

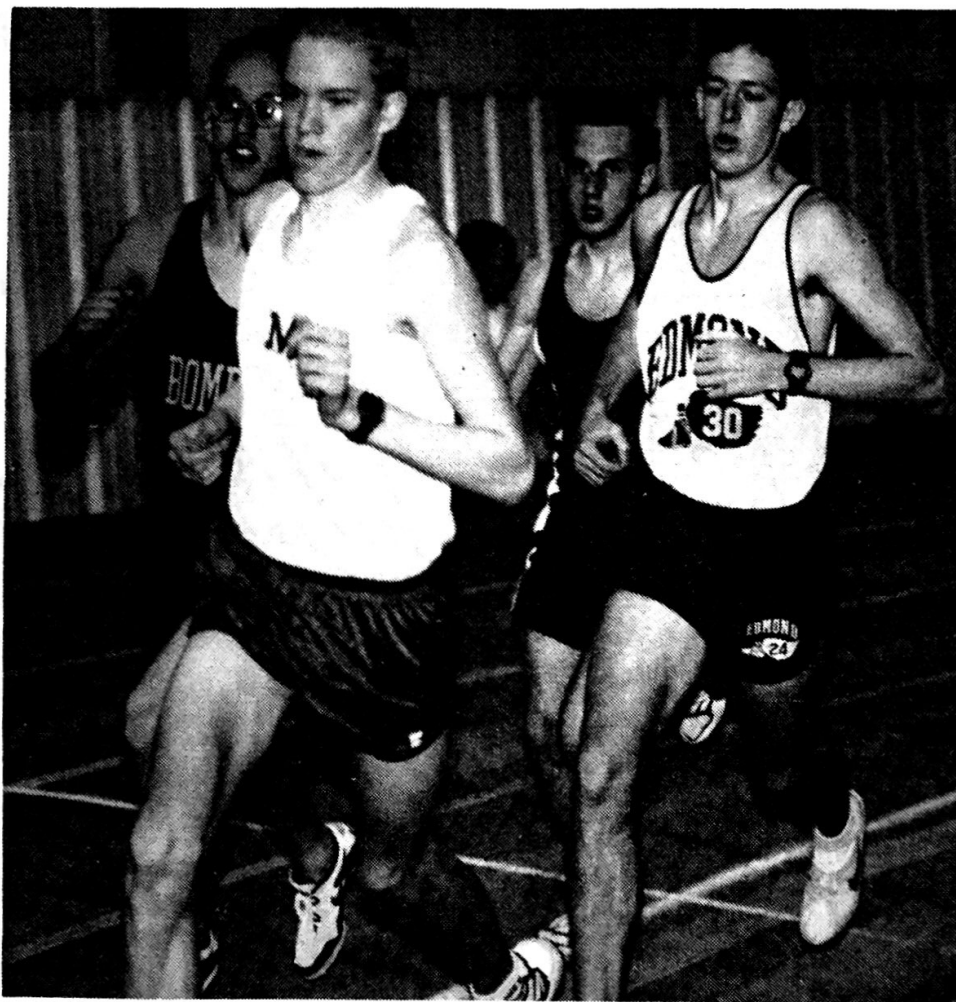
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Volume 6, Number 6

\$3.00

February 28, 1998



OTCA INDOOR--The 5A boys go through an early turn in the 3000 meter race. The eventual winner was Ponca City's Paul Paschal in 9:27.18. Photo by Roger Taylor

**Next Issue
March 17**

**Pre-Season Preview
Early Meet Results
Season Leader Listings**

OTCA Indoor Games Shawnee Expo Center

February 6-7, 1998

5A

TEAM SCORING: 1. Jenks 135; 2. Del City 83; 3. Moore 61; 4. Edmond North 48; 5. Midwest City 47; 6. Norman North 37; 7. Hale 26; 8. Broken Arrow 24; 9. Sante Fe 17; 10. Norman 9; 11. Putnam City 10; 11. (tie) Putnam City North, Stillwater, Moore "b" 8; 14. (tie) Edmond Memorial, Yukon 3.

55: 1. Gill, DC 7.04; 2. Waibel, Jenks 7.06; 3. Austin, DC 7.11; 4. Crawford, MWC 7.51; 5. Phillips, BA 7.60; 6. Grusendork, NN 7.76.

200: 1. Phillips, BA 26.48; 2. Crawford, MWC 26.84; 3. Beason, DC 26.85; 4. Harbin, Hale 27.71; 5. Wilson, PCN 27.92; 6. Brito, EN 28.34.

400: 1. Gill, DC 59.58; 2. A. Bratton, Hale 1:00.62; 3. Wilson, PCN 1:01.42; 4. O'rouke, Jenks 1:01.96; 5. Smith, MWC 1:04.51; 6. Allen, EN 1:05.23.

800: 1. Barber, Jenks 2:25.01; 2. Robinson, MWC 2:30.84; 3. Allen, EN 2:30.85; 4. Jones, SF 2:32.94; 5. Henry, Moore 2:35.27; 6. Shirley, Moore 2:35.88.

1600: 1. B. Bratton, Hale 5:30.44; 2. Barber, Jenks 5:33.35; 3. Henry, Moore 5:43.89; 4. Remy, NN 5:51.54; 5. Cardenas, Moore 5:53.91; 6. Jones, SF 5:58.15.

3000: 1. Henry, Moore 11:22.81; 2. Calderon, SF 11:53.18; 3. Brewer, EN 11:53.83; 4. Parker, Hale 12:16.75; 5. Szatkowski, EM 12:18.00; 6. Lassiter, Jenks.

55hurdles: 1. Waibel, Jenks 7.96; 2. Freeman, DC 8.06; 3. Haddox, Moore 8.88; 4. Cardenas, Jenks 8.91; 5. Peters, NN 9.01; 6. Coles, Nor 9.11.

4 lap relay (608m): 1. Del City 1:19.85; 2. Jenks 1:23.20; 3. Edmond North 1:24.27; 4. Moore 1:25.31; 5. Midwest City 1:26.91; 6. Norman North 1:28.12.

8 lap relay (1216): 1. Del City 2:58.42; 2. Jenks 3:01.81; 3. Broken Arrow 3:07.58; 4. Midwest City 3:08.48; 5. Edmond North 10:08.00; 6. Moore 3:14.86.

20 lap relay (3049): 1. Jenks 9:46.21; 2. Moore 9:47.32; 3. Midwest City 9:55.33; 4. Moore "b" 9:58.42; 5. Edmond North 10:08.00; 6. Sante Fe 10:22.30.

Shot: 1. Danie S. Harper, NN 13' 11 3/4"; 6. Mullet, Yukon 13' 11."

Continued on page 3

On Track

By John Hoke, Editor

My apologies for the lateness of this issue. Circumstances conspired to keep me out of the office most of February and then a computer snafu threw me even further behind. I'm going ahead with getting it printed and in the mail even though I haven't had a chance to completely review the TEAM REPORTS and produce my customary preview of the 5A-4A-3A classes as I have in the past. I'm hoping the extra time will give me a chance to do a more complete job on all classes in the next issue.

The 1998 season will get started officially March 7 with several big meets around the state--weather permitting. Season leader lists will start in the next issue and should be up to full speed by the end of March. Coaches need to remember to send complete results by FAX no later than the Monday following your meet. We have contacted all the daily and weekly newspapers in the state in an attempt to get them to use the team and individual rankings that will appear in each issue once the season gets under way. We have offered to FAX the rankings at no charge as long as the newspaper has a subscription. Contact your local paper and encourage them to take us up on this offer if you want to see these rankings in your home town paper.

The Oklahoma Track Coaches Association had their Mid-Winter Clinic in Norman again this year and the turnout was the best ever. Nearly 150 enthusiastic coaches were in attendance to hear a full schedule of speakers and clinicians. The OTCA does an incredible amount of work sustaining and promoting track and cross country in Oklahoma and every coach in the state should be a member of their professional organization.

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

Here's another plea for a journalism intern or volunteer: if there is anyone in the Oklahoma City area that would be interested in learning a little bit about publishing and gaining some valuable experience, please give me a call at 521-8750. I do it all here, from typing results, taking photos, producing the layouts, pasting up, managing circulation and making the coffee. Like I said last year, not that it isn't more fun than I can stand, but I would welcome a little help. Call me.

See you at a track meet.

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

Editor/Publisher - John Hoke

Oklahoma TRACK & FIELD NEWS is published by John Hoke, 600 N.W. 29th #7, Oklahoma City, OK 73103; MAILING ADDRESS: P.O. Box 54679, Oklahoma City, OK 73154-1679. PHONE: office 405-521-8750; FAX 405-521-8240. E-mail: AWNJS@aol.com All contributions of results and photographs are welcome but we do not guarantee return of unsolicited materials.

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

BACK ISSUES: \$3.00 postage paid, if available.

ADVERTISING: rates on request, contact the publisher above.

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

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

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OTCA Indoor

Continued from page 1

Triple Jump: 1. Cardenas, Jenks 5'2"; 2. Curry, NN 5'2"; 3. Hill, NN 4'8"; 4. Bischoff, EN 4'6"; 5. Daniels, SF 4'6"; 6. Lehenbauer, EM 4'4".

5A Boys

Team Scoring: 1. Jenks 116; 2. Edmond Memorial 87; 3. Midwest City 68; 4. Moore 65; 5. Muskogee 47; 6. Edmond Santa Fe 44; 7. (Tie) Norman North, Del City, Putman City 18; 10. Hale 15; 11. (tie) Norman, Ponca City, Yukon, Tahlequah 10; 15. Putman City North 8; 16. Stillwater 5; 17. (Tie) Edmond North, Edmond Memorial "b" 4; 19 Broken Arrow 1.

