

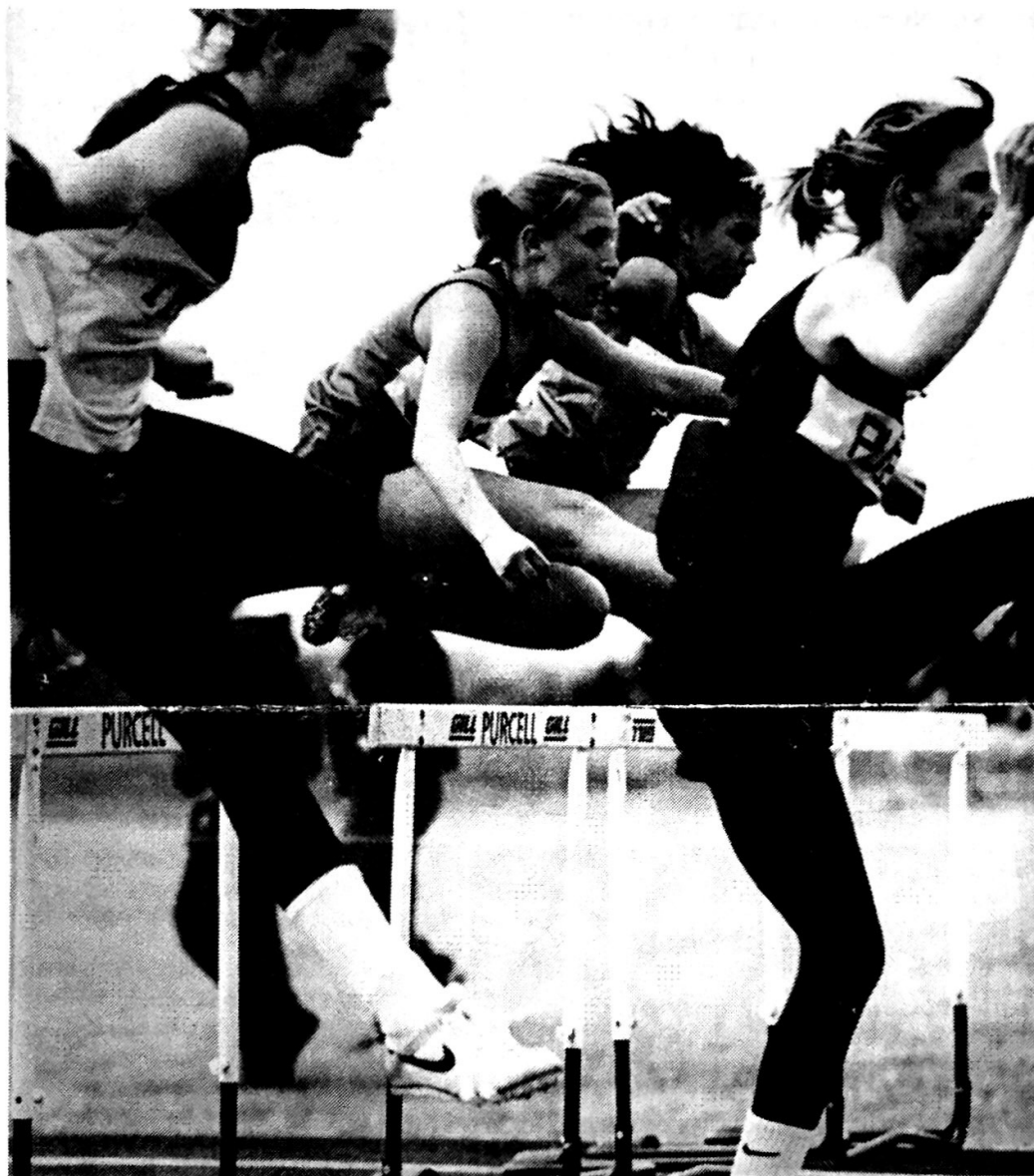
Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

Volume 6, Number 7

\$3.00

March 17, 1998



DRAGON RELAYS--The girls go over the first hurdle in the 100 meter event won by Anadarko's Natisha Bedford. Photo by Roger Taylor

Catoosa Track Classic

3/13/98

4A-5A Girls

TEAM SCORING: 1. Broken Arrow 105; 2. Hale 73; 3. Bartlesville 63; 4. Northwest Classen 58; 5. Bixby 50; 6. Claremore 47.5; 7. Muskogee 46; 8. Shawnee 43; 9. Kelly 29; 10. Durant 28; 11. Owasso 26; 12. Catoosa 21; 13. (Tie) Tahlequah, B.T. Washington 9; 115. McLain 8; 16. Roger 1.5; 17. Ponca City 1.

100: 1. Brown, NWC, 12.07; 2. Thurman, BA, 12.37; 3. Tate Shaw, 12.39; 4. Phillips, Ba, 12.66; 5. Harbin, Hale, 12.69; 6. Antwine, BTW, 12.76.

200: 1. Gorden, NWC, 25.58; 2. Talton, BA, 26.45; 3. Moss, BA, 26.69; 4. Harbin, Hale, 27.02; 5. Carlock, Ow, 28.24; 6. Shaffer, Cat, 28.28.

400: 1. B. Bratton, Hale, 61.86; 2. Allcorn, Ba, 63.43; 3. Cantwell, Clar, 63.99; 4. Anderson, Cat, 64.50; 5. Brown, BTW, 64.59; 6. Leis, Shaw, 65.76.

800: 1. Bratton, Hale, 2:23.64; 2. Commenge, Kel, 2:34.37; 3. Kmetz, Kel, 2:38.91; 4. Bridges, Shaw, 2:40.64; 5. Hall, Ba, 2:41.21; 6. Parker, Hale, 2:43.21.

1600: 1. Bratton, Hal, 5:48.45; 2. Maple, Bart, 6:04.5; 3. Kermanian, Dur, 6:12.20; 4. Grobr, Musk, 6:18.65; 5. Fedick, Cat, 6:23.13; 6. Knitmeyer, Bart, 6:31.77.

3200: 1. Bratton, Hale, 12:14.09; 2. Maple, Bart, 12:41.83; 3. Riser, Ow, 12:47.04; 4. Hopkins, Ba, 12:57.22; 5. Dossett, Ow, 13:01.07; 6. Custer, Musk, 13:07.37.

100H: 1. Rowden, Clar, 16.64; 2. Cooper, Bart, 17.15; 3. Payne, Dur, 17.90; 4. Crume, Bart, 17.96; 5. Richardson, McL, 18.02; 6. Pilkington, Kel, 18.11.

300H: 1. Snider, Bix, 50.96; 2. Rowden, Clar, 52.664; 3. Cooper, Bart, 53.00; 4. Zielinski, Bix, 53.21; 5. Kmetz, Kel, 53.86; 6. Pry, Tah, 54.14.

400 Relay: 1. Northwest Classen 50.07; 2. Shawnee 51.11; 3. Muskogee 51.13; 4. Hale 51.44; 5. Catoosa 52.14; 6. B.T. Washington 53.00.

800 Relay: 1. Broken Arrow 1:48.20; 2. Northwest Classen 1:49.08; 3. Hale 1:49.39; 4. Shawnee 1:50.83; 5. B.T. Washington 1:53.00; 6. Muskogee

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Next Issue

March 31

On Track

By John Hoke, Editor

The weather conspired to virtually eliminate all meets in the state of Oklahoma on the opening weekend of track competition March 7th. I got results from two meets, both on Friday, March 6, one in Texas and the other at Norman. Needless to say, there aren't enough results to do a season leaders list, though I do hope that I can get a few meets from the coming weekend (March 14th) in this issue.

I set the date for this issue as March 17th, hoping to round up as many results as possible before I have to go to press and then leave town for the NCAA Division I wrestling tournament in Cleveland, Ohio (at this moment I now have four meets in, which is better than none but still not enough to put together a leaders list--yet).

George Hall of Tulsa has released the new edition of the *All-Time Best Performances in Oklahoma Track & Field* record book and it is something every track fan should own. This compilation of the all-time best track and field performances in Oklahoma was based on all available records from Oklahoma age-group and high school outdoor track meets. It includes the results from approximately 203 age-group meets and records compilations dating back to 1964. It also includes the all-time Best Performances in Oklahoma High School competition.

The age group section includes all meets wherein athletes run in standard USATF age brackets. The age-group section does not include junior high, high school, or college meets. It includes age-group meets up to the state level only, and does not include regional (multiple state) meets that are occasionally held in Oklahoma. The high school section includes all known high school meets held within Oklahoma. Both sections include only outdoor meets and do not include road races, cross country or indoor track.

Both sections are as complete as can be based on the available data, but there are data gaps due to missing or incomplete results from some meets. Nonetheless, it serves the purpose of defining age-group and high school "records" and best performances, and will give our athletes a standard by which to measure themselves. It represents our history, and this book is the third edition of a continuing effort to preserve that history.

