

# *Oklahoma* **TRACK FIELD** NEWS

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# On Track

By John Hoke, Editor

The 1999 3A-4A-5A State Cross Country Championships were held at Oral Roberts University on October 30th again and I really think it was the worst weather I can remember at the state meet in eight years. This even takes into account the 22 degree day with snow in 1993 which, was by most standards, pretty bad. However, since my daughter Jessica won her second state crown that day, I kind of have rosy remembrances. Anyway, this year the drizzle never seemed to stop and course was an absolute mess - a true European style race. Not to mention the fact that it was almost impossible to sell copies of *Oklahoma Track & Field News* without getting them completely soaked.

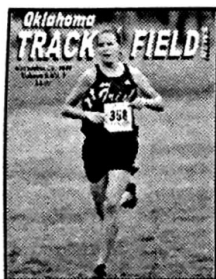
Another thing I wasn't too crazy about—in spite of an initial favorable feeling last year—was the split of the meet into big and little schools. In years past it was a true spectacle to witness five classes competing on the same course under the same conditions. I suppose it's easier to put on a meet with fewer races and it gets the small school girls out for basketball (which is the real reason behind it) but I just can't buy into it being better for the athletes. I don't hold out much hope for the O.S.S.A.A. reverting to the old way but it's certainly the way I'd rather see it.

This issue is getting out really late—really, really late—due in part to waiting for the results of the Oklahoma vs. Arkansas All-Star dual held in Fayetteville, Arkansas November 11. Since this is the last issue that covers cross country I hate to not include these results, especially for seniors who have hopes of competing in college. Anyway, the next issue will be dated February 28, 2000 and will cover everything that happens between now and then, including the Foot Locker regional and national cross country meets as well as all the indoor meets—the O.S.S.A.A. allows teams to compete in three indoor meets. We will also begin our preview of the outdoor season. TEAM REPORTS will go out in January—coaches, please take the time to fill these out and return promptly and if you are not a member of the Oklahoma track Coaches Association, it is not too late to join—see the Coaches Corner in this issue for all the information.

I owe Jimmy Brackeen a big thanks for all his help during the cross country season and I hope he hangs around to do the same thing for track. I remember his comments after putting together the first set of rankings last September—"I didn't realize how much work this is!" Well, that was only the beginning. Fortunately, we have a solid group of coaches and interested fans who help out with the track listings so it's only a full time job for one person. We're spreading the load around and hopefully we can keep the *OT&FN* coming your way.

Remember that full color prints from any photos appearing in *OT&FN* are available ranging in sizes from 4x6 to 11x14 from our staff photographer, Roger Taylor. Also available are more than 2,000 other photos of high school cross country and track action. You can contact Roger at 405-341-3371.

See you at a track meet!



*ON THE COVER*—McGuinness junior Amanda Jordan won her third straight state title in the 4A State Cross Country Championships at Oral Roberts University Oct. 30. Jordan had the fastest time of the meet with an 11:49 and holds the course record with an 11:34 from 1998. Photo by Roger Taylor

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# 1999 3A-5A State Meet

By Jimmy Brackeen

What an enjoyable state championship. I was le to attend my first state cross-country championship as a spectator and not as a coach and it was fun. I was le to watch all the races and actually enjoy them, it was great.

The morning of the race was wet and a little misty, but it was still a great day for the 3A-4A-5A O.S.S.A.A. State High School Cross-Country Championships on October 30 at Oral Roberts University in Tulsa. Watching the runners compete and cross the finish line covered in mud reminded me of European Cross-Country.

Growing up, I remember reading running magazines and it always seemed like the Europeans had to race in the mud. The World Cross-Country Championships were always muddy, but that's just part of our sport. Cross-Country runners are from a different breed and rain or shine they are ready to compete and give their best. That's what happened on October 30<sup>th</sup> and what an exciting day it was!

The Irish of McGuinness were successful in their bids to repeat as boys and girls State Champions, while classes 3A and 5A crowned four new team champions. Individually, Amanda Jordan of McGuinness was the only runner to repeat as champion, capturing her third straight title and setting the stage to become only the second four-time winner ever in the state.