55: 1. Wooten, SF 6.27; 2. Caldwell, Musk 6.28; 3. Sharp, MWC 6.39; 4. Galbreath, SF 6.50; 5. Anderson, Musk 6.55; 6. Albery, EM 6.56.

200: 1. Johnston, Jenks 22.62; 2. Johnson, Musk 23.19; 3. Albery, EM 23.20; 4. Gray, Jenks 23.28 5. Woody, MWC 23.37; 6. Wright, Stillwater 23.38.

400: 1. Gibbs, Musk 53.36; 2. Garrison, Jenks 53.40; 3. Bader, PutC 53.60; 4. Dickens, Moore 53.76; 5. Dillard, SF 54.08; 6. Okine, MWC 54.90.

800: 1. Hall, Jenks 2:01.83; 2. Sparks, EM 2:04.10; 3. Lusk, MWC 2:07.43; 4. Murry, Jenks 2:10.50; 5. Escalera, Moore 2:13.57; 6. Purnell, BA 2:13.75.

1600: 1. Cosby, Jenks 4:41.72; 2. Peterman, EM 4:42.00; 3. Soul, Musk 4:44.53; 4. Franklin, NN 4:49.82; 5. Young, PN 4:50.44; 6. West-



OTCA INDOOR--Tahlequah's defending state champ, Garrett Crawford, won the high jump with a leap of 6-6. Photo by Roger Taylor

thoff, EM 4:56.01.

3000: 1. Paschel, PonC 9:27.18; 2. Delgado, MWC 9:33.46; 3. McWatters, Moore 9:43.72; 4. Buster, Yukon 9:47.66; 5. Walker, Jenks 9:56.05; 6. Westhall, EM 10:31.71.

55 hurdles: 1. Garrison, Jenks 7:73; 2. Taylor, MWC 7.87; 3. Lester, Moore 7.91; 4. Bell, PCN 7.96; 5. Guverrero, EN 7.98; 6. Davis, DC 8.89

4 Lap Relay(608m): 1. Santa Fe 1:10.76; 2. Jenks 1:11.94; 3. Midwest City 1:12.22 4. Edmond Memorial 1:12.66; 5. Moore 1:12.86; 6. Putman City North 1:14.85.

8 Lap Relay(1216): 1. Jenks 2:34.07; 2. Edmond Memorial 2:35.21; 3. Muskogee 2:37.75; 4. Putman City 2:38.48; 5. Moore 1:12.86; 6. Putman City North 1:14.85.

20 Lap Relay(3049m) 1. Edmond Memorial 8:01.91; 2. Jenks 8:08.19; 3. Moore 8:30.68; 4. Norman North 8:31.55; 5. Edmond Memorial "B" 8:37.34; 6. Yukon 8:43.31.

Shot: 1. Hawk, Nor 56'7"; 2. Bennif5"; 6. Tucker, Moore 45'3 1/2".

Long Jump: 1. Lester, Moore 21' 1 1/2"; 2. Mahan, Hale 20'8 3/4"; 3. Carter, Jenks 20'6 1/4"; 4. (Tie) Stanley, DC; Riley, Yukon 20' 3 1/2"; 6. Gibbs, Musk 20' 1/2".

Triple Jump: 1. Gordon, DC 42'10"; 2. Lewis, MWC 42'9 1/2"; 3. Lester, Moore 41'2 1/2"; 4. Cole, PutC 40'9 1/2"; 5. Miller, MWC 39'9"; 6. Mahan, Hale 38'3".

High Jump 1. Crawford, Tah 6'6"; 2. Miller, MWC 6'2"; 3. Peterson, Hale 6'; 4. Lambert, MWC 5'10; 5. Gordon, DC 5'8"; 6. Spencer, Yukon, 5'8".

Pole Vault: 1. Opalka, EM, 14-2; 2. Ruster, EM, 14-3; 3. Tymchuk, Moore, 11-6; 4. Lee-master, Moore, 10-6; 5. Snider, EN, 10-0.

4A Girls

TEAM SCORING: 1. Duncan 97; 2. (Tie) Bixby, Northeast 69; 4. Durant 56; 5. Woodward 51; 6. Catossa 41; 7. Guthrie 36; 8. Clare-

more 28; 9. Shawnee 23; 10. Pryor 21; 11. Lawton MacArthur 20; 11. Northeast "B" 18.

55: 1. Madden, NE 7.26; Knight, Mac 7.36; 3. Pollard, NE "B" 7.54; 4. Smith, NE 7.57; 5. Coulter, Dun 7.76; 6. Brown, Dun 7.89.

200: 1. Madden, NE 27.42; 2. Tate, Shaw 28.10; 3. Coulter, Dun 28.76; 4. Pollard, NE 28.90; 5. Smith, Wood 29.01; 6. McAlister, Wood 29.15.

400: 1. Standford, NE 59.98; 2. Tate, Shaw 1:03.32; 3. Snider, Bix 1:03.40; 4. Vining, Bix 1:07.39; 5. Lewis, Shaw 1:07.51; 6. James, NE 1:07.57.

800: 1. Fedick, Cat 2:40.40; 2. Baleu, Dunc 2:43.81 3. Fisher, NE 2:47.33; 4. Gilum, Dura 2:51.59; 5. Ross, Cat 3:09.99; 6. Biffle, Duncan 3:11.95.

1600: 1. Willis, Dura 5:55.43; 2. Fedick, Cat 5:55.44; 3. Scarlett, Guth 6:19.75; 4. Gilum, Dura 6:22.71; 5. Davis, Guth 6:23.67; 6. Hamick, Shaw 7:01.80.

3000: 1. Anderson, Pryor 11:43.34; 2. Willis, Dura 11:59.62; 3. Kermanian, Dura 12:43.57; 4. Hamock, Shaw 13:51.86; 5. Rocelle, Dunc 13:52.77; 6. Jones, Cat

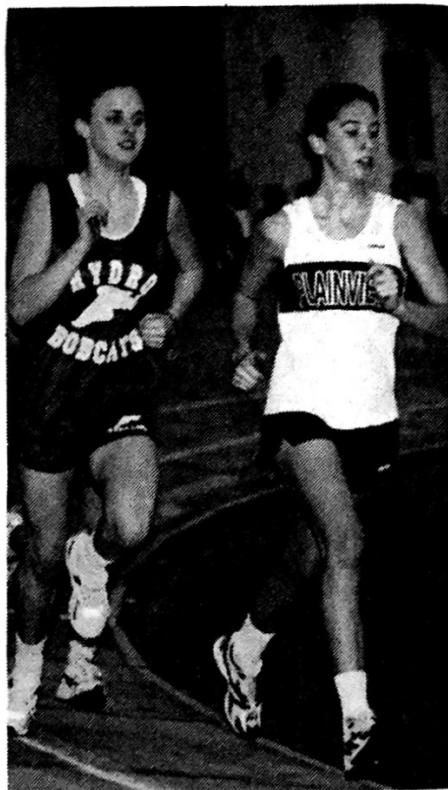
55 Hurdles: 1. Rowden, Clar 8.88; 2. Whitcomb, Wood 9.49; 3. Reploge, Cat 9.56; 4. Love, Wood 9.89; 5. Dowling, Dura 10.00; 6. Zielinski, Bix 10.07.

4 Lap Relay:(608m): 1. Bixby 1:26.97; 2. Duncan 1:27.05; 3. MacArthur 1:27.94; 4. Northeast "B" 1:28.47; 5. Woodward 1:30.13; 6. Guthrie 1:33.05.

8 Lap Relay(1216): 1. Northeast 3:05.62; 2. Bixby 3:12.78; 3. Duncan 3:16.13; 4. Durant 3:27.60; 5. Northeast "B" 3:35.00.

20 Lap Relay(3049m): 1. Duncan 10:43.08; 2. Guthrie 10:53.60; 3. Catoosa 10:58.79; 4. Bixby 11:22.55; 5. Northeast 12:05.00.

Shot: 1. Stinson, Wood 34'71/2"; 2. Crystal,



OBU INVITATIONAL--Plainview's Becky Harvey (right) won both the 3000 and 1600. Photo by Roger Taylor

Continued on next page

OTCA Indoor Meet Team Placings

5A Boys

1. Jenks
2. Edmond Memorial
3. Midwest City
4. Moore
5. Muskogee
6. Santa Fe
7. Norman North
7. Del City
7. Putnam City
10. Hale

5A Girls

1. Jenks
2. Del City
3. Moore
4. Edmond North
5. Midwest City
6. Norman North
7. Hale
8. Broken Arrow
9. Santa Fe
10. Norman

4A Boys

1. Duncan
2. MacArthur
3. Guthrie
4. Claremore
5. Shawnee
6. Durant
7. Catoosa
8. Pryor
9. Woodward

4A Girls

1. Duncan
2. Bixby
2. Northeast
4. Durant
5. Woodward
6. Catoosa
7. Guthrie
8. Claremore
9. Shawnee
10. Pryor

3A Boys

1. Weatherford
2. Okmulgee
3. McGuinness
4. Idabel
5. Little Axe
6. Elk City
7. Poteau
8. Weatherford
9. Little Axe B
10. Ft. Gibson

3A Girls

1. McGuinness
2. Weatherford
3. Grove
4. Little Axe
5. Okmulgee
6. Purcell
7. Poteau
8. Little Axe B
9. Anadarko
10. Idabel

2A Boys

1. Watonga
2. Tishomingo
3. Velma-Alma
4. Mangum
5. Dickson
6. Riverside
7. Stroud
7. Prague
9. Wynnewood
10. Caney Valley

2A Girls

1. Plainview
2. Watonga
3. Prague
4. Chandler
5. Wetumka
6. Fox
7. Lindsay
8. Plainview B
9. Velma-Alma
9. Kellyville, Tonkawa

OTCA Indoor

Continued from previous page

Wood 33'2"; 3. Hargrove, Bix 31'10"; 4. Bokie, Dunc 31'1" 5. Hallock, Dunc 30' 1/2 "; 6. Smith, Pryor 29'11".