Copies can be purchased for \$11.50, including postage and handling from TEAM OKLAHOMA, 4217 W. 91st, Tulsa, OK 74132-3739. Funds generated from the sale of the *Best Performances* help to provide youth scholarships for summer training camps. Clubs wishing to be considered as possible scholarship recipients for next year should contact TEAM OKLAHOMA for further information.

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.

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Catoosa Classic

Continued from page 1

1:53.02.

1600 Relay: 1. Broken Arrow 4:14.02; 57.75; 5. Claremore 11:22.20; 6. Bixby 11:46.51.

Shot: 1. Hargrove, Bix, 31-6; 2. Schomuel, Bart, 30-3; 3. Bars, Bart, 29-1; 4. Rucker, Musk, 28-7; 5. Henderson, NWC, 28-5; 6. Love, PonC, 28-3.

Discus: 1. Bokies, Dur, 94-4; 2. Hargrove, Bix, 89-8; 3. Troutman, Hale, 83-0; 4. Igarta, Clar, 82-9; 5. Riley, Musk, 81-5; 6. Ross, BA, 79-8.

Long Jump: 1. Cantwell, Clar, 15-9.5; 2. Gaines, Shaw, 15-7; 3. Richardson, McL, 15-0; 4. Rowden, Clar, 14-10.1; 5. Ockletree, Dur, 14-1; 6. Bell, Musk, 13-5.

4A-5A Boys

TEAM SCORING: 1. Muskogee 134; 2. Broken Arrow 101.2; 3. Owasso 63; 4. Bartlesville 46; 5. McLain 43; 6. Claremore 23; 7. (Tie) Bixby, Tahlequah 22.2; 9. Rogers 22; 10. East Central 18; 11. Kelly 14; 12. B.T. Washington 13; 13. Catoosa 12.2; 14. (Tie) Durant, Northwest Classen 12; 16. Shawnee 11; 17. Broken Arrow B 4; 20; Edison 2; 21. Hale 0.2.

100: 1. Smith, Shaw, 10.47; 2. Caldwell, Musk, 10.81; 3. Anderson, Musk, 10.84; 4. Boyd, EC, 11.04; 5. Phelps, Ow, 11.07; 6. Bridges, McL, 11.21.

200: 1. Phillips, McL, 21.97; 2. Johnson, Musk, 22.44; 3. Talton, Ba, 22.45; 4. Moton, McL, 22.95; 5. Boyd, EC, 23.08; 6. Colbert, BA, 23.39.

400: 1. Phillips, McL, 50.90; 2. Purnell, Ba, 52.01; 3. Bridges, Musk, 52.08; 4. Splain, Ba, 53.43; 5. Cain, Bart, 54.28; 6. Smith, Shaw, 54.41.

800: 1. Wright, BA, 2:07.54; 2. Robertson, Tah, 2:07.90; 3. Bridges, Musk, 52.08; 4. Splain, BA, 53.43; 5. Cain, Bart, 54.28; 6. Holloway, McL, 2:11.31.

1600: 1. Saul, Musk, 4:38.24; 2. Hayes, Bart, 4:40.27; 3. Paschal, PonC, 4:42.66; 5. Gillum, Dur, 4:44.49; 5. Moseby, Ow, 4:47.54; 6. Boyston, Dur, 4:48.60.

3200: 1. Moseby, Ow, 10:14.59; 2. Hayes, Bart, 10:15.43; 3. Adams, Kel, 10:16.25; 4. Starr, Bart, 10:19.76; 5. Lee, Musk, 10:24.68; 6. Gillum, Dur, 10:25.12.

110H: 1. Cox, Clar, 15.74; 2. Walker, Musk, 16.19; 3. Naylor, BA, 16.21; 4. McGhee, Cat, 17.86; 5. McHenry, Cat, 18.30; 6. Lawson, McL, 19.12.

300H: 1. Jones, Ow, 41.74; 2. Jones, Ba, 42.62; 3. Naylor, Ba, 44.08; 4. Swanson, Rog, 45.35; 5. Hargrove, Cat, 45.72; 6. McHenry, Cat, 47.35.

400 Relay: 1. Muskogee 42.59; 2. McLain 42.99; 3. Owasso 43.52; 4. East Central 44.43; 5. Muskogee B 45.81; 6. Bartlesville 45.84.

1600 Relay: 1. Broken Arrow 3:31.20; 2. Muskogee 3:38.93; 3. Rogers 3:41.18; 4. Bartlesville 3:43.04; 5. Broken Arrow B 3:44.67; 6. East Central 3:48.52.

3200 Relay: 1. Broken Arrow 8:28.78; 2. Muskogee 8:32.93; 3. Bartlesville 8:50.22; 4. Northwest Classen 8:57.69; 5. Broken Arrow B



DRAGON RELAYS--The pack cruises along in the boys 1600 meter race, won by Purcell's New (second from left). Photo by Roger Taylor

9:04.39; 6. Bixby 9:07.44.

Shot: 1. Davidson, Bix, 46-1; 2. Polalrd, Musk, 42-4; 3. Ky, BTW, 41-10; 4. Roberts, Musk, 41-7; 5. Cox, Clar, 41-4; 6. Adler, Ow, 40-9.

Discus: 1. Davison, Bix, 140-10; 2. Adler, Ow, 140-10; 3. Pride, Ow, 136-8; 4. Heines, Ba, 132-2; 5. Parker, Cat, 131-7; 6. Navarro, Clare, 121-10.

Long Jump: 1. Gibbs, Musk, 22-0.75; 2. Coman, Kel, McNac, Musk, 20-5; 3. Hall, BTW, 20-0.25; 4. Keyes, Tah, 19-8.25; 5. Lee, Ed, 18-11; 6. Geeter, BTW, 18-9.5.

High Jump: 1. Crawford, Tah, 6-6; 2. Coman, Kel, 6-4; 3. Jackson, Rog, 6-0; 4. McNack, Musk, 5-8; 5. Goolsby, Bart, 5-8; 6. (Tie) Coons, Cat; Murphy, Bix; Yocum, BA; Hook, Tah, Joel, Hale; all 5-6.

Pole Vault: 1. Smith, Clar, 13-6; 2. Normandin, Ba, 13-0; 3. Hoerman, Ow, 13-0; 4. Bell, Ow, 12-6; 6. Morgana, Ow, 12-6; 6. Raney, Cat, 11-6.

3A Girls

TEAM SCORING: 1. Grove 116; 2. Miami 89; 3. Claremore Sequoyah 70; 4. Prague 69; 5. Okmulgee 60; 6. Holland Hall 58; 7. (Tie) Collinsville, Beggs 57; 9. Depew 15; 10. Stroud 10; 11. (Tie) Morris, Dewey 6; 13. Wright Christian 5; 14. Cushing 1.

100: 1. Stowe, CS, 12.81; 2. Moore, Beg, 12.98; 3. Robertson, Gr, 13.0; 4. McDaniel, Okm, 13.07; 5. McConnell, Mor, 13.51; 6. Smith, Pra, 13.56.

200: 1. Stowe, CS, 26.71; 2. Kerr, HH, 28.13; 3. Widby, Miami, 28.21; 4. Moore, Beg, 28.32; 5. Helmerich, HH, 28.46; 6. Goodwin, Beg, 28.97.

400: 1. McCoy, Miami, 65.71; 2. Taplin, Okm, 66.92; 3. Brown, Miami, 67.14; 4. Hershberger, WC, 69.00; 5. Edmerosn, Mor, 69.26; 6. Harris, Gr, 69.47.

800: 1. Payne, Depew, 2:32.74; 2. Harris, Gr,

2:35.62; 3. McCulley, Gr, 2:36.64; 4. Northcutt, Gr, 2:40.14; 5. Hereford, Col, 2:40.76; 6. Hershberger, WC, 2:42.

1600: 1. McCulley, Gr, 5:50.99; 2. Roberts, HH, 5:55.20; 3. Fields, Fr, 6:02; 4. Payne, Depew, 6:09.71; 5. Hereford, Col, 6:22.66; 6. Shivers, Pra, 6:25.58.

3200: 1. Roberts, HH, 12:26.99; 2. McCulley, Gr, 12:33.65; 3. Fields, Fr, 12:44.17; 4. Fuqua, Beg, 12:59.51; 5. Conder, Gr, 14:17.81; 6. McClanathan, Depew, 14:25.83.

100H: 1. Robertson, Gr, 15.50; 2. Lyons, Okm, 16.01; 3. Trent, CS, 17.12; 4. Collier, Miami, 17.69; 5. Crockett, AB, 17.93; 6. Leathers, Str, 18.50.

300H: 1. Trent, CS, 50.86; 2. Clark, Col, 51.86; 3. Conner, HH, 51.90; 4. Parcell, Miami, 52.77; 5. Collier, Miami, 53.70; 6. Drake, Gr, 53.99.

400 Relay: 1. Prague 52.53; 2. Beggs 53.21; 3. Collinsville 53.39; 4. Hollnad Hall 53.50; 5. Grove 53.75; 6. Morris 53.99.