## 3 A Girls

What an exciting race! Elk City held the No. 1 ranking for most of the season and was le to hold off a serious challenge by runnerup

Marlow to claim its first girls cross country State Championship.

With Plainview dropping down to 2A this year, it looked to be a two team race between coach Mark Heard's Elks and the Outlaws. Throughout the season Elk City dominated the Outlaws, but the Marlow tried to prove different by going out quicker and making it a close race early. Through the first mile it was really close and looked as though Marlow would be le to pull off the upset, but in the end it was all Elk City as they put four runners in the top six to romp to a 20-point victory. Marlow and Elk City accounted for ten of the first twelve runners to cross the finish line.

Individually, it was a three person race between Susan Morford of Little Axe, Jaicee Herren of Elk City, and Lora Loy of Jay. In the end, Susan Morford came out on top and was le to win her first state title, while ending her high school career as a four time All-Stater. Herren finish second and Hoy was third. "When I was a freshman I got ninth then I was sixth and second last year," said Morford. "I said I would win in my senior year and I was striving for it."

## 3 A Boys

This was a tough race to pick, with three outstanding teams at the top. Elk City had won state the past three years, Anadarko had been ranked No. 1 most of the season and Little Axe is a team with an outstanding tradition.

Elk City looked good up front with Travis Johnson winning the individual state championship and his teammate Chris McHone finishing second with Little Axe's Chuck Staton in third. "It was a good race on the back side," said Johnson. "A bunch of us, out four guys, ran close together with spikes hitting all over the place. It was tight." Unfortunately for the Elks, they didn't have the depth needed to take the title again.

It came down to a two team race between Anadarko and Little Axe, with both teams putting three in the top ten. It was close throughout the race and looked like either team could win. In the end, Little Axe gave first year coach Shandi Trent his first state championship and Anadarko brought home a state runner-up trophy



Amanda Jordan  
McGuinness



Susan Morford  
Little Axe



Travis Johnson  
Elk City



Bett Lowry  
McGuinness

for the third year in a row.

## 4 A Girls

Jordan of McGuinness won her third straight title with the fastest time of the day, leading Dave Morton's Irish to their eighth straight team and individual title. McGuinness dominated the race with the lowest score in recent memory, placing five runners in the top seven and totaling a low score of 19 points to runnerup Grove's 111. Jordan was followed across the finish line by teammates Maggie Kelley in second and Christy Rogge in third. Tresy Ross of Carl Albert (fourth) and Guymon's Jamie Lucero (fifth) kept the Irish from recording a perfect score.

The Irish game plan was to send Jordan out fast. "I kind of died," said Jordan of her finish. "But that was going to happen. I was supposed to sprint at the beginning and take out all the girls that wanted to sprint to get them tired so our teammates could get up there. And it worked."

The race here was for second and Grove was le to finish ahead of Edison and Kelley. This allowed Grove to bring home the state runner-up trophy, after finishing second to Kelley at last weeks East Regional.

## 4 A Boys

The Irish weren't as dominating this year as in years past, and the Eagles of Tulsa Edison were improving throughout the season and hoping to upset McGuinness. But in the end the Irish prevailed. This led to the McGuinness boys winning their fifth consecutive state championship, giving coach Morton and McGuinness their fifth consecutive double boys and girls win.

The Irish were also le to keep a hold on the individual title with Brett Lowry winning his first state championship after a runner-up finish to teammate Kevin Connolly last season. Capitol Hill's Marco Jimenez was second with Edison's Michael Dixon third and Harrah's Courtney Vasek fourth.

In the final team standings Edison finished in the runner-up spot, while Duncan edged Harrah out for third place.

## 5 A Girls



Brianna McLeod  
Jenks



Joey McNair  
Bartlesville

This was an exciting race! Martha O'Rourke's Lady Trojans were ranked No. 1 all season. Laura Clay's Lady Jaguars were healthy and improving every week. They had upset on their mind.

Camille Herron of Westmoore led through the first mile until she was overtaken by Jenks freshman Brianna McLeod. McLeod ended up becoming the new state champion and also helped lead her Jenks team to a 15-point victory and their first state championship since 1994. Westmoore ran super by finishing runner-up and beating the Moore Lions who finished ahead of them at the West Regional the week before. This class is loaded with lots of individual talent and is always full of surprises. This was a very competitive race.