Long Jump: 1. McAlester, Wood 14'6"; 2. Rowden, Clar 14'4 1/2 "; 3. BrownDunc 4'6"; 4. Ashworth, Dunc 4'6".

4A Boys

Team Scoring: 1. Duncan 141; 2. Lawton MacArthur 104.5; 3. Guthrie 88; 4. Claremore 64; 5. Shawnee 44; 6. Durant 38; 7. Catossa 33.5; 8. Pryor 10; 9. Woodward 5.

55: 1. Eldridge, Mac 6.55; 2. Aeschliman, Guth 6.75; 3. York, Mac 6.76; 4. Willeford, Dunc 6.82; 5. Adcock, Cat 7.03; 6. Jones, Dunc 7.15.

200: 1. Smith, Shaw 23.13; 2. Lane, Mac 23.72; 3. Eldridge, Mac 24.27; 4. Miller, Guth 25.02; 5. Adcock, Cat 25.32; 6. Willford, Dunc 25.60.

400: 1. Chambers, Dunc 55.53; 2. Smith, Shaw 57.38; 3. Howe, Dunc 57.51; 4. Nelson, Guth 57.56; 5. Jones, Mac 57.68; 6. Green, Mac 57.88.

800: 1. Boydston, Dura 2:11.79; 2. Meyer, Guth 2:14.48; 3. Murry, Cat 2:14.63; 4. Goldberg, dunc 2:17.45; 5. Pollick, Dunc 2:21.46; 6. Trice, Mac 2:22.74.

1600: 1. Gillum, Dura 4:54.09; 2. Boyd, Dura 4:58.28; 3. Lanettartl, Shaw 4:58.75; 4. Mare Guth 4:58.98; 5. Murry, Cat 5:05.13; 6. Chartear, Clar 5:08.59.

3000: 1. Gillum, Dura 9:55.10; 2. Wright, Shaw 9:57.56; 3. Galaher, Dunc 10:13.94; 4. Chartier, Clar10:21.30; 5. Pratt, Guth 10:34.11; 6. Wendte, Dunc 10:48.55.

55 Hurdles: 1. Brack, Dunc 7.65; 2. Cox, Clar 8.00; 3. Mizel, Mac 8.07; 4. Dial, Dun 8.10; 5. Nelson, Guth 8.27; 6. Mcgee, Cat 9.13.

4 Lap Relay(608m): 1. Lawton MacArthur 1:14.29; 2. Duncan 1:14.41; 3. Guthrie 1:17.02; 4. Catossa 1:19.18

8 Lap Relay(1216): 1. Lawton MacArthur 2:40.00; 2. Duncan 2:40.31; 3. Guthrie 2:47.15; 4. Catossa.

20 Lap Relay(3049): 1. Lawton MacArthur 8:34.52; 2. Duncan 8:35.58; 3. Shawnee 8:40.15; 4. Guthrie 8:47.72; 5. Catossa 9:21.117.

Shot: 1. Shapr, Pryor 46'10"; 2. Speight, Guthrie 46'9"; 3. Cox, Clar 43'11 1/2 "; 4. Roberts, Wood 42'9"; 5. Iruin, Clar 42'2 1/2 "; 6. Keith, Wood 39' 4 1/2 ".

L 2. Cox, Clar 38'2"; 3. Phillips, Dunc 38'1"; 4. Dial, Dunc 37'3 1/2".

High Jump: 1. Mitchell, Dunc 6'2"; 2. Hudson, Guthrie 5'10"; 3. Cox, Clar 5'10"; 4. Endicott, Dunc 5e Vault: 1. Dial, Dunc 16' ; 2. Smith, Clar 14'.

3A Girls

TEAM SCORING: 1. McGuinness 95; 2. Weatherford 87.5; 3. Grove 69; 4. Little Axe 59; 5. Okmulgee 42; 6. Purcell 39; 7. Poteau 24; 8. Little Axe B 21; 9. Anadarko 20; 10. Idabel 18; 11. Elk City 17.5; 12. (Tie) Tecumseh, Edmond Deer Creek 10; 14. Berryhill 9.5; 15. Stigler 6.5; 16. Dewey 1.

55: 1. Robertson, Gr, 7.39; 2. Steele, Pot,

7.53; 3. Bedford, An, 7.56; 4. E. Kelly, McG, 7.59; 5. McDaniels, Okm, 7.89; 6. Roy, Stig, 7.91.

200: 1. Frost, Id, 28.38; 2. Steele, Pot, 28.68; 3. Drake, Gr, 28.90; 4. Shimasaki, EDC, 29.06; 5. Roy, Stig, 29.32; 6. Hallaway, ElkC, 29.32.

400: 1. Grammar, Wea, 64.4; 2. Shireman, ElkC, 65.33; 3. Draig, Gr, 66.30; 4. Ailey, Tec, 66.72; 5. Wolf, Wea, 68.6; 6. Fields, Gr, 70.22.

800: 1. M. Kelly, McG, 2:36.07; 2. Northcutt, Gr, 2:40.1; 3. Wahpekeche, LA, 2:43.1; 4. Fields, Gr, 2:47.9; 5. Hogan, McG, 2:48.1; 6. Upton, LA, 2:53.

1600: 1. Cochran, LA, 5:45; 2. Kilhoffer, ElkC, 5:52; 3. Morford, LA, 5:52.5; 4. Reed, LA, 6:18; 5. Zamora, Wea, 6:24; 6. Upton, LA, 6:31.

3000: 1. Jordan, McG, 10:12; 2. Morford, LA, 11:44; 3. Zamora, Wea, 12:53; 4. Mania, LA, 13:03; 5. Parkins, LA, 13:32; 6. Dunaway, Pur, 13:32.6.

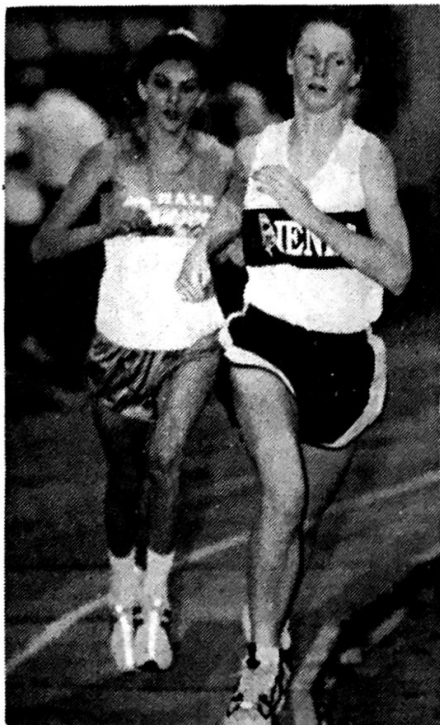
55H: 1. Robertson, Gr, 8.53; 2. Bedford, Ana, 8.99; 3. Lyons, Okm, 9.10; 4. Roy, Stig, 9.43; 5. Christianson, Wea, 9.63; 6. Sexauer, McG, 9.95.

4 Lap Relay (608m): 1. McGuinness 1:25.11; 2. Weatherford 1:28.16; 3. Okmulgee 1:30.4; 4. Grove 1:30.64; 5. Idabel 1:34.96; 6. Edmond Deer Creek 1:38.1.

8 Lap Relay (1216m): 1. Weatherford 3:09.89; 2. McGuinness 3:14.89; 3. Grove 3:16.23; 4. Little Axe 3:31.49; 5. Idabel 3:34.73; 6. Little Axe B 3:37.74.

20 Lap Relay (3040m): 1. McGuinness 10:00; 2. Little Axe 10:14; 3. Little Axe B 10:37; 4. Weatherford 10:51; 5. Edmond Deer Creek 12:24.

Shot: 1. Adjaye, Okm, 31-2; 2. Brown, Pur, 31-0; 3. Brooks, Pot, 27-3; 4. Dean, Okm, 26-4; 5. Frosberry, Pot, 25Lyons, Okm, 14-9.25; 3. Bedford, Ana, 14-7.25; 4. Rose, Gr, 13-11.25; 5. Christianson, Wea, 13-9; 6. Grammar, Wea,



OTCA INDOOR--Hale's Brandy Bratton (left) edged Jenk's Atalie Barber in the 5A girls 1600. Photo by Roger Taylor



OTCA INDOOR--Putnam City North's Bell clears a hurdle en route to a 4th place in the 5A boys 55 hurdles. Photo by Roger Taylor

13-7.75.

Triple Jump: 1. Dunaway, Pur, 30-2.5; 2. Garrett, McG, 28-2; 3. Smith, Wea, 27-4; 4. Thomas, Wea, 26-1.25.

High Jump: 1. Dunaway, Pur, 5-4; 2. Grammar, Wea, 4-10; 3. Trammell, Tec, 4-10; 4. McLaughlin, McG, 4-10; 5. Manchester, Ber, 4-6; 6. Christianson, Wea, 4-6.

3A Boys

TEAM SCORING: 1. Weatherford 116; 2. Okmulgee 94; 3. McGuinness 67; 4. Idabel 47; 5. Little Axe 44.5; 6. Elk City 42; 7. Poteau 26; 8. Weatherford B 20; 9. Little Axe B 16; 10. Ft. Gibson 12; 11. Edmond Deer Creek 10; 12. Harrah 2; 13. Stigler 1.5.