800 Relay: 1. Prague 1:3.75; 2. Miami 1:53.60; 3. Beggs 1:54.14; 4. Holland Hall 1:55.39; 5. Collinsville 1:56.15; 6. Claremore Sequoyah 1:56.59.

1600 Relay: 1. Grove 4:22.92; 2. Miami 4:32.36; 3. Claremore Sequoyah 4:32.75; 4. Prague 4:40.43; 5. AB 4:44.27; 4.58.

Shot: 1. Dean, Okm, 31-3.5; 2. Fisher, Beg, 31-1; 3. Adjaye, Okm, 30-2; 4. Vogt, CS, 29-0.5; 5. Pollen, Gr, 28-10; 6. Juneau, Cush, 28-6.

Discus: 1. Dean, Okm, 97-4; 2. Tammy Stand, Miami, 95-2; 3. Tiffany Stand, Miami, 91-2; 4. Georgina, Okm, 84-9; 5. Pollan, Gr, 84-6; 6. Patterson, Str, 81-4.

Long Jump: 1. Ellenburg, CS, 15-2.5; 2. Adams, HH, 14-6.75; 3. Lyons, Okm, 14-5; 4. Kruse, Miami, 14-4; 5. Klahr, CS, 14-3; 6. Hoffman, Col, 14-1.

Continued on next page

High Jump: 1. Clark, Col, 4-10; 2. (Tie) Arnold, Miami, Vesquez, Pra, 4-8; 4. Klahr, CS, 4-8; 5. Jones, Okm.

3A Boys

TEAM SCORING: 1. Cushing 114; 2. Prague 98; 3. Stroud 85; 4. Okmulgee 73; 4. Holland Hall 60; 6. Beggs 32; 7. (Tie) Collinsville, Caney Valley 26; 9. Morris 25; 10. Wright Christian 11; 11. Dewey 10.5; 12. Wetumka 9; 13. Prague B 8; 14. Miami 5.5; 15. Sperry 5; 16. Claremore Sequoyah 1.

100: 1. Cook, Cush, 10.59; 2. Alexander, Beg, 10.63; 3. L. Johnson, Okm, 10.64; 4. Devers, Cush, 11.05; 5. Kyker, Cush, 11.28; 6. Smith, Okm, 1.44.

200: 1. Cook, Cush, 21.96; 2. Devers, Cush, 22.71; 3. L. Johnson, Okm, 22.89; 4. Alexander, Beg, 23.15; 5. Porter, Cush, 23.32; Foster, AB, 23.59.

400: 1. Greene, WC, 51.61; 2. Rich, Beg, 52.83; 3. Spencer, HH, 53.52; 4. Silas, Cush, 53.63; 5. Guess, Pra, 54.43; 6. Porter, Cush, 54.67.

800: 1. McDaniel, HH, 2:04.89; 2. Guess, Pra, 2:05.56; 3. Washington, Cush, 2:08.39; 4. Kika, Cush, 2:10.85; 5. Bennett, HH, 2:10.93; 6. Peery, Cush, 2:13.09.

1600: 1. McNair, CV, 4:39.07; 2. Stone, Pra, 4:49.35; 3. Bourne, Str, 4:55.72; 4. Peery, Cush, 4:59.18; 5. Chapman, Pra, 5:09.30; 6. Wong,



NATIONAL HIGH SCHOOL INDOOR--The boys take off in the 800 meter race. Photo by John Saul

Cush, 5:13.

3200: 1. McNair, CV, 10:01.79; 2. Stone, Pra, 10:26.90; 3. Chapman, Pra, 11:03.87; 4. Borum, Str, 11:24.06; 5. Wong, Cush, 11:32; 6. Pennell, Cush, 11:36.54.

110H: 1. Mixon, Str, 15.00; 2. Ripley, Pra, 16.01; 3. Johnson, Okm, 16.60; 4. Seldal, Sperry, 16.92; 5. Nunley, Okm, 17.26; 6. Young, Morris, 17.32.

300H: 1. Ross, Okm, 41.38; 2. Young, Morris, 43.26; 3. Stokely, Okm, 43.33; 4. Grey, Cush, 44.71; 5. McQuarrie, HH, 44.77; 6. Seldal, Sperry, 45.35.

400 Relay: 1. Cushing 43.06; 2. Okmulgee 43.83; 3. Beggs 45.15; 4. Morris, 45.93; 5. Collinsville 46.20; 6. AB 46.81.

1600 Relay: 1. Holland Hall 3:41.98; 2. Prague 3:42.97; 3. Stroud 3:45.64; 4. Prague B 3:51.31; 5. Morris 3:54.90; 6. Collinsville 3:52.35.

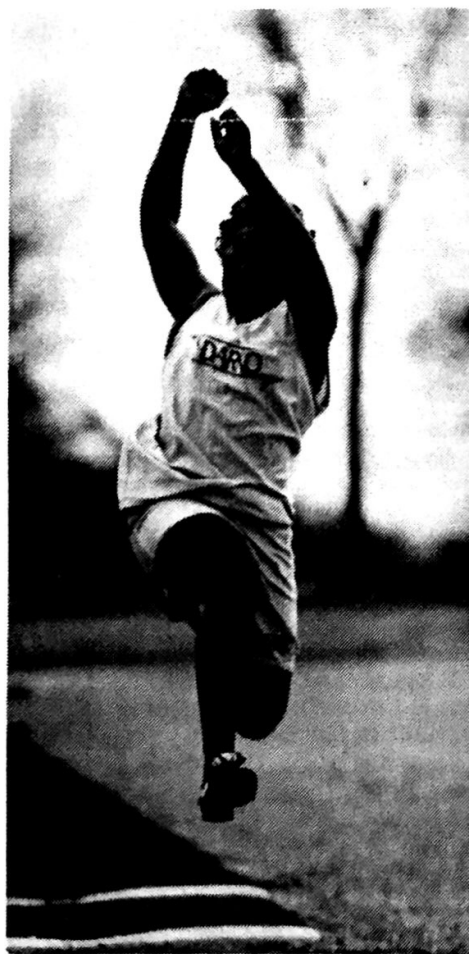
3200 Relay: 1. Holland Hall 8:39.29; 2. Cushing 8:42.73; 3. Collinsville 9:13.45; 3. Hoover, Str, 49-8; 3. Williams, CV, 46-5; 4. Snider, Cush, 45-11; 5. Cody, Str, 43-8; 6. Harjochee, Wetumka, 43-6.

Discus: 1. Bookout, Str, 175-6; 2. Wood, Str, 128-2; 3. Harjochee, Wetumka, 115-4; 4. Briant, Miami, 113-7; 5. Carroll, Okm, 109-2; 6. Jones, CS, 108-10.

Long Jump: 1. Cook, Cush, 19-1.25; 2. Johnson, Okm, 19-1; 3. Freeze, Pra, 18-9; 4. Paulson, Morris, 18-7.75; 5. Dean, Okm, 18-6; 6. Haggard, WC, 18-3.75.

High Jump: 1. Ripley, Pra, 6-6; 2. Weaver, Col, 6-4; 3. Mixon, Str, 6-4; 4. Wimmer, Pra, 6-2; 5. Renfrow, Wetumka, 5-10; 6. Pearman, Str, 5-8.

Pole Vault: 1. Kinslow, Pra, 13-0; 2. Murfin, Str, 12-6; 3. Hill, ra, 11-0; 4. Lindley, AB, 10-0; 5. (Tie) Mercer, Miami, Strickland, AV, 9-0.



DRAGON RELAYS--Anadarko's Natisha Belford takes her turn in the long jump. Photo by Roger Taylor

Cowboy Relays

Coppell, Texas

3/12/98

Girls

TEAM SCORING: 1. Ardmore 152; 2. Coppell (TX) 151; 3. Northwest 126; 4. Rowlett (TX) 64; 5. R. L. Turner (TX) 61.

ARDMORE PLACEWINNERS--100: 2. Shannon 12.69. **200:** 4. Shannon 28.13. **400:** 2. Holman 65.50; 4. Floyd 68.72. **800:** 2. Holman 2:36.16; 4. Milton 2:44.30; 5. Davis 2:45.28. **1600:** 5. Johnson 6:27.70. **3200:** 3. Johnson 13:19.40. **100H:** 5. Ice 19.03. **300H:** 3. Martin 53.68; 4. Ice 54.20. **400 Relay:** 4. Ardmore 53.15. **800 Relay:** 1. Ardmore 1:54.34. **1600 Relay:** 2. Ardmore 4:29.71. **Shot:** 1. Bennett 35-0; 2. McGee 32-11; 4. Osman 31-1. **Discus:** 1. Bennett 102-11; 2. Osman 99-9; 4. McGee 82-3. **Long Jump:** 3. Ice 14-1.5.

Yellowjacket

Relays

Denison, Texas

3/6/98

Girls

TEAM SCORING: Denison (TX) 137; 2. Frisco (TX) 67; 3. Ardmore 65; 4. Terrell (TX) 64; 5. Greenville (TX) 63; 6. Sherman (TX) 41; 7. Paris (TX) 36; 8. Pottsboro (TX) 20.

