; 3A--Paul Dreesen, Guthrie. 1984: 5A--Donnie Childs, Enid; 4A--Paul Dreesen, Guthrie; 3A--Bobby Kauliaty, Anadarko.

1985: 5A--Donnie Childs, Enid; 4A--Bryan Walker, Duncan; 3A--David LaCour, Weatherford. 1986: 5A--Bryan Yockers, Bartlesville; 4A--Larry Ripee, Noble; 3A--Brent Johnson, Heritage Hall. 1987: 5A--Joe Weis, Stillwater; 4A--Danny Walker, Western Heights; 3A--Brent Johnson, Heritage Hall. 1988: 5A--Tommy Green, Norman; 4A--Danny Walker, Western Heights; 3A--David Whaley, Marlow. 1989: 5A--Tyson Echelle, Stillwater; 4A--Mike Parker, Ardmore; 3A--Calley Williamson, Sulphur.

1990: 5A--Eric Richard, Jenks; 4A--Mike Parker, Ardmore; 3A--Tori Holcomb, Weatherford; 2A--Travis Taber, Beaver. 1991: 5A--Eric Richard, Jenks; 4A--Phillip Price, Catoosa; 3A--Tori Holcomb, Weatherford; 2A--Darin Bell, Beaver. 1992: 5A--Brian Young, Jenks; 4A--Phillip Price, Catoosa; 3A--B.J. Albaugh, Weatherford; 2A--Robert Bark, Tahlequah Sequoyah. 1993: 5A--Brian Young, Jenks; 4A--Cornelius Mason, Northeast; 3A--Craig Blanchard, Little Axe; 2A--Mark Levings, Buf-falo. 1994: 5A--Mark Thompson, Edmond Memorial; 4A--Cornelius Mason, Northeast; 3A--David Lampkin, Dickson; 2A--Zac Johnson, Velma-Alma. 1995: 5A--Mark Thompson, Edmond Memorial; 4A--Taylor Styron, McGuinness; 3A--Jeremy Johnson, Little Axe; 2A--Mylo Miller, Velma-Alma. 1996: 5A--Mark Thompson, Edmond Memorial; 4A--Kevin Connolly, McGuinness; 3A--Kevin Minson, Marlow; 2A--Bobby Holmes, Chandler; A--Herbie Pebeashy, Hydro.

GIRLS

1975: Michelle Brown, John Marshall. 1976: Rhona Ray, Norman. 1977: 4A--Rhona Ray, Norman; 3A--Jane Clough, Yukon. 1978: 4A--Denise Weeden, Edmond; 3A--Jane Clough, Yukon. 1979: 4A--Denise Weeden, Edmond; 3A--Rachel Williams, Union.

1980: 4A--Linda Maguire, Norman; 3A--Lori Bushyhead, Union. 1981: 4A--Laura Blackburn, Moore; 3A--Lori Bushyhead, Union. 1982: 4A--Laura McCoy, Norman; 3A--Donna Cating, Pryor. 1983: 4A--Laura McCoy, Norman; 3A--Donna Katin, Pryor. 1984: 5A--Michelle Scholtz, Tulsa Memorial; 4A--Alana Gray, Pryor; 3A--Angela Harmon, Wynnewood.

1985: 5A--Michelle Scholtz, Tulsa Memorial; 4A--LaVeshia Martin, Okmulgee; 3A--Christy Wyatt, Marlow. 1986: 5A--Michelle Scholtz, Tulsa McClain; 4A--LaVeshia Martin, Okmulgee; 3A--Mary Kannmore, Vinita. 1987: 5A--Alison Uberecken, Bartlesville; 4A--Shawna Charley, Noble; 3A--Brooke Nether-ton, Jay. 1988: 5A--Britt Smith, Jenks; 4A--Heather McKillip, El Reno; 3A--Randi Thompson, Po-teau. 1989: 5A--Amy Tinker, Jenks; 4A--An-nette Ackuff, Pryor; 3A--Randi Thompson, Po-teau.