55: 1. Johnson, Okm, 6.32; 2. Enoch, McG, 6.54; 3. Cross, Okm, 6.56; 4. Landreth, ElkC, 6.62; 5. Phillips, Wea, 6.79; 6. Frost, Id, 6.80.

200: 1. Cross, Okm, 22.89; 2. Johnson, Okm, 23.85; 3. Johnson, Id, 24.80; 4. Phillips, Wea, 25.22; 5. Weldon, ElkC, 25.28; 6. Powell, Stig, 25.82.

400: 1. Munford, ElkC, 53.44; 2. Landreth, ElkC, 54.78; 3. Brown, Wea, 55.1; 4. Ennis, McG, 59.53; 5. Johnson, Id, 60.41; 6. Willis, Id, 60.48.

800: 1. Moses, McG, 2:06; 2. Williams, Wea, 2:07.3; 3. Trout, Wea, 2:13.9; 4. Staton, LA, 2:16.3; 5. Smith, Wea, 2:19.8; 6. Pickens, Id, 2:22.4.

1600: 1. Schneberger, ElkC, 4:51; 2. Heap of Birds, Wea, 4:59; 3. Frame, Wea, 5:03; 4. Holveck, EDC, 5:06; 5. Clark, Har, 5:09; 6. Abdul-Raheem, LA, 5:13.

3000: 1. Caldwell, FG, 9:42; 2. Ennis, LA, 10:21; 3. Holveck, EDC, 10:35; 4. Heap of Birds, Wea, 10:48; 5. Copenhauer, ElkC, 11:32; 6. Freeman, LA, 11:55.

55H: 1. Ross, Okm, 7.91; 2. Walden, Id, 8.40; 3. Nichols, McG, 8.44; 4. Young, Wea, 9.06.

4 Lap Relay (608m): 1. Okmulgee 1:13.38; 2. Weatherford 1:14.83; 3. Idabel 1:17.07; 4. Weatherford B 1:19.26; 5. Little Axe 1:12.10.

8 Lap Relay (1216m): 1. Weatherford 2:38.13; 2. Elk City 2:40.64; 3. McGuinness 2:41.60; 4. Okmulgee 2:44.28; 5. Weatherford

B 2:50.14; 6. Idabel 2:51.04.

20 Lap Relay (3040): 1. Weatherford 8:23.3; 2. Little Axe 8:39.8; 3. Little Axe B 9:07.8.

Shot: 1. Sims, Wea, 49-9; 2. Ashmore, McG, 45-2; 3. Jackson, LA, 45-0; 4. Howell, Id, 44-6; 5. Francis, Pot, 42-6; 6. Ward, McG, 41-10.

Long Jump: 1. Enoch, McG, 20-0.75; 2. Coe, McG, 19-0; 3. Frost, Id, 18-6.25; 4. Mayberry, Okm, 17-2.25; 5. Cole, Wea, 16-2.5; 6. Trout, Wea, 16-2.5.

Triple Jump: 1. Stucker, Wea, 36-7; 2. Mayberry, Okm, 35-5.25; 3. Hicks, Wea, 34-4.5; 4. Coldiron, Id, 23-9.25.

High Jump: 1. Blankenship, McG, 5-10; 2. Francis, Pot, 5-8; 3. Landreth, ElkC, 5-6; 4. Ennis, LA, 5-4; 5. Mullins, LA, 5-4; 6. (Tie) Staton, LA, McSperritt, Stig, 5-2.

2A Girls

TEAM SCORING: 1. Plainview 154; 2. Watonga 61; 3. Prague 52; 4. Chandler 43; 5. Wetumka 33; 6. Fox 32; 7. Lindsay 29; 8. Plainview B 22; 9. Velma-Alma 12; 10. (Tie) Kellyville, Tonkawa, Tishomingo 8; 13. Wynnewood 6; 14. (Tie) Konawa, Beggs 2.

55: 1. Tyner, Fox, 7.25; 2. Herrman, Chan, 7.36; 3. Rushing, Fox, 7.50; 4. McGuire, Kel, 7.62; 5. Olive, Wat, 7.75; 6. Range, Plain, 7.81.

200: 1. Tyner, Fox, 25.87; 2. Fentem, Lin, 27.93; 3. Range, Plain, 28.58; 4. Olive, Wat, 28.68; 5. Moore, Beg, 29.17; 6. Carr, Wet, 29.22.

400: 1. Morris, Plain, 66.33; 2. Brown, Plain, 67.03; 3. Snider, VA, 67.9; 4. Cavin, Pra, 68.2; 5. Norman, Plain B, 70.58; 6. Traylor, Lin, 71.38.

800: 1. Waller, Plain, 2:36; 2. Lampkin, Plain, 2:37; 3. Traylor, Lin, 2:43; 4. Horn, VA, 2:47; 5. Cook, Tish, 2:48; 6. George, Plain B, 2:49.

1600: 1. Harvey, Plain, 5:47; 2. Crites, Wat, 5:58; 3. Traylor, Lin, 6:02; 4. Waller, Plain, 6:09; 5. Horn, Va, 6:13; 6. Wood, Plain B, 6:29.

3000: 1. Harvey, Plain, 11:50; 2. Traylor, Lin, 12:29; 3. Scribner, Tish, 12:39; 4. George, Plain, 13:18; 5. Lackey, Wyn, 13:52; 6. Hen-

Continued on next page



*OTCA INDOOR--The 4A girls get started in the 1600 which was won by Durant's Amber Willis.
Photo by Roger Taylor*

Continued from previous page

ley, Plain, 14:28.

55H: 1. Cross, Chan, 8.99; 2. Cunningham, Plain, 9.61; 3. Gerge, Plain, 9.68; 4. Lake, Plain B, 9.75; 5. Coleman, Wat, 9.80; 6. Edsal, Wat, 9.86.

4 Lap Relay (608m): 1. Plainview 1:26; 2. Prague 1:28; 3. Wat Relay (1216m): 1. Plainview 3:13; 2. Prague 3:16; 3. Plainview B 3:18; 4. Chandler 3:19; 5. Watonga 3:24; 6. Konawa 3:31.

20 Lap Relay (3040m): 1. Plainview 10:19; 2. Prague 10:22.

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Shot: 1. Williamson, Plain, 34-2; 2. Lake, Tonk, 31-0; 3. Scott, Plain, 28-10; 4. Staton, Kel, 38-8; 5. Kilcrease, Fox, 26-4; 6. Blackwell, Plain B, 25-8.

Long Jump: 1. Hines, Wet, 13-11; 2. Olive, Wat, 13-10; 3. Broner, Wet, 13-8; 4. Kinard, Wyn, 13-6; 5. Cross, Chan, 12-8.

Triple Jump: 1. Roane, Wat, 27-3; 2. Hines, Wat, 26-4; 3. Renfro, Wat, 18-1.

High Jump: 1. Spradlin, Wat, 5-0; 2. Ditto, Plain, 4-8; 3. Pierce, Chan, 4-8.

2A Boys

TEAM SCORING: 1. Watonga 111; 2. Tishomingo 69; 3. Velma-Alma 49; 4. Mangum 48; 5. Dickson 46; 6. Riverside 31; 7. (Tie) Stroud, Prague 24; 9. Wynnewood 23; 10. Caney Valley 20; 11. Beggs 18; 12. Chandler 16; 13. Kellyville 13; 14. Lindsay 12; 15. Thackerville 10; 16. (Tie) Heritage Hall, Tonkawa 6; 18. Chisholm 5; 19. Plainview 3; 20. Depew 2.

55: 1. Reynolds, Kel, 6.26; 2. Alexander, Beg, 6.56; 3. Hunter, Mang, 6.65; 5. Knowles, Wyn, 6.65; 6. Jenkins, Wat, 6.66; 6. Hatfield, Tish, 6.67.

200: 1. Hunter, Man, 23.10; 2. Richerson, Wat, 23.39; 3. Hatfield, Tish, 23.45; 4. High, Wyn, 23.61; 5. Rich, Beg, 23.67; 6. Knowles, Wyn, 24.42.

400: 1. Richerson, Wat, 52.54; 2. Rich, Beg, 54.2; 3. Johnson, Chan, 54.3; 4. Calhoun, Lin, 56.4; 5. Weiner, HH, 58.3; 6. Harjo, Pra, 58.99.

800: 1. Miller, VA, 2:09; 2. Dennis, VA, 2:16; 3. Ryan, Tish, 2:19; 4. Weiner, HH, 2:20; 5. Blackowl, Tish, 2:23; 6. Horse, Riv, 2:24.

1600: 1. McNair, CV, 4:44; 2. Miller, VA, 4:45; 3. Coleman, Wat, 4:47; 4. Lampkin, Dic, 4:58; 5. Karns, Wat, 4:59; 6. Conklin, Plain, 5:16.

3000: 1. McNair, CV, 9:28; 2. Lampkin, Dic, 9:36; 3. Kirkpatrick, VA, 10:10; 4. Crawford, Riv, 10:35; 5. Conklin, Plain, 10:38; 6. Miller, Va, 11:03.

55H: 1. Hatfield, Tish, 7.81; 2. Jacks, Wat, 7.87; 3. Dennis, Va, 8.02; 4. Hernelay (608m): 1. Watonga 1:13; 2. Mangum 1:15; 3. Tishomingo 1:22; 4. Riverside 1:30.

8 Lap Relay (1216m): 1. Watonga 2:41; 2. Chandler 2:44; 3. Mangum 2:47; 4. Dickson 2:50; 5. Tishomingo 3:13; 6. Riverside 3:18.