ARDMORE PLACEWINNERS--100: 5. Shannon 12.73. **200:** 5. Johnson 28.20. **400:** 3. Holman 63.12; 6. Floyd 68.20. **800:** 1. Holman 2:34.6; 5. Milton 2:41.75; 6. Davis 2:42.77. **3200:** 6. Johnson 14:16.29. **400 Relay:** 5. Ardmore 52.94. **800 Relay:** 5. Ardmore 1:57.46.

Shot: 1. McGee 35-0; 3. Bennett 34-9. **Discus:** 2. Osman 99-1; 3. McGee 94-9; 5. Bennett 93-5.5.

National High School Invite

University of Arkansas Indoor Track Meet
January 31, 1998

(No team scores, over 950 athletes from ARK, OK, TX, MO, KS, TN, computer problems- many errors, extra long meet. OK athletes gleaned from the garbled report.)

Girls

55: 10. Victoria Thurman, BA, 7:33; 13. Jenny Snider, Bix, 7:62 **200:** 7. Jessica Talton, BA, 26:50; 11. Victoria Thurman, BA, 27:85 **400:** 4. Brandy Bratton, Hale, 1:01.92; 6. Jenny Snider, Bix, 1:02.93 **800:** 1. Kelli O'Rourke, Jenks, 2:22.42; 3. Angela Parker, Hale, 2:24.96; 8. Tracy Kmetz, BKelly, 2:36.99; 10. Heather Barnes, Sap, 2:39.75 **1 Mile:** 2. Atalie Barber, Jenk, 5:32.99 **3200:** 5. Amy Bratton, Hale, 12:15.00 **4x400:** 5. Broken Arrow, 4:15.70; 10. Bixby, 4:29.25 **4x800:** 1. Hale, 10:01.59; 2. Jenks, 10:18.91 **55H:** 3. Brianna Cardenas, Jenk, 8.84; 4. James James, Un, 8.85; 5. Abby Robinson, Grove, 8.90; 6. Lachesha Lopez, Un, 9.07 **Shot:** 5. Cristy Penn, Un, 31-10; 8. Erin Hargrove, 30-10.25 **Long Jump:** 4. Christy Shaffer, Cat, 15-9 **High Jump:** 4. Brandt Henderson, Cat, 5-4.25; 5. Brianna Cardenas, Jenk, 5-2.25

Boys

55: 12. Kelly Ivy, Moore, 6.90 **200:** 3. Justin Carrasco, Jenks America TC, 23.05 **400:** 2. Brian Dembinsku, McAlester, 51.74; 3. Vincente Detels, McAlester, 52.03 **800:** 2. Barrett Hall, Jenk, 1:58.30; 4. Clay Cosby, Jenk, 2:03.35 **1 Mile:** 2. Jeremy Rich, Cat, 4:30.66; 3. Jim Martinez, Moore, 4:36.66 **4x400:** 7. Jenks, 3:36.50; 9. Muskogee, 3:37.54; 10. Broken Arrow, 3:38.02 **4x800:** 1. Jenks, 8:18.67; 2. Bixby, 8:24.04; 3. Muskogee, 8:29.67; 7. McAlester, 8:50.81 **55H:** 7. Justin Carrasco, Jenks America TC, 7.90 **Long Jump:** 4. Jauaris Gibb, Musk, 21-10 **High Jump:** 1. Garrett Crawford, Tah, 6-8; 6. Justin Coons, Cat, 5-8 **Pole Vault:** 1. Josh Dial, Dun, 15-8.25; 4. David Hassel, Jenk, 14-0; 4. Karr Phillips, Dun, 14-0; 9. DJ Rainers, Cat, 12-0.

Jenks Track & Field Festival

3/14/98

Girls

TEAM SCORING: Jenks 252, Union 146, Sapulpa 103, Berryhill 63, Jenks "B" 25, Jenks "C" 6

100: 1 Snyder, J, 12.73; 2 Starks, U 13.26; 3 Montgomery, U, 13.29; 4 Hall, B, 13.37; 5 Cullors, S 13.40; 6 Washington, U, 14.10.

200: 1 Snyder, J, 26.69; 2 Redwine, U, 28.45; 3 Cullors, S, 28.82; 4 Morgan, J, 28.97; 5



DRAGON RELAYS--Elgin's Leah Wilkerson won the girls high jump with a leap of 5-2. Photo by Roger Taylor

Manchester, B, 29.07; 6 Crovador, J, 29.24. **400:** 1 O'Rourke, J, 59.; 2 Crovador, J, 1:04; 3 Devault, S, 1:05; 4 Kelsch, B, 1:14; 5 Warner, B, 1:21.

800: 1 Barber, J, 2:21; 2 Creekmore, J, 2:39; 3 Jacobson, J, 2:40; 4 Burke, S, 2:44; 5 Hammitt, S, 3:13.

1600: 1 Barber, J, 5:26.18; 2 Emrick, J,

5:58.43; 3 Creekmore, J, 6:03.61; 4 Scott, B, 6:06.64; 5 Boody, J"B", 6:23.13; 6 Lassitter, J"B", 6:29.64.

3200: 1 Hill, S, 12:01; 2 Ahlgren, S, 12:08; 3 McVey, S, 12:09; 4 Scott, B, 12:46; 5 Lassitter,

Continued on next page

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DRAGON RELAYS--The boys pack on the first lap of the 800 meter run. Photo by Roger Taylor

Continued from previous page

J, 13:15; 6 Summers, U, 13:59.

100H: 1 James, U, 15.70; 2 Schroedter, J, 17.62.

300H: 1 E Waibel, J, 49.08; 2 L Waibel, J, 49.79; 3 Jacobson, J, 50.18; 4 Todd, U, 51.25; 5 Schroedter, J "B", 52.61; 6 Rhodes, B, 54.89.

400 Relay: 1 Jenks 50.38; 2 Union 51.72; 3 Sapulpa 54.90; 4 Berryhill 55.34; 5 Jenks "B" 56.78.

800 Relay: 1 Jenks 1:47; 2 Union 1:51; 3 Sapulpa 1:58; 4 Jenks "B" 2:01.43; 5 Berryhill 2:03; 6 Jenks "C" 2:03.93.

4X400: 1 Jenks 4:06.10; 2 Union 4:18.04; 3 Sapulpa 4:30.97; 4 Jenks "B" 4:34.53; 5 Jenks "C" 4:52.82; 6 Berryhill, 5:07.11.

3200 Relay: 1 Jenks 10:12.39; 2 Sapulpa 10:37.08; 3 Berryhill 11:51; 4 Union 11:54.

High Jump: 1 Cardenas, J, 5-2; 2 Schroedter, J, 4-8; 3 Montgomery, U, 4-8; 4 Warner, B, 4-6; 5 Manchester, B, 4-4; 6 James, J, 4-4.

Long Jump: 1 Cardenas, J, 16-05.75; 2 Montgomery, U, 16-03; 3 Corbin, U, 15-11.50; 4 Hall, B, 14-03.25; 5 Manchester, B, 14-00.25; 6 Watkins, B, 13-00.25.

Shot: 1 Penn, U, 33-06; Jenks "E" 2.

100: 1 Johnston, J, 11.01; 2 Thomas, U, 11.15; 3 Beckstrom, J, 11.22; 4 Gray, J, 11.33; 5 Hawkins, J "B", 11.35; 6 Carter, J "B", 11.50.

200: 1 Thomas, U, 22.59; 2 Beckstrom, J, 22.70; 3 Gray, J, 22.81; 4 Ferguson, J, 24.06; 5 Smith, B, 25.27; 6 Beal, J "B", 25.36.

400: 1 Cosby, J, 50.52; 2 Hall, J, 51.12; 3 Lake, S, 52.08; 4 Murry, J, 53.01; 5 McCoy, J "B", 53.31; 6 Haral, J "B", 53.37.

800: 1 Cosby, J, 1:59; 2 McNair, CV, 2:00; 3 Hale, J, 2:11; 4 McBride, J, 2:14; 5 Sherrill, S, 2:17; 6 Trejo, J "B", 2:22.

1600: 1 Laughlin, J, 4:55.13; 2 Nemcock, J, 4:59.94; 3 Alewine, BA, 5:01.01; 4 Smith, S, 5:09.65; 5 Millar, S, 5:10.25; 6 Wilson, U, 5:10.92.

3200: 1 Alewine, BA, 10:50; 2 Wilcox, U "B", 10:56; 3 Smith, S, 11:04; 4 Lake, S, 11:08;

5 Horowitz, J, 12:00.04; 6 Walker, J, 12:00.38.

110H: 1 Comeaux, U, 15.51; 2 Garrison, J, 15.82.

300H: 1 Garrison, J, 41.42; 2 Comeaux, U, 41.51; 3 Moll, J, 45.11; 4 Kuplicki, J, 48.98.