### 5 A Boys

The Bulldogs did it. They won their tenth state championship and avenged a one-point loss to Jenks last year. This was the most exciting race of the day! David Sammons told his boys they better not start out fast. He wanted them to run a controlled, even-paced race.

Early on, it looked like they might not be able to do it, with Jenks running the first one and a half miles way up front. As the race progressed the Bulldogs just got stronger and stronger, and eventually ran off with the title. Their strategy worked perfect. In the race for second, Jenks faded badly and was overtaken by Mustang for the runner-up trophy.

Individually, this was no surprise. Joey McNair of Bartlesville did as he has all year. He led from start to finish to become the new 5A state champion with the fastest boys time of the day. "I was surprised that the first mile was not as fast as I figured," said McNair. "Other than that, I was glad I was up there by myself. I like that cushion. I like to feel like I don't have to run as hard all the time because on the hills and things it is hard run with someone beside you." Edmond Memorial's Brady Schmiedeberg ran well to capture second with Bartlesville's Blake Culp edging Edmond Memorial's Marc Shumate for third in the same time.

### Power Rankings

Jenks claimed the top spot in the final Girls Power Ranking, notching a 12:33.9 average team time over the ORU course to second place McGuinness' 12:40.5. Westmoore was a close third at 12:42.9 and Class 2A champion Plainview is fourth.

Edmond Memorial gets the nod for the boys with an average time of 16:59.9 with Mustang second at 17:15.7, Jenks third at 17:16.1 and McGuinness fourth with 17:23.3.

Both of the top team times, boys and girls, were out the sixth fastest times on the ORU course over the past 10 years.

### Girls Power Ranking

1. Jenks
2. McGuinness
3. Westmoore
4. Plainview
5. Moore
6. Elk City



CLASS 4A STATE MEET—Eventual winner McGuinness senior Brett Lowry (left) leads the pack at about a half mile into the race. Photo by John Hoke

7. Bartlesville
8. Marlow
9. Watonga
10. Owasso

### Boys Power Ranking

1. Edmond Memorial
2. Mustang
3. Jenks
4. McGuinness
5. Moore
6. Plainview
7. Watonga
8. Sapulpa
9. Little Axe
10. Bartlesville

## 1999 State Championships Oral Roberts University Tulsa 10/30/99

### 5A Girls

TEAM SCORING: 1. Jenks 47; 2. Westmoore 62; 3. Moore 95; 4. Bartlesville 135; 5. Owasso 172; 6. Mustang 191; 7. Santa Fe 202; 8. Enid 215; 9. Sapulpa 229; 10. Norman 242; 11. Edmond Memorial 243; 12. Union 279; 13. Yukon 306; 14. Stillwater 310; NS—Ponca City, Edmond North, Broken Arrow, Norman North, Putnam City North, Sand Springs.

INDIVIDUALS: 1. Brianna McLeod, Jenks, 12:09; 2. Alison Thompson, Bart, 12:23; 3. Sharalee Sparks, Mo, 12:24; 4. Jessica Thompson, Must, 12:24; 5. Summer Suchy, Wm, 12:25; 6. Laura Major, Jenks, 12:26; 7. Jessica Jorgensen, PonC, 12:28; 8. Camille Herron, Wm, 12:31; 9. Megan Burns, Jenks, 12:34; 10. Adrienne McVey, Sap, 12:38; 11. Mary Hill, Sap, 12:40; 12. Katie Kelly, Stw, 12:40; 13. Shonie Hixson, Wm, 12:43; 14. Alison Vaughn, Jenks, 12:46; 15. Melissa Webb, Bart, 12:47; 16. Andrea Hurley, EdN, 12:48; 17. Annie Allen, EdN, 12:49; 18. Himmata Hixson, Wm, 12:51; 19. Stephanie Lovely, EdM, 12:52; 20. Jamie German, Ow, 12:53; 21. Keisha Owens, Mo, 12:53; 22. Alayne Thompson, Jenks, 12:54; 23. Karli Hart, Must, 12:59; 24. Karli Haynes, Mo,