20 Lap Relay (3040m): 1. Dickson 9:08; 2. Riverside 9:09; 3. Tishomingo 9:25; 4. Prague 10:15.

Shot: 1. Bookout, Str, 55-8; 2. Cooper, Wat, 46-10; 3. Wood, Str, 45-10; 4. Peters, Wat, 44-9; 5. Hutton, Pra, 40-9; 6. Vick, Pra, 36-6.

Long Jump: 1. High, Wyn, 19-9; 2. Lindsey, Tack, 19-8; 3. Auld, Tonk, 18-10; 4. Knowles, Wyn, 17-6; 6. Reynolds, Kel, 17-6; 6. Enrs, Kel, 16-9.

Triple Jump: 1. Stringer, Wat, 32-10; 2. Allen, Wat, 29-7; 3. Kemp, Tish, 26-4; 4. Moore, Tish, 25-0.

High Jump: 1. Wimmer, Pra, 6-2; 2. Elkins, Lin, 5-10; 3. Bartel, Chis, 5-10; 4. Hatfield, Tish, 5-10; 5. Lindsey, Thack, 5-8.

Pole Vault: 1. Dennis, VA, 14-6; 2. Mervin, Str, 14-0; 3. Love, Dic, 13-0; 4. McMinn, Wat, 12-6; 5. Hill, Pra, 11-6; 6. Allen, Wat, 11-6.

OBU Indoor Invitational Shawnee Expo Center

January 30-31

5A Girls

TEAMS COMPETING (no team scoring kept): Del City, Edmond North, Moore, Norman North, Owasso, Midwest City, Muskogee, Yukon, Norman, Jenks, Santa Fe, Putnam City North.

55: 1. Gill, DC, 6.97; 2. Austin, DC, 7.28; 3. Coleman, EdN, 7.29; 4. Henderson, MWC, 7.56; 5. (tie) Teal, EdN, and Tippins, SF, 7.69.

400: 1. Smith, MWC, 1:03.77; 2. Wilson, PCN, 1:03.86; 3. Allen, EdN, 1:06.25; 4. Beason, DC, 1:06.5; 5. Slott, PCN, 1:06.6; 6. (tie) Hansen, EdN, and Hate, Ow, 1:07.13.

800: 1. Robinson, MWC, 2:33; 2. Jones, SF, 2:36; 3. Allen, NN, 2:36.3; 4. Frye, NN, 2:48; 5. Owen, Moore, 2:50; 6. Sammons, EdN, 2:51.

1600: 1. Henry, Moore, 5:48; 2. Ward, SF, 5:50; 3. Clinton, EdN, 5:51.50; 4. Cardenas, Moore, 6:00; 5. Sparks, Moore, 6:02; 6. Hailicki, Yuk, 6:09.

3000: 1. Henry, Moore, 11:26; 2. Novarra, Ow, 11:38; 3. Brewer, EdN, 11:49; 4. Ryser, Ow, 11:56; 5. Calderon, SF, 1:00; 6. Remy, NN, 12:06.

55H: 1. Freeman, DC, 8.31; 2. Haddox, Moore; 3. Peters, NN; 4. Compton, Ow; 5. Laird, NN; 6. Atherton, NN.

4 Lap Relay (608m): 1. Del City 1:24.78; 2. Edmond North 1:24.94; 3. Santa Fe 1:26.46; 4. Moore 1:26.69; 5. Muskogee 1:28.05; 6. Midwest City 1:28.22.

8 Lap Relay (1215m): 1. Del City 3:01; 2. Midwest City 3:08.19; 3. Moore 3:08.70; 4. Edmond North 3:13.13; 5. Moore B 3:18.47; 6. Yukon 3:20.43.

20 Lap Relay (3040): 1. Moore 9:52.41; 2. Edmond North 9:54; 3. Midwest City 9:58; 4. Moore B 10:21; 5. Owasso 10:33; 6. Muskogee 11:11.

Shot: 1. Mendoza, NN, 32-11; 2. Cudjoe, DC, 32-5; 3. Maguire, Yuk, 31-10; 4. McCarthy, Nor, 31-2; 5. Jones, EdN, 30-3; 6. Moon, Jenks, 27-8.

Long Jump: 1. Carter, DC, 14-7; 2. Ward, SF, 14-1.5; 3. Mullett, Yuk, 13-11; 4. Curlock, Ow, 13-8; 5. Allen, Nor, 13-7.5; 6. Desrato, Ow, 13-5.

Triple Jump: 1. Miles, Moore, 31-3.25; 2. Harper, NN, 29-5.5; 3. Heisterman, NN, 28-9.5; 4. Carter, DC, 28-8; 5. Brown, MWC, 26-6; 6. Arnold, MWC, 25-8.

High Jump: 1. Curry, NN, 5-6; 2. Hill, NN, 4-8; 3. Wilburn, SF, 4-8; 4. James, Jenks, 4-6; 5. (tie) Dallas, SF, Trimble, Jenks, McCarthy, Nor, 4-4.

5A Boys

TEAMS COMPETING (no team scoring kept): Jenks, Edmond North, Moore, Del City, Midwest City, Putnam City North, Edmond-Memorial, Santa Fe, Choctaw, Ponca City, Owasso, Yukon.

55: 1. Ware, Choc, 6.29; 2. Concoran, choc,



OTCA INDOOR--Start of the 2A girls 800. Photo by Roger Taylor

6.30; 3. Sharp, MWC, 6.35; 4. Thompson, EdN, 6.40; 5. Scobey, DC, 6.41; 6. Smith, EdM, 6.45.

400: 1. Helair, MWC, 51.65; 2. Dillard, SF, 53.36; 3. Alberty, EdM, 54.09; 4. Okine, MWC, 55.75; 5. Gunn, Yuk, 55.85; 6. Hallmark, Moore, 56.0.

800: 1. Sparks, EdM, 2:05; 2. Noe, Yuk, 2:13; 3. Hart, Moore, 2:14.27; 3. Sanders, EdN, 2:14.52; 4. Conan, Yuk, 2:15; 6. Vance, Moore, 2:16.

1600: 1. Peterman, EdM, 4:51; 2. Lusk, MWC, 4:56; 3. Delgado, MWC, 4:57.44; 4. Riazuddin, SF, 4:57.81; 5. Franklin, NN, 5:01; 6. Hooper, EdM, 5:08.

3000: 1. Pascal, PonC, 9:24; 2. Buster, Yuk, 9:44; 3. Delgado, MWC, 9:51.75; 4. Westoff, EdM, 10:01; 5. McClure, Choc, 10:07; 6. Moseby, Ow, 10:10.

55H: 1. Garrison, Jenks, 8.0; 2. Brinlee, EdN, 8:05; 3. Morris, Moore, 8.10; 4. Davis, DC, 8.22; 5. Taylor, MWC, 8.25; 6. Bell, PCN, 8.26.

4 Lap Relay (608m): 1. Santa Fe 1:11.75; 2. Edmond Memorial 1:11.81; 3. Choctaw 1:12.06; 4. Midwest City 1:12.09; 5. Edmond North 1:12.69; 6. Del City 1:12.97.

8 Lap Relay (1216m): 1. Midwest City 2:33.1; 2. Santa Fe 2:36.66; 3. Edmond Memorial 2:37.43; 4. Del City 2:41.21; 5. Yukon 2:41.87; 6. Moore 2:42.18.

20 Lap Relay (3040m): 1. Edmond Memorial 8:07.32; 2. Midwest City 8:15.24; 3. Moore 8:34.07; 4. Edmond North 8:35.81; 5. Santa Fe 8:36.82; 6. Choctaw 8:37.59.

Shot: 1. Howk, Nor, 56-7; 2. Bristol, NN, 50-7; 3. Bennifield, Sf, 50-3; 4. Hayhurst, Choc, 48-1; 5. tucker, Moore, 45-7.5; 6. Rochester, Choc, 43-10.5.

Long Jump: 1. Stanley, DC, 20-7.75; 2. Lewis, MWC, 20-2; 3. Coley, DC, 19-9.75; 4. Lambeth, Moore, 19-7; 5. Black, Sf, 19-4.5; 6. Goodson, EdM, 19-3.

Triple Jump: 1. Lewis, MWC, 42-10; 3. Miller, MWC, 40-7; 3. Lambeth, Moore, 39-1.75; 4. Okine, MWC, 38-1.75; 5. Barber, EdM, 37-9; 6. Spencer, Yuk, 34-10.

High Jump: 1. Miller, MWC, 6-2; 2. Cox, EdM, 6-2; 3. Gordon, DC, 6-2; 4. Lambeth, MWC 6-0; 5. Williams, PonC, 6-0; 6. Spencer, Yuk, 5-10.

Pole Vault: 1. Westlund, Choc, 14-6; 2. Opolka, EdM, 13-6; 3. Bell, Ow, 13-0; 4. Ruster, EdM, 12-6; 5. Herman, Ow, 12-0; 6. Morgan, Ow, 11-6.

4A Girls

TEAMS COMPETING (no team scoring kept): Durant, Guthrie, Northeast, Shawnee, Duncan.

55: 1. Madden, NE, 7.31; 2. Tate, Shaw, 7.40; 3. Pollard, NE, 7.50; 4. James, NE, 7.60; 5. Lewis, Shaw, 7.72; 6. Helton, Unat, 7.91.

400: 1. Standford, NE, 1:00.73; 2. Smith, NE, 1:06.18; 3. Moreno, Unat, 1:06.96; 4. Willis, Dur, 1:07.05; 5. Matson, Dur, 1:07.20; 6. Brock, Gut, 1:12.29.