400 Relay: 1 Jenks 43.78; 2 Union 44.96; 3 Jenks "B" 45.41; 4 Sapulpa 46.61; 5 Sapulpa "B" 49.29.

1600 Relay: 1 Jenks 3:29.93; 2 Sapulpa 3:40.79; 3 Jenks "C" 3:42.08; 4 Union 3:43.91; 5 Jenks "D" 3:54.81; 6 Jenks "E" 4:00;

3200 Relay: 1 Jenks 8:22; 2 Sapulpa "B" 8:57; 3 Sapulpa 9:00; 4 Jenks "B" 9:00; 5 Union 9:11.

High Jump: 1 Hall, J, 5-05.5; 2 Blocker, J, 5-03.5; 3 Dowers, J, 5-03.5.

Pole Vault: 1 Hassell, J, 13-06.

Long Jump: 1 Carter, J, 20-06.5; 2 Harris, J, 19-09.5; 3 Allen, U, 18-11.5; 4 Brown, J, 17-03.5.

Shot: 1 Elliott, J, 45-0; 2 Hower, U, 44-08, 3 Gundy, J, 44-08; 4 Miller, U, 42-02; 5 Davis, S, 38-05; 6 Simons, S, 37-05.

Discus: 1 Hower, U, 133-02; 2 Johnson, U, 126-03; 3 Elliot, J, 125-11; 4 Romans, U, 107-11; 5 Deasley, S, 107-02; 6 Gundy, J, 100-07.

Norman Invite

3/6/98

Girls

TEAM SCORING: 1. Midwest 4.5.

200: 1. Tate, Shaw, 27.78; 2. Henderson, MWC, 29.1; 3. Robinson, MWC 30/49; 4. Fleming, Nor, 31.42; 5. Doe, MWC, 32.22.

400: 1. Wilson, NN, 1:02.07; 2. Bridges, Shaw, 1:07.5; 3. Tucker, Shaw, 1:12.58; 4. Nelson, MWC, 1:14.45.

800: 1. Robinson, MWC, 2:48; 2. Singleton, Yuk, 2:53; 3. Boatwright, Yuk, 2:55; 4. Goff, MWC, 2:58; 5. Ayadpoor, Yuk, 3:01; 6. Weber, MWC, 3:30.

1600: 1. Gossom, NN, 6:05; 2. McClellan, MWC, 6:34; 3. Craddock, NN, 6:3; 4. Hamock, Shaw, 6:47; 5. Halicki, Yuk, 7:01; 6. Robinson,

Yuk, 7:17.

3200: 1. McClelland, MWC, 13:57; 2. Moody, Nor, 14:05; 3. Craddock, NN, 14:15; 4. Halicki, Yuk, 14:17; 5. Hammock, Shaw, 14:42; 6. Allen, Yu, 16:26.

100H: 1. Peters, NN, 16.13; 2. Atherton, NN, 16.99; 3. Coles, Nor, 17.2; 4. Miller, Yuk, 18.84; 5. Smith, MWC, 20.32; 6. Schweitzer, Yu, 24.55.

300H: 1. Atherton, NN, 49.51; 2. Smith, MWC, 52.09; 3. Coles, Nor, 55.64; 4. Miller, Yuk, 58.46; 5. Schweitzer, Yuk, 1:08.29; 6. Ayadpoor, Yuk, 1:10.58.

400 Relay: 1. Shawnee 51.64; 2. Norman North 51.89; 3. Midwest City 52.3; 4. Yukon 55.57; 5. Norman 56.02.

800 Relay: 1. Shanwee 1:53.25; 2. Midwest City 1:54.6; 3. Yukon 1:58.9; 4. Norman North 2:00.5; 5. Norman 2:01.1.

1600 Relay: 1. Midwest City 4:22; 2. Yukon 4:31; 3. Norman North 4:34.

3200 Relay: 1. Midwest City 10:38.43; 2. Norman North 10:49.85; 3. Norman 11:51; 4. Yukon 11:55.

Shot: 1. Mendoza, NN, 33-5; 2. Prickett, Nor, 31-3.5; 3. McCarthy, Nor, 30-10; 4. Cummins, NN, 28-4; 5. MacGuire, Yuk, 28-3; 6. Bedoll, Yuk, 27-7.

Discus: 1. Smith, NN, 110-5; 2. Prickett, Nor, 91-2.5; 3. McCarthy, Nor, 85-4; 4. MacGuire, Yuk, 82-1; 5. Bedell, Yuk, 80-3; 6. Gutierrez, Nor, 70-8.5.

Long Jump: 1. Gaines, Shaw, 16-3; 2. Urice, Nor, 15-1; 3. Hiesterman, NN, 13-9; 4. James, Yuk, 13-8.5; 5. Mollet, Yuk, 13-2; 6. Raddick, Yuk, 13-1.

High Jump: 1. Curry, NN, 5-0; 2. Hill, NN, 4-8; 3. Moore, Yuk, 4-8; 4. McCarthy, Nor, 4-6; 5. Van Fleet, Nor, 4-2; 6. Abbott, Nor, 4-2.

Boys

TEAM SCORING: 1. Midwest City 174; 2. Yukon 132.5; 3. Norman North 115; 4. Norman 75; 5. Shawnee 47.

100: 1. Smith, Shaw, 11.19; 2. Lewis, MWC, 11.48; 3. Thatcher, NN, 11.53; 4. Griffin, Yuk, 11.68; 5. Riley, Yuk, 11.7; 6. Spencer, Yuk, 11.8.

200: 1. Smith, Shaw, 22.7; 2. Woody, MWC, 23.28; 3. Riley, Yuk, 23.75; 4. Griffin, Yuk, 23.89; 5. Schill, Nor, 24.72; 6. Jones, Nor, 24.92.

400: 1. Helaire, MWC, 51.47; 2. O'Kme, MWC 54.17; 3. Merehesson, MWC 54.54; 4. Holt, Nor, 54.7; 5. Allen, Yuk, 56.52; 6. Downey, Yuk, 57.08.

800: 1. Lusk, MWC, 2:18.7; 2. Watson, Shaw, 2:21.1; 3. Ballon, Yuk, 2:27.12; 4. Gutierrez, NN, 2:30.11; 5. Taylor, Nor, 2:39; 6. Hicks, NN, 2:46.47.

1600: 1. Franklin, NN, 4:50; 2. Call, NN, 4:53; 3. Lanehart, Shaw, 4:58; 4. Irvin, Yuk, 5:12; 5. Mulholland, Nor, 5:11.12; 6. Lopez, Yuk, 5:16.

3200: 1. Buster, Yuk, 10:39; 2. Wright, Shaw, 10:43; 3. Delgado, MWC, 10:52; 4. Unknown, Yuk, 10:54; 5. Mulholland, Nor, 10:55; 6. Massie, MWC, 11:37.

110H: 1. Gatewood, Nor, 15.88; 2. Schwartz, Yuk, 16.48; 3. Samuel, MWC, 17-0; 4. Allen, NN, 17.111; 15. Olasiji, NN, 19.94.

300H: 1. Taylor, MWC 41.89; 2. Gatewood, Nor, 43.69; 3. Smith, Nor, 45.5; 4. Conan, Yuk,

46.38; 5. Unknown, Yuk, 46.8; 6. Kaylor, Shaw, 46.88.

400 Relay: 1. Midwest City 43.46; 2. Midwest City B 44.86; 3. Yukon 45.166; 4. Norman North 46.18; 5. Norman 46.36; 6. Norman North B 47.18.

1600 Relay: 1. Midwest City 3:38.2; 2. Midwest City B 3:40.8; 3. Yukon 3:42; 4. Norman 3:50; 5. Norman North 3:57.3.

3200 Relay: 1. Midwest City 8:33.38; 2. Norman North 8:51.5; 3. Yukon 9:02.41; 4. Norma 9:09; 5. Shawnee 9:15.77; 6. Yukon B 9:15.87.

Shot: 1. Hawk, Nor, 55-9; 2. Bergin, Yuk, 48-101.5; 3. McConnel, MWC 47-9; 4. Bristol, NN, 47-5; 5. Price, Yuk, 45-11.5; 6. Underwood, MWC 40-9.

Discus: 1. Bristol, NN, 141-5; 2. Hawk, Nor, 124-3; 3. McConnel, MWC 115-4; 4. Price, Yuk, 114-9.5; 5. Wilson, 113-0.5; 6. Tickner, Yuk, 111-4.5.

Long Jump: 1. Thatcher, NN, 20-4; 2. Miller, MWC, 20-2; 3. Riley, Yuk, 19-3; 4. Crawford, N, 17-0; 5. Nelson, MWC 16-0; 6. Allen, Yuk, 15-1.

High Jump: 1. Miller, MWC, 5-8; 2. LaMount, MWC, 5-6.

Pole Vault: 1. Jones, N, 10-6; 2. White, NN, 10-0; 3. Dalke, Yuk, 10-0; 4. White, NN, 10--0; 5. Motti, NN, 9-0.