1990: 5A--Amy Tinker, Jenks; 4A--Michelle Decker, Guthrie; 3A--Michelle Goode, Plainview; 2A--Natalie Gray, Cascia Hall. 1991: 5A--Cheryl Finley, Eisenhower; 4A--Jenni Monette, Claremore; 3A--Natalie Gray, Cascia Hall; 2A--Amy Berchock, Beaver. 1992: 5A--Amy Tinker, Jenks; 4A--Jessica Hoke, McGuinness; 3A--Natalie Gray, Cascia Hall; 2A--Anjanette Proctor, Tahlequah Sequoyah. 1993: 5A--Carissa Nix, Jenks; 4A--Jessica Hoke, McGuinness; 3A--Natalie Gray, Cascia Hall; 2A--Ashlea Barby, Laverne. 1994: 5A--Melissa Flood, Moore; 4A--Ashley Boothe, McGuinness; 3A--Sarah Harvey, Plainview; 2A--Amy Armer, Kansas. 1995: 5A--Corrie Hussar, Mustang; 4A--Ashley Boothe, McGuinness; 3A--Kelleigh Sanders, Elgin; 2A--Rae Ann McCurry, Velma-Alma. 1996: 5A--Lindsey Hughes, Westmoore; 4A--Ashley Boothe, McGuinness; 3A--Leah McCauley, Marlow; 2A--Tasha Lance, Victory Christian; A--Rae Ann McCurry, Velma-Alma.

OKLAHOMA COLLEGE CROSS-COUNTRY UPDATE

By Bud Almond

Oral Roberts Invitational

The Golden Hurricane of Tulsa University sent out storm warnings as the women's team grabbed another impressive victory in coasting to their third win against one loss. Fride Vullum strided to an 11:56 win over the hilly 2-mile course for her second victory of the season, with teammates Summer Lamons (12:13), and Sarah Shaw (12:17) going 2nd and 3rd. Jany Van Gerwen (12:28), and Margaret Danagher (12:31) finished out the scoring at 5th and 6th. ORU's Femina Varghese (13:49) was the top scorer for the Golden Eagles. Tulsa's 17 points easily outdistanced second place Southwest Missouri's 44, with ORU in third with 85.

In the men's 4-mile, top-ranked Junior College power Butler County, KS made themselves right at home as they carved out another impressive win with 18 points to 43 for the second place Hurricane. Kenyans Noah Lagat (19:56), and Elijah Ritur (19:58) had a close sprint to the tape as the visiting Kansans blew away their competition once again. Tulsa's Dwight Davis (20:37) had a fine showing as Tim Surface (20:44), David Bohlen (21:01), Jon Pillow (21:07), and Cornelius Mason (21:28) scored the top five places for the Hurricane. Oral Roberts' Ian Collings (21:56) was 21st overall and Oklahoma's Matt Romain (21:55) 20th overall as the Golden Eagles and Sooners finished out the scoring in 4th and 5th.

University of North Texas Invitational

Oklahoma's women's team went south of the Red River and met their match in a tough Rice squad as the Owls scored three in the top six, outscoring the Sooners 48 to 59. OU's Andrea Delozier (17:57) battled it out with Rice's top two runners as she finished safely in front in coming in second to LSU's Charlotte Mayock (17:50). Ex-Plainview star Sarah Harvey was seventh overall in 18:26 over the three-mile Eagle Point Golf Course terrain. Mindy Mizell (18:36), Corrie Hussar (18:43), and Katherine appther teams included Texas A&M (71), SMU (92), LSU (109), and North Texas (128).

The mens team didn't fare quite as well, as the young Sooners finished last in the team scoring with 143 points to overall winner Texas A&M (22), LSU (61), Texas-Arlington (87), North Texas (92), and SMU (126). A&M's Scott Lengfeld was the overall champ in 25:32 over the 5 mile course as the Sooners' Mike Knott showed future promise with a 27:19 clocking for 18th overall.