800: 1. Bailey, Dun, 2:45; 2. Fisher, NE, 2:52; 3. Brock, Gut, 2:54.56; 4. Davis, Gut, 2:55; 5. Anderson, Dun, 2:56; 6. Biffle, Dun, 3:17.

1600: 1. Willis, Dur, 6:05; 2. Kermanian, Dur, 6:35; 3. Hemmeck, Shaw, 6:51.67; 4. Chapel, Dun, 7:12; 5. Gutierrez, Dun, 7:13; 6. Robinson, Dun, 7:22.

3000: 1. Herron, Dun, 11:58; 2. Kermanian, Dur, 13:27; 3. Gray, Dun, 14:17.9; 4. Rachelle, Unat, 14:47.

55H: 1. Helton, Unat, 9:03; 2. Wilcox, Unat, 9.84; 3. Jones, Dur, 10:25; 4. Dowling, Dur, 10:35; 5. Payne, Dur, 10:40; 6. Posey, Dun, 10.85.

4 Lap Relay (608m): 1. Northeast 3:08.25; 2. Shawnee 3:19.93; 3. Duncan 3:20.12; 4. Durant 3:31.94; 5. Northeast B 3:36.97.

Continued on next page



OTCA INDOOR--Elk City's Amy Kilhoffer and Little Axe's Hillary Cochran dueled in the 1600 with Cochran the eventual winner. Photo by Roger Taylor

8 Lap Relay (1216m): 1. Northeast 1:23.69; 2. Shawnee 1:26.09; 3. Duncan 1:28.78; 4. Northeast B 1:30.72; 5. Durant 1:34.78.

20 Lap Relay (3-40m): 1. uncan 10:39; 2. Northeast 12:50.

Shot: 1. Baskin, Dur, 29-0; 2. Bokies, Dur, 28-9; 3. Halock, Dun, 27-3; 4. Robinson, Dun, 25-0; 5. Smith, Musk, 24-9; 6. Ross, Musk, 24-2.5.

Long Jump: 1. Gaines, Shaw, 15-5.75; 2. Helton, Unat, 14-10; 3. Brown, Dun, 14-5.75; 4. Brisco, Dun, 14-5.25; 5. Jones, Dur, 13-3.5; 6. Smith, Dun, 13-3.75.

Triple Jump: 1. Helton, Unat, 31-7; 2. Brown, Dun, 29-2; 3. Jones, Dur, 26-4.25; 4. Sanders, Dur, 24-11; 5. Dowling, Dur, 22-10.

High Jump: 1. Daniels, Gut, 4-10; 2. Wilcox, Unat, 4-8; 3. Brown, Dun, 4-8; 4. Ashworth, Dun, 4-6.

4A Boys

TEAMS COMPETING (no team scoring kept): Duncan, Guthrie, Shawnee, Chickasha, Durant.

55: 1. Tucker, Chic, 6.38; 2. Smith, Shaw, 6.56; 3. Rowell, Dun, 6.71; 4. Nelson, Gut, 6.72; 5. White, chic, 6.81; 6. Goodman, Chic, 6.94.

400: 1. Gonzalez, Dun, 54.84; 2. Chambers, Dun, 55.53; 3. Hayden, Chic, 56.13; 4. Willieford, Dun, 58.89; 5. Ballard, Chic, 1:04.64; 6. Frazier, Gut, 1:06.79.

800: 1. Meyer, Gut, 2:17; 2. Goldberg, Dun, 2:20; 3. Pollock, Dun, 2:21; 4. Watson, Shaw, 2:22; 5. Lovas, Gut, 2:24; 6. Giazza, Dur, 2:26.

1600: 1. Gillum, Dur, 5:03; 2. Boydsen, Dur, 5:07; 3. Lainhart, Shaw, 5:10.08; 4. Wright, Shaw, 5:12; 5. Blaylock, Dun, 5:19; 6. Stearman, Shaw, 5:35.

3000: 1. Gillum, Dur, 9:59; 2. Wright, Shaw, 10:00; 3. Boydsen, Dur, 10:38; 4. Lainhart, Shaw, 10:43; 5. Pratt, Gut, 10:47.23; 6. Galaher, Dun, 10:49.99.

55H: 1. Brack, Dun, 7.78; 2. Dial, Dun, 8.06; 3. Singer, Dun, 8.60; 4. Nelson, Gut, 8.82; 5. Aeschliman, Gut, 9.09.

4 Lap Relay (608m): 1. Duncan 1:14.44; 2. Chickasha 1:15.22; 3. Guthrie 1:17.78.

8 Lap Relay (1261m): 1. Duncan 2:41.25; 2. chickasha 2:46.22; 3. Guthrie 2:49.19.

20 Lap Relay (3040): 1. Duncan 8:52; 2. Guthrie 8:57.

Shot: 1. Speight, Gut, 47-9.4; 2. Armstrong, 37-8.5; 3. Robison, Dur, 31-6.5; 4. Pratt, Shaw, 29-8.5.

Long Jump: 1. Mizzelle, Shaw, 18-0.5; 2. Miller, Gut, 17-11; 3. Covington, Dun, 15-11.5; 4. Glaser, Dur, 15-7.25; 5. Desmond, Gut, 14-2.25; 6. McCabe, Dun, 13-0.

High Jump: 1. Mitchell, Dun, 6-2; 2. Hudson, Gut, 6-0; 3. Endicott, Dun, 6-0.

Pole Vault: 1. Dial, Dun, 15-6; 2. Phillips, Dun, 14-0; 3. Vorahl, Dun, 12-0.

3A Girls

TEAMS COMPETING (no team scoring kept): Okmulgee, Stigler, McGuinness, Weatherford, Harrah, Little Axe, Idabel, Poteau, Elk City, Tecumseh, Pauls Valley.

55: 1. E. Kelly, McG, 7.64; 2. Raye, Sti, 7.67; 3. Steele, Pot, 7.77; 3. Bell, Id, 7.82; 5. Holway, ElkC, 7.85; 6. McDaniel, Okm, 7.96.

400: 1. Grammer, Wea, 1:04.9; 2. Shireman, ElkC, 1:05.92; 3. Ailey, Tec, 1:08.23; 4. Halway, ElkC, 1:08.8; 5. Wolf, Wea, 1:09.61; 6. Christianson, Wea, 1:09.65.

800: 1. M. Kelly, McG, 2:37.4; 2. Wapakeche, LA, 2:39.1; 3. Shireman,

ElkC, 2:42.6; 4. Russell, LA, 2:49.4; 5. Reagan, Okm, 2:57; 6. Johnson, PV, 3:02.

1600: 1. Cochran, LA, 5:42; 2. Morford, LA, 5:58; 3. Upton, LA, 6:09; 4. Zamora, Wea, 6:12; 5. Reed, LA, 6:16; 6. Upton, LA, 6:23.

3000: 1. Jordan, McG, 10:35; 2. Morford, LA, 12:00; 3. Mania, LA, 12:43; 4. Zamora, Wea, 12:47; 5. Mathes, LA, 13:39.

55H: 1. Lions, Okm, 9.19; 2. Roye, Stig, 9.70; 3. Sexauer, McG, 9.71; 4. C. Christiansen, Wea, 9.97; 5. Jerrigan, Har, 10.25; 6. L. Christiansen, Wea, 10.45.

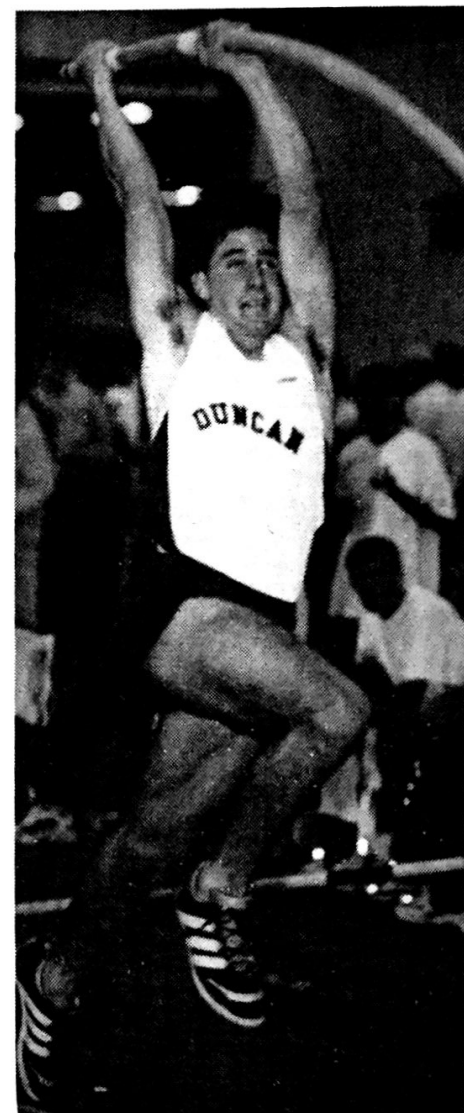
4 Lap Relay (608m): 1. Idabel 1:29; 2. Weatherford 1:30.16; 3. McGuinness 1:35.43; 4. Pauls Valley 1:39.