Dragon Relays Purcell

3/14/98

Girls

TEAM SCORING: 1. Purcell 176; 2. Jones 170 3. Tecumseh 70; 4. Elgin 68; 5. Anadarko 49; 6. Lindsay 32; 7. Bowlegs 1.

100: Bedford, Ana, 13.0; 2. Nichols, Jones, 13.2; 3. Newell, Pur, 13.9. **200:** 1. Martin, Pur, 27.0; 2. Nichols, Jones, 28.4; 3. Polk, Pur, 29.7. **400:** 1. Ellis, Elg, 1:08.7; 2. Landford, Jones, 1:22; 3. King, Pur, 1:14.5. **800:** 1. Traylor, Lin, 2:52.5; 2. Ellis, Elg, 2:57.2; 3. Blue, Ana, 2:58.7. **1600:** 1. Traylor, Lin, 6:19.3; 2. Dunaway, Pur, 6:36.23; 3. Blue, Ana, 6:42.2. **3200:** 1. Traylor, Lin, 13:32; 2. Dunaway, Pur, 14:08.6; 3. Jones, Jones, 14:20.6. **100H:** 1. Bedford, Ana, 15.9; 2. Johnston, Jones, 16.9; 3. Williams, Pur, 17.9. **300H:** 1. Johnston, Jones, 50.0; 2. Bedford, Ana, 51.6; 3. Madden, Pur, 54.6. **400 Relay:** 1. Jones 55.4; 2. Purcell 56.7; 3. Tecumseh 57.4. **800 Relay:** 1. Purcell 1:55.6; 2. Tecumseh 1:57.1; 3. Jones 2:04.4. **1600 Relay:** 1. Tecumseh 4:35.9; 2. Jones 4:41.3; 3. Purcell 4:52.8. **3200 Relay:** 1. Jones 11:27.5; 2. Purcell 12:32.2; 3. Elgin 12:56.9. **Shot:** 1. Na Na Eto, Jones, 31-8.5; 2. Wolenberg, Pur, 31-2; 3. Brown, Pur, 30-1. **Discus:** 1. Landford, Jones, 87-5; 2. Mullins, Elg, 82-8; 3. Lake, Jones, 81-8. **Long Jump:** 1. Martin, Pur, 16-1.5; 2. Dunaway, Pur, 15-8; 3. Munday, a Tec, 14-5. **High Jump:** 1. Wilkerson, Elg, 5-2; 2. Dunaway, Pur, 5-0; 3. Freeman, Jones, 5-0.

Boys

TEAM SCORING: 1. Purcell 200; 2. Jones 171; 3. Elgin 40; 4. Tecumseh 39; 5. Bowlegs 34.



DRAGON RELAYS--The girls go through the first lap of the 1600 meter run won by Lindsay's Marda Traylor. Photo by Roger Taylor

100: 1. Irwin, Pur, 11.4; 2. Navarette, Pur, 11.4; 3. Ealom, Jones, 11.7. **200:** 1. Irwin, Pur, 23.9; 2. Gillen, Jones, 25.4; 3. Henson, Jones, 25.4. **400:** 1. Standing, Jones, 57.8; 2. Stevens, Elg, 1:06.6; 3. Pearce, Bow, 1:02.4. **800:** 1. Rose, Pur, 2:17.4; 2. Williams, Pur, 2:17.9; 3. Wallace, Jones, 2:24.5. **1600:** 1. New, Pur, 5:15.2; 2. Qualls, Jones, 5:33.7; 3. Williams, Pur, 5:38.5. **3200:** 1. No name, Tecumseh, 11:51.4; 2. Warren, Pur, 12:01.6; 3. Stevens, Elg, 12:24.4. **110H:** 1. Wilson, Jones, 18.2; 2. Lake, Jones, 18.4. **300H:** 1. Robb, Pur, 43.5; 2. Wilson, Jones, 45.6; 3. Guthery, Jones, 46.0. **400 Relay:** 1. Purcell 46.5; 2. Jones 47.3. **1600 Relay:** 1. Purcell 3:47.2; 2. Jones 2:57; 3. Tecumseh 4:09.6. **3200 Relay:** 1. Purcell 9:15.3 2. Jones 9:53.0; 3. Tecumseh 10:11. **Shot:** 1. Page, Pur, 47-6.65; 2. Longhorn, Tec, 41-2; 3. Cummings, 40; 7.5. **Discus:** 1. Page, Pur, 130-5; 2. Foshee, Jones, 129-5; 3. Clagg, Pur, 123-0. **Ong Jump:** 1. Ealom, Jones, 18-1.5; 2. Lucas, Jones, 17-7; 3. Megis, Pur, 17-4. **High Jump:** 1. Goingkeen, Elg, 6-0; 2. Dungan, Bow, 5-8; 3. Seward, Pur, 5-8.

Santa Fe Invite Edmond

3/13/98

Boys

TEAM SCORING: 1. Moore 120; 2. Edmond Memorial 70; 3. Santa Fe 56; 4. Yukon 47; 5. Northeast 25.

100: 1. Wooten, SF, 10.55; 2. Alberty, EdM, 10.59; 3. Ivy, Moore, 10.72. **200:** 1. Smith, EdM, 22.8; 2. Alberty, EdM, 22.90; 3. Ivy, Moore, 23.3. **400:** 1. Escalera, Moore, 53.52; 2. Dickens, Moore, 53.5; 3. Kim, Moore, 54.1. **800:** 1. Nole, Yuk, 2:04; 2. Hart, Moore, 2:10; 3. Patton, NE, 2:13. **1600:** 1. McWatters, Moore, 4:51; 2. Heart, Moore, 4:51. **3200:** 1. McWatters, Moore, 10:25; 2. Buster, Yuk, 10:37; 3. Westhoff, EdM, 10:46. **110H:** 1.

Chancey, Moore, 16:05; 2. Bonner, Moore, 17.55; 3. Wymouth, Moore, 19.21. **300H:** 1. Payne, Moore, 42.6; 2. Bonner, Moore, 43.7; 3. Wymouth, Moore, 45.5. **400 Relay:** 1. Santa Fe 42.8; 2. Edmond Memorial 44.3; 3. Yukon 44.9. **1600 Relay:** 1. Moore 3:36; 2. Santa Fe 3:39; 3. Edmond Memorial 3:41. **3200 Relay:** 1. Moore 8:40.13; 2. Santa Fe 8:47.13; 3. Edmond Memorial 8:50.55. **Shot:** 1. Bennifield, SF, 51-7; 2. Bergin, Yuk, 48-11; 3. Price, Yuk, 46-11. **Discus:** 1. Palmer, EdM, 122-1; 2. Price, Yuk, 114-0.5; 3. Laverdiere, Moore, 113-10. **Long Jump:** 1. Harris, NE, 20-10.5; 2. Chaney, Moore, 20-3; 3. Black, SF, 20-0.5. **High Jump:** 1. Harris, NE, 6-2; 2. Stansberry, SF, 6-0; 3. Ladd, SF, 5-10. **Pole Vault:** 1. Opalka, Edm, 13-1; 2. LeeMaster, Moore, 11-0; 3. Austin, Yuk, 10-6.

Girls

TEAM SCORING: 1. Northeast 89; 2. Moore 82; 3. Edmond Memorial 72; 4. Santa Fe 50.

100: 1. Madden, NE, 11.65; 2. Pallard, NE, 12.26; 3. Smith, Moore, 12.3. **200:** 1. Madden, NE, 26.2; 2. Jackson, NE, 26.6; 3. Ward, SF, 26.8. **400:** 1. Smith, NE, 65.6; 2. Blundell, SF, 67.3; 3. Jarvis, EdM, 67.6. **800:** 1. Jones, SF, 2:32; 2. Haynes, Moore, 2:39; 3. Henry, Moore, 2:40. **1600:** 1. Jones, SF, 5:44.16. **3200:** no results. **100H:** 1. Haddox, More, 16.13. **300H:** 1. Maddox, Moore, 49.8; 2. Kios, EdM, 51.4. **400 Relay:** 1. Northeast 51.38; 2. Northeast B 53.57; 3. Moore 53.84. **800 Relay:** 1. Northeast 1:48; 2. Northeast B 1:53.6; 3. Edmond Memorial 1:54.1. **1600 Relay:** 1. Moore 4:18; 2. Northeast 4:19; 3. Edmond Memorial 4:20. **Shot:** 1. Deidra, NE, 33-3; 2. Kandy, Moore, 31-7; 3. Megan, EdM, 30-1. **Discus:** 1. Stephens, NE, 96-7; 2. Carl, Moore, 94-10; 3. Martin, EdM, 88-7.5. **Long Jump:** 1. Wilson, EdM, 16-6.5; 2. Ward, SF, 14-10.1.5; 3. Wolf, EdM, 14-7.5. **High Jump:** 1. Williams, NE, 5-0; 2. Daniels, SF, 4-8; 3. Westoff, EdM, 4-8.