13:00; 25. Cheri Rurkjer, BA, 13:01; 26. Atalie Barber, Jenks, 13:02; 27. Joy Hagemann, Wm, 13:04; 28. Nicole Henry, Mo, 13:04; 29. Amber Golden, Ow, 13:07; 30. Christie Domino, SF, 13:09; 31. Susan Worden, SF, 13:10; 32. Sarah Saffia, Un, 13:12; 33. Lindsay Gossom, NN, 13:12; 34. Natalie Henry, Mo, 13:13; 35. Tia Antone, PCN, 13:15; 36. Rachel Barber, Jenks, 13:16; 37. Shelly Sims, Nor, 13:18; 38. Ashley Enderlin, Bart, 13:19; 39. Meredith Meara, Enid, 13:24; 40. Ana Terrazas, NN, 13:25; 41. Rachel Daake, Bart, 13:27; 42. Katrina Wright, Yuk, 13:28; 43. Ashley Golden, Ow, 13:28; 44. Sarah Fransen, EdM, 13:31; 45. Rebekah Ryser, Ow, 13:32; 46. Jessica Strong, Enid, 13:34; 47. Kyla Davis, SS, 13:34; 48. Heather Ray, SF, 13:35; 49. Tara Thompson, NN, 13:36; 50. Robin Williams, Wm, 13:37.

### 4A Girls

TEAM SCORING: 1. McGuinness 19; 2. Grove 111; 3. Edison 131; 4. Kelley 132; 5. Guthrie 176; 6. Carl Albert 176; 7. Ardmore 183; 8. Glenpool 188; 9. Weatherford 210; 10. Altus 225; 11. Guymon 236; 12. Catoosa 304; 13. McAlester 319; 14. Western Heights 323; NS—Noble, Durant, MacArthur, Claremore, East Central.

INDIVIDUALS: 1. Amanda Jordan, McG, 11:49; 2. Maggie Kelley, McG, 12:42; 3. Christy Rogge, McG, 12:56; 4. Tressy Ross, CA, 12:56; 5. Jamie Lucero, Guy, 12:58; 6. Tiffany Porte, McG, 12:59; 7. Lindsay Peterson, McG, 13:02; 8. Lauren Duell, Guth, 13:12; 9. Christina Chavez, Nob, 13:25; 10. Sarah Cantrell, Guth, 13:27; 11. Amanda Plant, Grove, 13:29; 12. Angela Kmetz, Kel, 13:31; 13. Lindsey Keck, Glen, 13:32; 14. Jennifer Lawrence, McG, 13:32; 15. Heidi Martinson, Ed, 13:33; 16. Karen Smith, Ed, 13:40; 17. Julia Cronin, Dur, 13:42; 18. Dani Fisher, Grove, 13:42; 19. Samantha Ziegler, Kel, 13:44; 20. Joanna Fedick, Cat, 13:47; 21. Jenny Dalby, Ed, 13:48; 22. Scarlett Prock, Guth, 13:49; 23. Michelle Fields, Grove, 13:50; 24. Sarah Kincannon, CA, 13:51; 25. Stormy Deaton, Grove, 13:53; 26. Carmen Zamora, Weath, 13:55; 27. Lindsay Mauldin, Glen, 13:56; 28. Shannon Chiusano, Mac, 13:57; 29. Danielle Van Zandt, McG, 14:02; 30. Linda Vasquez, Alt, 14:08; 31. Erin Holmes, CA, 14:08; 32. Kaitlin Blankenship, Ard, 14:09; 33. Elizabeth Uhren, Kel, 14:11; 34. Lindsey Martinson, Ed, 14:12; 35. Tiffany Johnson, Ard, 14:12; 36. Cassi Davis, Ard, 14:16; 37. Morgan Brown, Weath, 14:17; 38. Ashley Ron, Glen, 14:17; 39. Melissa Turner, Clare, 14:19; 40. Lindsey Miller, Kel, 14:20; 41. Janet Nave, McA, 14:20; 42. Lindsey Matetich, Kel, 14:21; 43. Kaci Axtell, Weath, 14:27; 44. Patricia Johnson, Ard, 14:32; 45. Cyndi Nutter, Grove, 14:33; 46. Krista Keisling, Guy, 14:34; 47. Christy Welker, EC, 14:34; 48. Angie Drake, Grove, 14:40; 49. Rebekah Davis, WH, 14:45; 50. Lindsay Kelly, Alt, 14:50.