8 Lap Relay (1261m): 1. Weatherford 3:15.68; 2. McGuinness 3:20.52; 3. Little Axe 3:32.56; 4. Pauls Valley 3:53.42.

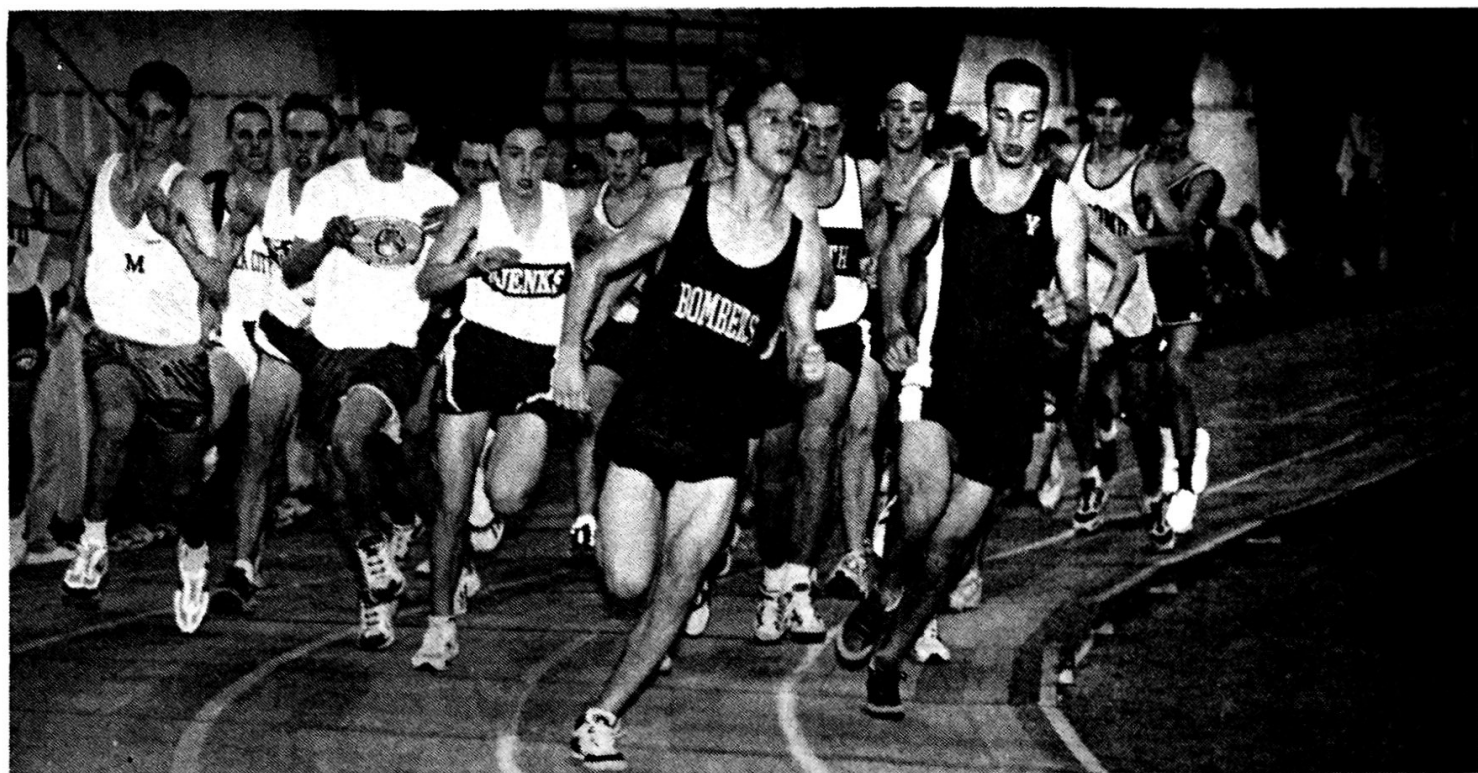
20 Lap Relay (3040m): 1. Little Axe 10:32; 2. Little Axe B 11:36; 3. Idabel 12:38.

Shot: 1. Adjaye, Okm, 28-11; 2. Lloyd, Pot, 27-5.5; 3. Brooks, Pot, 27-4; 4. Harding, Okm, 27-1; 5. Foreslung, Pot, 24-7.5; 6. Lyons, Okm, 24-2.5.

Long Jump: 1. Bell, Id, 15-3.5; 2. Grammer, Wea, 15-1.5; 3. Frost, Id, 14-2; 4. Christianson, Wea, 14-0.75; 5. Lyons, Okm, 14-0.25; 6. Gar-



OTCA INDOOR--Duncan's Josh Dial won the 4A pole vault with a leap of 16-0. Photo by Roger Taylor



OTCA INDOOR—The 5A boys sprint through the curve in the 1600. Jenks' 1997 cross country state champ, Clay Cosby (fourth from left) was the eventual winner. Photo by Roger Taylor

rett, McG, 13-10.5.

Triple Jump: 1. Garrett, McG, 27-9; 2. Smith, Wea, 26-10; 3. Thomas, Wea, 26-5.5.

High Jump: 1. Grammer, Wea, 4-6; 2. Dunaway, McG, 4-4; 4. Garrett, McG, 4-4; 5. Herron, Id, Haws, Wea, Fox, LA.

3A Boys

TEAMS COMPETING (no team scoring kept): Okmulgee, Weatherford, Harrah, Idabel, Elk City, Little Axe, Poteau, Kellyville, McGuinness.

55: 1. Cross, Okm, 6.33; 2. Reynolds, Kel, 6.41; 3. Enoch, McG, 6.64; 4. Phillips, Wea, 6.70; 5. Johnson, Okm, 6.80.

400: 1. Munford, ElkC, 53.51; 2. Sprinkle, Wea, 55.39; 3. Woodrow, ElkC, 56.66; 4. Turner, Okm, 56.59; 5. Cothran, Har, 56.79; 6. Weldon, ElkC, 58.13.

800: 1. Moses, McG, 2:10.5; 2. Williams, Wea, 2:10.8; 3. Robinson, ElkC, 2:11.2; 4. Johnson, ElkC, 2:17; 5. Smith, Wea, 2:20.8; 6. Grissom, Okm, 2:21.8.

1600: 1. Knop, ElkC, 4:53; 2. McHone, ElkC, 4:55; 3. Carr, Har, 5:10; 4. Frame, Wea, 5:11; 5. Heap of Birds, Wea, 5:16; 6. Aguero, Pot, 5:17.

3000: 1. Schneberger, ElkC, 9:46; 2. Hamilton, McG, 10:06; 3. Ennis, LA, 10:27; 4. Heap of Birds, Wea, 1:39; 5. Aguerre, Pot, 11:08; 6. Ryan, Har, 11:21.

55H: 1. Ross, Okm, 7.86; 2. Brown, Wea, 8.12; 3. Enyart, Har, 8.16; 4. Sparks, Har, 8.54; 5. Walden, Id, 8.69; 6. Frost, Id.

4 Lap Relay (608m): 1. Okmulgee 1:12.22; 2. McGuinness 1:15.33; 3. Harrah 1:17.06; 3. Kellyville 1:17.41; 4. Weatherford 1:17.85; 6. Idabel 1:18.19.

8 Lap Relay (1261m): 1. McGuinness

2:39.31; 2. Weatherford 2:39.39; 3. Elk City 2:42.39.

20 Lap Relay (3040m): 1. Weatherford 8:16; 2. Elk City 8:28; 3. Little Axe 8:55; 4. Harrah 9:06.

Shot: 1. Howell, Id, 46-0.5; 2. Ashmore, McG, 44-3; 3. Mayberry, Okm, 41-7.5; 4. Bryan, McG, 39-9; 5. Marcus, Okm, 39-11; 6. Gray, Pot, 38-9.

Long Jump: 1. Enoch, McG, 21-2; 2. Coe, McG, 18-10.75; 3. Bensinger, Har, 18-9; 4. Frost, Id, 18-7.5; 5. Kennedy, Har, 17-3; 6. Ross, Har, 17-2.5.

Triple Jump: 1. Ross, Har, 33-3.75.

High Jump: 1. Francis, Pot, 5-6; 2. Ennis, LA, 5-4; 3. Landick, ElkC, 5-4; 4. Ross, Har, 5-4; 5. (tie) Staton, LA, Hicks, Wea, 5-4.

2A Boys

TEAMS COMPETING (no team scoring kept): Tishomingo, Watonga, Meeker, Mangum, Depew, Stroud, Prague, Dickson, Chandler, Tonkawa, Caney Valley, Hydro, Velma-Alma, Bowlegs, Plainview.

55: 1. Hatfield, Tish, 6.49; 2. Hunter, Man, 6.66; 3. Jenkins, Wat, 6.69; 4. Baldwin, Tonk, 6.80; 5. Jacks, Wat, 6.84; 6. Zimmer, Hy, 6.83.

400: 1. Richardson, Wat, 54.65; 2. Johnson, Chan, 55.21; 3. Caaway, Tish, 56.83; 4. Dennis VA, 57.8; 5. Calhoun, Lin, 58.87; 6. Durony, Tonk, 59.01.

800: 1. Miller, VA, 2:06.8; 2. Guess, Pra, 2:12; 3. Ryan, Tish, 2:20.8; 4. Ross, Tonk, 2:30.5; 5. Irahorse, Riv, 2:31.8; 6. Coates, Tonk, 2:32.6.

1600: 1. McNair, CV, 4:37; 2. Miller, VA, 4:43; 3. Pebeashy, Hy, 4:52; 4. Coleman, Wat, 4:53; 5. Conklin, Plain, 5:15; 6. Winn, Lin, 5:20.

3000: 1. McNair, CV, 9:54; 2. Pebeashy, Hy, 10:00; 3. Smith, Pra, 10:27; 4. Lampkin, ic, 10:28; 5. Stone, Pra, 11:02; 6. Kirkpatrick, VA, 11:04.

55H: 1. Hatfield, Tish, 7.80; 2. Jacks, Wat, 7.94; 3. Owens, Meeker, 8.10; 4. Hernandez, Man, 8.73; 5. Winn, Depew, 9.44; 6. Clary, Tish, 9.87.