OKLAHOMA COLLEGE TRACK UPDATE

By Bud Almond

Cyclone Classic - Ames, IA - February 6-7

Oklahoma State's men's and women's teams had some standout performances in this early meet on the Iowa State campus. The races were contested over the Cyclones' "oversized" 300-meter oval. The NCAA views these oversized tracks as an advantage thereby insisting that any performances be adjusted.

In the men's 5,000 juniors Rene' Carlsen, Nathaniel Lane and Gitogo Churu garnered sixth, seventh, and ninth places with respective times of 14:33.99, 14:34.59, and 14:35.62, very good indeed for this early in the season. Scott Gray finished further back in a respectable 15:32.2.

Jenks junior Brian Young found himself in a very quick early season mile as he eked out a 4:11.57, good for 14th overall. Catoosa's Philip Price of Arkansas recorded his fastest early season mile as he was just edged out for the win by former Hog redshirt Ryan Travis in 3:59.69. Philip just missed the magic barrier with a 4:00.2. OSU's Chuck Sloan was 37th with 4:25.28.

Once again Gitogo Churu and Scott Gray toed the line, this time in the 3,000 with Churu coming across in 8:28.78, and Gray just behind in 8:36.9.

The Cowgirls' Melody Vaughn improved on her indoor long jump school record with a 19'6

1/2" effort. She now has four of the top five long jumps in OSU indoor history. Freshman Melinda Jackson jumped 39'1" to place her fourth all-time in the OSU indoor books.

Junior Andrene Thompson qualified provisionally for the NCAA's with her fifth place time of 2:09.62, as yet another junior, Tamara Dingley finished sixth with a 5:02.77 for the mile.

Oklahoma Classic - Norman, OK - February 13

The Sooner women scored 75 points for third, and the Tulsa Golden Hurricane wrapped up seventh with 30 points in this 8-way indoor meet on the OU campus' 200-meter indoor surface at the Moser facility.

Tulsa's Frida Vullum defeated a good field in the mile with a 5:04.84 clocking, and OU's Cecile Cargill the Hurricane's Caroline Avbovbede (55.56) in third.

Former Jenks star Amy Tinker was a strong third in the 600 showing excellent early season form in 1:22.73. In the 800, Tulsa's trio of Jany Van Gerwin (2:16.63), Erin Simpson (2:21.37), and Summer Lamons (2:23.17) ran well for third, fourth, and sixth; and in the 1,000 TU's Margaret Danagher finished fifth with a 3:04.28.

The Sooners' mile relay squad ran well in 3:42.39 just losing out to Baylor for the win. Lindsey Harris of OU took the women's pole vault to new heights with a 9' 6 1/4" jump for second overall.

The Sooner men with 97, and Tulsa with 83, finished second and third as they too had some impressive performances. Marcus Bivines provisionally qualified for the NCAA's with a 6.18 in the 55 meter dash, with Dean Wise (6.22), and Shomari Wilson (6.36) rounding out the Sooner scoring. Tulsa's Hassan Faggett (6.37) was sixth.

The Sooners' Jason Larabee won a sparkling mile in 4:12.83, followed closely by Tulsa's Cornelius Mason (4:13.75), David Bohlen (4:15.57), and Jon Pillow (4:22.4).

The 400 is usually dominated by Sooner athletes, but due to graduation, fourth placer Edward Clarke (48.56) and Omar Brown (48.83) in fifth are leading a rebuilding effort which, in time, will find them back at the top.

The 800 meters is fast becoming the Hurricane's domain as ex-Olympian Stanley Redwine is in the process of building a middle distance dynasty in Tulsa. With star half-milers Adam Ellison (1:52.99) and Rodney Peterson (1:53.52) leading the way with their 1-2 punch, along with a host of newcomers, they almost always score a bunch of points just off of that event alone.

The Sooners' Shomari Wilson won the 200 in 21.4, and along with three other teammates in the top six they certainly have the makings of a great 400 meter relay team for the outdoor season.

Dwight Davis of TU won the 3000 in 8:33.17, with teammates Tim Surface (8:44.25) and Cary Stidham (8:53.78) finishing in third and Larabee in the 1000 with a fast 2:28.47 to

Larabee's 2:30.54. TU's Monte Hawkins was fourth in 2:31.75.

Colorado Springs Sprint Classic - February 14

Sherita Jackson came back from the Rockies with a new OSU school record in one event and one of the nations fastest times in another as the Cowgirls scored impressively in Colorado Springs. Jackson's 6.96 in the 55 meter-dash broke her own record set back in '96. Teammate Latoiya Hinds was second in 6.99. In the 200 Jackson blazed to a 23.71, provisionally qualifying her for the big dance as well as being the third best time this season.

Husker Invitational - Lincoln, NE - February 14

Marcus Bivines ran a 6.21 for third in the 55 meter dash, Shomari Wilson likewise finished third in the 200 in 21.61, pole vaulter Chris Duffy skied 17'5 3/4" for second, and the Sooners' mile relay quartet ran a close second in 3:12.09 as Oklahoma came away with some good performances at Lincoln. Cecile Cargill likewise did the same for the Lady Sooners with a 400 win in 54.49.

NAIA Championships - Lincoln, NE - February 26-28

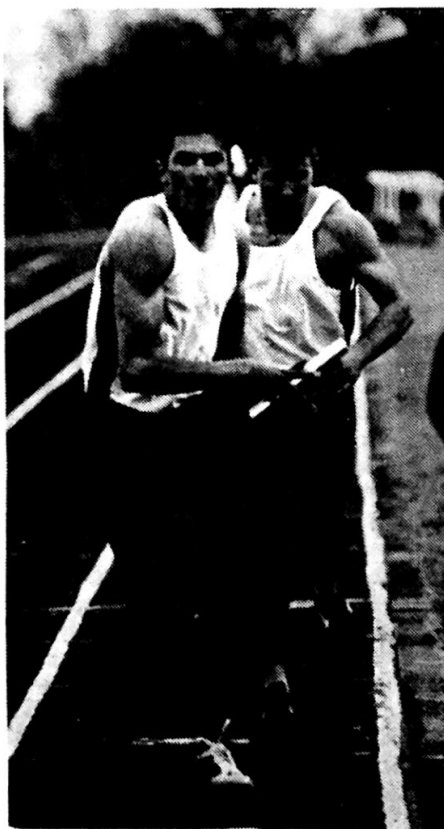
The University of Nebraska's Devaney Center was host to the '98 edition of this small school classic as Lindenwood, Mo. edged out perennial champ Azusa Pacific (Ca) 62-56 in the men's championship. Oklahoma Baptist was in the thick of things as they scored a third place trophy with 52 points. Other Oklahoma schools were 18th place Southern Nazarene (12), and 29th place Phillips (2).

Southern Nazarene's Cody Lawson was edged out for second in the 55-meter dash by just a hair, coming across in a fast 6.38 clocking. OBU was led by Jamaal Jackson's 2nd place finishes in both the 200 (21.91), and 400 (48.63). He also lent a hand to teammates Brian McFarlin, Desire'Pierre-Louis, and Marvin James on the Bison's victorious 4 X 400 relay (3:15.36). James also grabbed a sixth place in the 400 (49.91).

Pierre-Louis also set a new meet record of 1:17.92 in the 600, breaking his own meet record from last hillips' LiKhaya Dayile scored his team's only points with a fine 14:40.08 time in the 25-lap 5000, while Oklahoma Christians' Casey Langdon scored a ninth place in the 3000 with a 9:01.52.

The 4 X 800 relay was a close affair with 11 of the top 12 teams separated by only six seconds. OBU scored points with a fifth place 7:44.21, while Oklahoma Christian (7:47.90) came home in 12th. In the longer Distance Medley Relay, three Oklahoma schools were entered as Oklahoma Christian was 17th (10:21.87), Phillips - 19th (10:26.58), and OBU - 22ND (10:28.96).

In the jumps, Oklahoma Christian's Frank Jimenez soared 15' 4" in the Pole Vault for seventh, while Ben Daniel of Southern Nazarene was ninth at 15' 0". Ben Schadeegg, of OBU went 23' 8 1/4" for fourth in the Long Jump.



DRAGONS RELAYS--Purcell makes the last handoff en route to winning the 1600 meter relay. Photo by Roger Taylor

OKLAHOMA COLLEGE TRACK UPDATE

In women's action the Lady Bison of OBU finished in a three-way tie for 15th with 13 points. Southern Nazarene was 18th (12), Oklahoma Christian was 22nd (8), and Phillips was 36th (1).

Gabriela Hnilkova was the top scorer for OBU with a third place effort in the 3000 (10:09.26). She also figured in on their third place finish in the DMR (12:18.23).

For Southern Nazarene, Steph Miller ran unchallenged in the 600, setting a new meet record along the way in 1:33.08. Dawn Moore also contributed points with her fifth place in the 55-meter hurdles (8.24).