### 3A Girls

TEAM SCORING: 1. Elk City 30; 2. Marlow 50; 3. Little Axe 77; 4. Jay 136; 5. Edmond Deer Creek 155; 6. Elgin



## State Championships

180; 7. Byng 195; 8. Mannford 209; 9. Anadarko 246; 10. Sulphur 249; 11. Bristow 275; 12. Vinita 306; 13. Piedmont 309; NS—Blackwell, Purcell, Claremore-Sequoyah, Poteau, Tuttle.

**INDIVIDUALS:** 1. Susan Morford, LA, 12:44; 2. Jaicee Herren, ElkC, 12:54; 3. Lora Loy, Jay, 13:01; 4. Ashlee Mayberry, ElkC, 13:03; 5. Amber Bell, ElkC, 13:04; 6. Candice Walker, ElkC, 13:04; 7. Amanda Lowry, EDC, 13:04; 8. Melissa Hinds, Mar, 13:09; 9. Ashley Brackeen, Mar, 13:13; 10. Cheri Lemons, Mar, 13:15; 11. Chandra Huckay, Mar, 13:16; 12. Brandi McNair, Mar, 13:16; 13. Cindy Looper, Black, 13:23; 14. Shae Johnson, ElkC, 13:26; 15. Dayna Goingkeen, Elg, 13:29; 16. Amanda McCauley, Mar, 13:35; 17. Kathy Russell, LA, 13:45; 18. Ashley Upton, LA, 13:50; 19. Taylor Ham, Jay, 13:51; 20. Natalie Deason, Elg, 13:56; 21. Jessica Baker, Bris, 14:04; 22. Amy Dunaway, Purc, 14:06; 23. Nicole Newkham, LA, 13:45; 24. Michelle Parkins, LA, 14:08; 25. Misty Starnes, Byng, 14:08; 26. Nichole Rader, Mann, 14:09; 27. Sunshine Rodriguez, Ana, 14:09; 28. Ashley Brimage, ElkC, 14:14; 29. Bluesday Roundface, Ana, 14:14; 30. Unknown, Jay, 14:17; 31. Katie Barr, EDC, 14:18; 32. Chelsea Simpson, Byng, 14:23; 33. Brynn Westendorff, Pied, 14:25; 34. Shannon Mayes, CS, 14:25; 35. Autumn Summers, Sul, 14:27; 36. Tina Turner, Mann, 14:28; 37. Geneva Whitney, EDC, 14:29; 38. Krystal Billings, Bris, 14:29; 39. Paige Kincaid, ElkC, 14:30; 40. Tisha Davis, Byng, 14:30; 41. Taniesha Tyler, Vin, 14:30; 42. Rebecca Fletcher, Pot, 14:33; 43. Trish Gardner, EDC, 14:34; 44. Amber Vanderslice, Mar, 14:35; 45. Jamie Belcher, Tut, 14:38; 46. Sarah Heitfeld, Mann, 14:44; 47. Courtney Hurst, Elg, 14:46; 48. Brittany Robertson, Jay, 14:48; 49. Misti Woolman, Jay, 14:50; 50. Jessica Mania, LA, 14:52.