4 Lap Relay (608m): 1. Watonga 1:14; 2. Mangum 1:15.59; 3. Tishomingo 1:15.79; 4. Chandler 1:15.97.

8 Lap Relay (1216m): 1. Watonga 2:46.20; 2. Chandler 2:49.04; 3. Mangum 2:49.84; 4. Dickson 2:50.85; 5. Tishomingo 2:53.87; 6. Prague 2:53.87.

20 Lap Relay (3040m): 1. Prague 8:40; 2. Dickson 8:57; 3. Prague B 9:28; 4. Tishomingo 9:34.

Shot: 1. Bookout, Stroud, 55-5; 2. Hoover, Stroud, 46-9.5; 3. Wood, Stroud 45-2.5; 4. Cooper, Wat, 43-11.5; 5. Peters, Wat, 43-0.5; 6. Brunet, Wat, 36-7.5.

Long Jump: 1. Zimmer, Hy, 20-0.5; 2. Herrmann, Chan, 19-11; 3. Auld, Tonk, 19-7.75; 4. Alexander, Chan, 19-5.75; 5. Kinslow, Pra, 17-5; 6. Owens, Meeker, 17-0.

Triple Jump: 1. Murfin, Stroud, 35-10; 2. Pieper, Hy, 35-0; 3. Ellis, Tish, 34-11.5.

High Jump: 1. Wimmer, Pra, 6-4; 2. Pieper, Hy, 5-8; 3. Carawya, Tish, 5-6; 4. Dunagan, Bowlegs, 5-6.

Pole Vault: 1. Dennis, Va, 14-6; 2. Murfin, Stroud, 14-0; 3. Kinslow, Pra, 14-0; 4. Love, Dic, 13-6; 5. McMiga, Wat, 13-0; 6. Allen, Wat, 11-6.

CAN YOU DEVELOP SPEED AFTER WEIGHTS?

By Jeff Berryessa

A reasonable new concept has developed over the past 10 years that involves the specific development of speed through practices and in conjunction with aggressive weight routines. Does it work? The fact that many track coaches are already using this thinking for their sprinters confirms this, but only in an informal way. After all, as the saying goes "If all of your friends jumped off of a bridge, would you do it too"? In this case, maybe.

Muscle speed is a resultant factor of Stride Length and Stride Frequency. Both of these can be effected by separate activities, but one activity that effects each is strength work! Every muscle is composed of both slow twitch (ST) and fast twitch (FT) fibers. The amount and arrangement of these fibers are genetically determined, but their optimal training is not. ST fibers are basically high oxidative-low glycolytic fibering with a characteristic for low power and greater stamina. FT fibers are opposite to this in that the makeup is low oxidative-high glycolytic use and characterized by greater power with lower stamina. In a perfect world a distance runner would have mostly ST muscle tissue with some FT fibers while a short sprinter would have just the opposite. It is vital to note that there are several other types of fast twitch fibers which act as subunits. When combined they make up fast twitch muscle fiber. We can call these types II and III.

The fact of the matter is that type II and III are never really trained in most sprinters until you actually run at or near racing speed, and this is usually in a race. If you "double" or run 3 races in a meet you may actually be getting only 2 or 3 repetitions of overload training. To stimulate each you must fire muscle II at 95% and III at 97%. These types are ONLY developed at these levels. In practice, most sprinters will not often come close to this level! Weight work will help your sprinters reach this level.

Sprinting will be benefited by this level of hity. You are trying to develop both muscle fiber recruitment (numbers) and muscle fiber magnitude (force/second). It is necessary to artificially stimulate this high level of motor activity as often as is reasonable for your programs and sprinters. Here is how...

After a strong leg muscle workout in the weight room, proceed to a short series of sprints as soon as is reasonably possible for your athletes. At this point 1/2 of the equation for speed has already been satisfied. You know that aggressive muscle routines for legs will open the recruitment and magnitude of muscle fibers. You can do this systematic overload with weights because of the finite amounts you can add or subtract in the weight room!

Next, proceed to begin short sprints at a high level. The first should be only building to help protect athletes. The next few should be to try and reach that 95%+ level, but OVER VERY SHORT DISTANCES. These distances help to assure that fatigue cannot be a negative factor, as well as the small amount of sets or reps that you will do. Running has no overload but

body weight and gravity; therefore, muscles can become accustomed to recruitment increases with COORDINATION AND HABIT FORMATION at this effort level.

When do you quit and how many do you do? These runs are great but they are also great stressors. There is no definite answer but to say that sprints should be done in small repetitions of 2-4 with small sets of 2-3. The beauty of this is that time is not as important as the effort. So if one of your athletes says he/she feels "slow", that is OK as long as racing form is practiced and the 95% intent is achieved.

For safety reasons it is best to schedule runs in a building fashion. Unfortunately, this type of workout cannot be maintained all season. It is best in pre-season or early season. After this, it is more important to work on other aspects of racing.

Can it be harmful? YES!! Like almost everything else, it can be dangerous or harmful when not supervised, carefully planned, or when muscles are not fully warmed up. I have always felt that a great way to help avoid injury is to have a "fly" zone and to utilize the concept of "rapid buildup" to a point of loss of fluidity. We then float or cruise from this point and extend our slow down distance to avoid sudden stops.

The first time I witnessed this concept in action was at the NCAA Division I National Track and Field Indoor Championships. The women of LSU were actually doing weight work just prior to the short hurdles and 55M. I was amazed, and so was everyone else as they cruised to victory in each race. It works!

(Jeff Berryessa has been a Head Coach at the Division I, II, and Club levels. He is currently Head Cross-County Coach and Head Girl's Track Coach at Glendale High School, Springfield, MO. He can be reached for coaching advice at Coachbme@AOL.com)



OBU INVITATIONAL--Velma-Alma's Jay Dennis won the 2A boys pole vault with a leap 14-6. Photo by Roger Taylor

COACHES' CORNER

TEAM REPORTS forms were mailed in February to all schools with track programs--nearly 400. Coaches please take the time to fill them out and return ASAP if you have not done so already. Be sure that both boys and girls teams are reported since only one copy is sent to each school--duplicate the form if needed. These are the heart of our coverage since they provide schedules, coaches' names, correct spellings, class years and team rosters.

OKLAHOMA TRACK COACHES ASSOCIATION--If you have not a joined the OTCA for the 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 State Indoor Meet, summer and winter clinics, coaches Hall of Fame, senior All-Star awards, coaches awards, and much more. Every coach in Oklahoma should be a member of the OTCA. You can join by sending \$35.00 to Randy Belicek, 925 Lovers Lanes, Purcell, OK 73080.

RESULTS: Meet Directors, please FAX (mail is too slow in this age of computers) the results (six deep and all team scores) of any meet you host and make sure that any meet your team participates in reports the results promptly. Needless to say, results are absolutely the heart of this publication and we need them fast in order to get them factored into the current rankings and into print in a timely fashion.

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

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

1998 Track Schedule

The schedule below was derived from information listed on TEAM REPORTS received by February 27. There are many meets that have been held in years past that no information has been received on yet. Since this information comes from reported schedules, and not directly from meet directors, there are possibilities of error, so it would be prudent to contact the school for a meet schedule if you are interested in attending as a spectator or in participating as a team. Please let us know if you notice an error or omission so we can correct it in the next issue.

March

7: Jenks, Chicksaha, McGuinness. 12: Santa Fe. 13: Catoosa, Pauls Valley. 14: Boise City. 19: Hominy. 20: Union, Ada. 21: Fairview, Medford, Hooker. 24: Putnam City. 26: Medford, Bartlesville. 27: Enid, Moore, Okmulgee, Purcell, Miami (TX), Turpin. 28: Oologah, Medford, Maysville. 31: Del City, Cushing, Grove, Buffalo.

April

2: Texas Relays (through the 4th, Austin). 3: Midwest City, Wetumka, Adair, Thomas. 4: Owasso, UCO, Altus, Sulphur, Bethany, Perry, Waynoka. 7: Pryor, Yukon, Cushing, Forgan. 9: Frontier, Dewey. 10: John Jacobs (OU), Guymon, Wyandotte, Pittsburgh State (KS). 11: Chandler, Velma-Alma, Bethany. 14: OBU, Woodward, Claremore Sequoyah, Miami, South Barber (KS). 16: Ringwood. 17: Sapulpa, Bristow, Mustang, Claremore, Watonga, Chelsea, Elkhart (TX). 18: Holland Hall, Duncan, McAlester, Plainview, Casady, Cascia Hall. 21: Cherokee, Moore, Oklahoma City All-City, Spiro, UCO-Harrah, Tonkawa, Claremore Sequoyah, 66 Conference-Chandler. 22: Souther Missouri State-Springfield (MO). 23: Commerce. 24: Choctaw, Western Heights, Catoosa, Elk City, Konawa, Ft. Smith (AR). 25: McGuinness, Tecumseh, 5 Star Conference, 89er Conference-Fairview, Copan, Ringwood, Beaver, Broken Arrow. 27: Frontier, Medford, Boise City. 28: Carl Albert, Metro Lakes Conference, Weatherford, Will Rogers Conference-Chelsea, Lucky 7 Conference. 30: Suburban Conference-Western Heights, Green Country Conference.

May

2: 3A-2A-A-B Regionals TBA. 8-9: 3A-2A-A-B State Meets. 9: 4A-5A Regionals TBA. 15-16: 4A-5A State Meets.



OTCA INDOOR--Stroud's Kyle Bookout won the 2A boys shot with a toss of 55-8. Photo by Roger Taylor



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