Oklahoma Christian's Kathy Nelson was the lone scorer for her squad with her second place in the 400 (57.32), and fourth place in the 200 (25.51). Nicky Emblem tallied Phillips' only point with her sixth place throw in the shot put (42' 7").

The top six finishers in all events earned All-America honors.

Western Athletic Conference - Colorado Springs, CO - February 28 - March 1

The Tulsa Hurricane men's squad finished 10th out of 12 teams with 28 points, while the TU women were 12th out of 13, scoring 13 points. The Air Force Academy hosted the meet at the Cadet Field House.

Adam Elle mile (4:15.73), Sedrick Lusk's fourth in the Long Jump (24' 5") a TU school record, the DMR team's sixth place, and the 4 X 400 relay team's fifth place made up the scoring for the Tulsans. Also setting school records were John Mosley in the 55-meter dash (6.28), Lusk in the 200 (21.72), and Clint Small in the 400 (48.27).

Caroline Avbovbede was the highest placer for the Lady Hurricane taking third in the 400 (55.84). She also contributed to their third placing in the 4 X 400 relay (3:49.07). Fride Vullum, the conference record holder in the 3000, finished a disappointing eighth in her race, as she was clocked in 10:34.

Big 12 Championship - Ames, IA - February 27 - March 1

The Oklahoma Lady Sooners finished in a tie with Missouri for seventh place with 45 points as Cecile Cargill finished a close second to Texas' Toya Brown in the 400. Cargill's time (53.48) as well as Brown's was under the old meet record. OSU's Cowgirls finished last with 16 points in the team scoring.

OSU's Andrene Thompson (2:08.29) just nipped the Sooners' Amy Tinker for second in the 800. Tinker, from Jenks was timed in 2:08.45. Both times were under the previous meet record of 2:09.61. Thompson's performance erased a 12-year old school record. Both Thompson and Tinker provisionally qualified for the national meet.

Lindsey Harris also scored for the Sooners with a fourth place jump (11' 0 1/4") in the pole vault, while the Cowgirls' Tamara Dingley finished sixth in the mile in 5:00.17. The Sooners also finished sixth and seventh in the 55-meter dash with Donnette Brown edging out Jac-

queline Horton by 100th of a second. Horton also took fourth in the 200.

OSU's 4 X 400 relay foursome ran to a fourth place overall time of 3:44.49 while winning their heat.

The Sooner men (43 1/2) finished eighth in the team scoring with OSU (22) finishing last. OSU's Brian Young of Jenks, was crowned conference champ in the grueling 1000, finishing almost the moment for Young and OSU as a few of the Cowboys did come away with some personal best performances.

Chuck Sloan also ran well for the lads from Stillwater, as he garnered an impressive third place (8:07.50) in the 3000, a time which provisionally qualifies him for the NCAA's. In the 5000, several Cowboys had great finishes as Nathaniel Lane (14:33.21), Rene' Carlsen (14:36.73), and Gitogo Churu (14:42.52) ran well. They were 7th-8th-10th respectively. Lane was also sixth in the 3000.

OU's Shomari Wilson was the top Sooner performer with his second place 21.09 in the

200. His time bettered the meet record. The 4 X 400 relay team took second to Baylor in a great time 3:06.28. Considering this squad is a new mix with three new members, be looking for great things from these boys by the time the outdoor season rolls around. Looks like they're in a reloading mode. Edward Clarke, the lone returnee also scored a sixth place in the 600.

The Sooners' Jason Larabee scored a third place finish in the 5000 with an outstanding 14:14.98 to go with his fifth place 3000 effort.

Southeastern Conference Championship - Baton Rouge, LA - February 28 - March 1

Catoosa's pride and joy, Philip Price won the 3000 during the first day of action as the Razorbacks went on to claim yet another conference championship at LSU. Price's time was 8:06.04.

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HEY COACH, HOW LONG DO I WARM UP?

By Jeff Berryessa

Sounds familiar? I know it does to me! Most coaches hear this every year to the point of wanting to turn and ask, "where were you when we had lecture # 47? Do you want me to do everything for you?"

The track warm-up is one of the most under-rated methods of learning to race faster! Most coaches know of its importance, but like its twin-sister "stretching", it is easy for athletes to just forget. After all there are more important

things to do, right? Well, maybe.

The purpose of a proper warm-up is to ready muscles for their acceptance of their unique trained skills and workload that they have to carry/direct. The main reasons for warm-up is to adjust internal muscle temperature to non-restrictive levels, to allow motor memory in neurological pathways to reoccupy your immediate motor control, and to avoid the stretch reflex!

Muscles will automatically utilize muscle glycogen as you first begin to run. You want to save as much of this as possible. (Your body places all carbohydrate ingested into glycogen into your muscles (2/3) and your liver (1/3)). Can you afford to be losing glycogen just before you race? I guess it depends on the event, but the answer is probably "No"! After 20 minutes the body will have switched fuels to the usage of fatty acids that can be used as fuel with a lot less glycogen. This means that you are actually using more fat than glycogen in warm-ups. This is particularly important if you have a middle-distance race to run or several other events to do.

Your body is usually not interested in anything more than what you are currently doing. So, focus

on your body preparation first and racing next! Warm-ups should be gentle and building to take advantage of creating the full range of motion needed for flexion and extension, as well as companion muscle actions of "learned" relaxation or reciprocal enervation. Your warm-up should be specific for the neurological or motor pathways which will be used in racing. This means that not only should the action mimic the event, but the magnitude of the effort should also closely do the same.

Now, I hear people all over saying, "but, I want my athlete to be fresh". It is my contention that this is basically correct only because it is looked at as more of a training model, and not a racing model. Fresh means to have the full degree of flexibility and extension, the coordination of opposition muscles trained to relax on impulse, the amount of muscle fiber instantly ready to fire, and the ability to coordinate all of these in maximum muscle contraction, ALL in an instant! In most athletes, as soon as they stop and rest within seconds the effect of opened neurological pathways, motor coordination, and maximum muscle fiber recruitment has already begun to dwindle.

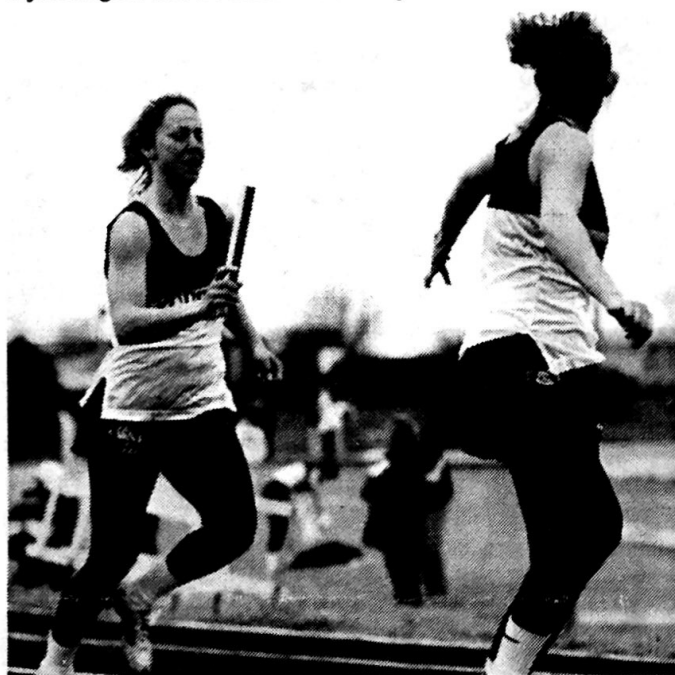
Have you ever seen athletes hop and jump just before they are called "to your marks" in any big meet? What they are doing is "refreshing" all of the ideas listed above in a matter of seconds. The result is for 100% of their activity to be fluid and at their best, without resistance being met.

Warm-up should be gentle for approximately 20 minutes. Specific activities can begin after this time. Until then, jogging, drills, full body movement and movement of body parts is the main thing. These should build to a point of event specific effort where the athlete is actually "sweating" just a bit. Being tired at this point is not a fact of under conditioning but rather a fact of nervousness.

After your warm-up you should walk or jog alternately, but do not sit. Just prior to the start you should reactivate all of your neurological motor paths, the coordination of agonist and antagonists muscle groups, and re-familiarize your system to your needs (Maximum muscle fiber recruitment and fiber magnitude/time). This is most commonly done with explosive running-in-place for 2 or 3 seconds.

On my teams we talk about using the warm-up to help the first several seconds (blocks, 1st hurdle) or even first minutes (1st laps of 4X800M relays, 1600M and 3200M) in any of our races. If you are able to see the warm-up as the platform to your racing success you will find it more interesting to do for yourself and less likely to "forget" just before that next race. It does work, go try it, and Good Racing!

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



DRAGON RELAYS--Tecuseh makes the first handoff en route to a second place finish in the 800 meter relay. 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 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. 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

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.



DRAGON RELAYS--Jones' Laura Jenkins makes the final handoff to teammate Jennifer Johnston en route to winning the 3200 meter relay. Photo by Roger Taylor



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