### 5A Boys

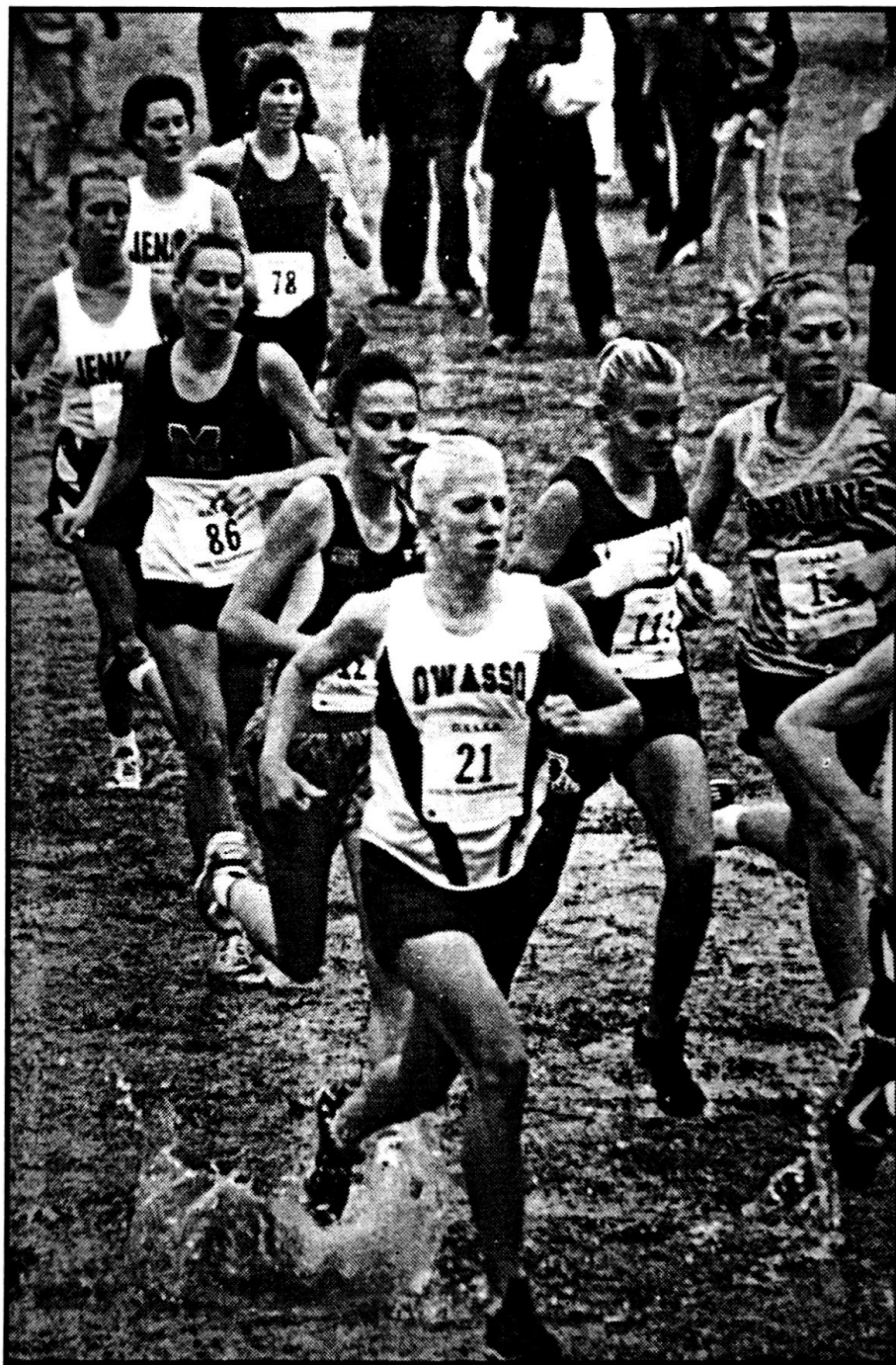
**TEAM SCORING:** 1. Edmond Memorial 59; 2. Mustang 98; 3. Jenks 108; 4. Moore 138; 5. Sapulpa 160; 6. Bartlesville 196; 7. Stillwater 218; 8. Union 222; 9. Westmoore 238; 10. Enid 239; 11. Owasso 249; 12. Norman North 261; 13. Putnam City West 288; 14. Santa Fe 319; NS—Choctaw, Yukon, Del City, Putnam City North, Eisenhower, Northwest Classen, Tahlequah, Norman, Broken Arrow.