Oklahoma State Cowboy Jamboree

The University of Arkansas was all business as the Razorbacks ran wild over, under, and through the 8,000 meter cowpasture in a tuneup for their upcoming SEC conference meet. The Hogs' Ryan Wilson put on a clinic as he raced former OSU harrier Jon Wild to the tape in 24:13 to Wild's 24:25. 'This was a pretty good race,' said Wilson. 'I didn't go out as fast as I did last year, so I was little more in control, and I felt good all the way through.' Catoosa's Phillip Price was fifth in 24:33 and second for the Hogs with Seneca Lassiter (24:40), Adam Dailey (24:40), and Sean Kaley (24:42) rounding out the scoring for the second-ranked Razorbacks. An unattached team made up of various regional runners finished second with 68 to perennial NAIA champion Lubbock Christian's 70.

OSU's sixth-ranked squad finished fourth overall in

the team competition with 94 points to Arkansas' 32. Texas (159), Tulsa (188), and Kansas State (207) filled out the top seven out of 16 teams overall. The Cowboys' Chuck Sloan continued his steady improvement with an outstanding 24:54 clocking as the top Cowboy with Rene Carlsen (25:07), Habel Gitogu Churu (25:14), Nathaniel Lane (25:21), and Erik Framme (25:47) provided excellent support roles for their fast-improving team nationally ranked team. Tulsa's Cornelius Mason was back on track with his 25:56 over the rolling course, as teammates Dwight Davis (26:04), Adam Ellison (26:05), Jon Pillow (26:13), and David Bohlen (26:21) exhing for the fast-improvin's Fride Vullum ran a controlled race in the women's event, battling Baylor's Sherrie Smith (17:50), and Karin Ernstrom (18:00) but came up a few seconds short with a fast 18:01 in finishing third overall over the difficult 5,000 meter course. Summer Lamons (19:12), Erin Simpson (19:23), Margaret Danagher (19:26), and Sarah Shaw (19:29) scored the points for Hurricane (168) as they finished a strong 6th out of 12 teams to Baylor (55), Wichita State (85), Texas Tech (95), Texas-And Kansas State (116). Other teams included Abilene Christian, Texas, TCU, SW Texas, and New Mexico. OSU finished 9th overall (217) as Tamara Dingley (19:01) rode point as the top Cowgirl, followed closely by Andrene Thompson (19:06), Jenny Koch (19:10), Brandi Woodard (20:03), and Ashlea Barby (21:14).

Chile Pepper Cross Country Festival

The host Razorbacks held their only home meet of the season at their new (2nd year) 10,000 meter rolling course just north of the campus. The Hogs posted their third victory in a row against nationally ranked teams as they topped the likes of NAIA top-ranked Life College (Ga), 12th-ranked Washington State, NAIA #3 Lindsey Wilson (Ky), and 10th-ranked OSU. Senior Ryan Wilson (28:55) paved the way for the 'boy's with the black socks' as he overtook WSU's Bernard Lagat (29:21), and finally Life's Silah Misoi (29:05) in the final 600 meters to capture the Chile crown. The Hogs finished with 32 points to Life's 55, as the Arkansas Alumni (104), WSU (114), and Lindsey Wilson (127) rounded out the top five teams. Catoosa's Phillip Price was the sixth Hog finisher in 30:14 (16th overall). OSU's Rene Carlsen (30:05), was a dominant force for the Cowboys as he led a strong contingent of Stillwater thinclads to a sixth place team finish with 129 points. Other Cowboys included fast-closing Chuck Sloan (30:09), Nathaniel Lane (30:57), Jenks junior Brian Young (30:58), and Erik Framme (31:23).

Tulsa's Hurricane armada, consisting of David Bohlen (31:12), Tim Surface (31:33), and Jon Pillow (31:37) cruised to a 7th place (189) finish over SMU (197), Southern Illinois (235), Cal-Irvine (271), Mississippi (294), and Wichita State (310). This was probably the best performance ever by a Hurricane team.

In the women's race the host Razorbacks nipped Weber State (Utah) 42-86 for the team title with their own Amy Yoder taking the individual title in 16:47. OU, led by Andrea Delozier (15th, 17:40) was sixth with 166 points, followed by Tulsa at 181 in seventh. The Hurricane's Fride Vullum finished 10th in 17:34. OBU, led by Gabriela Hnilkova in 12th (17:37) finished tenth.