**INDIVIDUALS:** 1. Joey McNair, Bart, 16:24; 2. Brady Schmiedeberg, EdM, 16:32; 3. Blake Culp, Bart, 16:43; 4. Marc Scumate, EdM, 16:43; 5. Craig Swiger, Enid, 16:48; 6. Derek Smith, Sap, 16:50; 7. Brandon Root, EdM, 16:53; 8. Dallas Carroll, Ow, 16:54; 9. Eric Cosby, Mo, 16:55; 10. Rem Moll, Jenks, 16:57; 11. Bryan Mixon, Must, 16:58; 12. Steven Matthews, Must, 16:58; 13. Chase Hall, Jenks, 17:02; 14. Pete Laughlin, Jenks, 17:03; 15. Brian Caldwell, Santa Fe, 17:06; 16. Andrew Call, NN, 17:10; 17. Darren Hutchins, Choc, 17:10; 18. Daniel Ellis, Sap, 17:15; 19. Brad Mixon, Must, 17:19; 20. Jonathon Koscinski, NN, 17:20; 21. Bryan Buster, Yuk, 17:21; 22. Josh Barnett, Wm, 17:21; 23. J.R. Lake, Sap, 17:22; 24. Stu Lisle, EdM, 17:23; 25. Adam Garcia, Mo, 17:27; 26. Daniel Ray, DC, 17:28; 27. Blake Henry, EdM, 17:28; 28. Greg Hill, PCN, 17:29; 29. Jared Moon, PCW, 17:29; 30. Chris Taylor, Mo, 17:31; 31. Andy Robinson, Stw, 17:31; 32. Kevin Snyder, Must, 17:31; 33. Isaac Anderson, Must, 17:32; 34. Aaron Karr, Must, 17:38; 35. Josh Green, Wm, 17:35; 36. Chris Conrady, EdM, 17:34; 37. Philip West, Un, 17:37; 38. Aaron Karr, Must, 17:38; 39. Tim Forthman, Jenks, 17:39; 40. Ross Cohlma, Jenks, 17:39; 41. Todd Newton, Ike, 17:40; 42. Elvin Owens, Ike, 17:41; 43. Dirk Neitzel, NWC, 17:44; 44. Chris Kirk, Tahl, 17:44; 45. Scott Downard, Nor, 17:47; 46. Hunter Stephens, BA, 17:50; 47. Dax Thomas, Enid, 17:51; 48. Landon Willets, Un, 17:53; 49. Ge Marshall, Mo, 17:53; 50. Cliff Pittman, Un, 17:55.

### 4A Boys

**TEAM SCORING:** 1. McGuinness 45; 2. Edison 77; 3. Duncan 121; 4. Harrah 123; 5. Guthrie 156; 6. Weatherford 168; 7. Capital Hill 169; 8. Bixby 202; 9. Noble 220; 10. Kelley 250; 11. Durant 253; 12. Glenpool 291; 13. McAlester 293; 14. Claremore 332; NS—Guymon, Altus, Shawnee, Ardmore, MacArthur, Tulsa Central, B.T. Washington.

**INDIVIDUALS:** 1. Brett Lowry, McG, 16:40; 2. Marco Jimenez, CH, 17:07; 3. Michael Dixon, Ed, 17:13; 4. Courtney Vasek, Har, 17:13; 5. Jeremy Wendte, Dun, 17:26; 6. Curtis Anderson, Guth, 17:27; 7. Sterling Pratt, Guth, 17:27; 8. Sean McCe, Dun, 17:28; 9. John Burger, McG, 17:31; 10. Matt Cagigal, McG, 17:32; 11. Kevin Howarth, Ed, 17:32; 12. Brant Littrell, Guy, 17:36; 13. David Connolly, McG, 17:36; 14. Morgan Snipes, McG, 17:37; 15. Jason Murphy, Bix, 17:37; 16. Seth Black, Ed, 17:45; 17. Josh Lancaster, Har, 17:50; 18. Reed Echobawk, Weath, 17:51; 19. Bryan Jones, Kel, 17:54; 20. Stuart Syron, McG, 17:59; 21. Travis Wolfe, Ed, 18:01; 22. Michael Sexauer, McG, 18:07; 23. Adam Stoerner, Alt, 18:11; 24. Robert Cantu, Alt, 18:11; 25. Duston Lansford, Har, 18:13; 26. Paul Wright, Shaw, 18:13; 27. Jared Wendte, Dun, 18:14; 28. Shannon Gulbeau, Dur, 18:15; 29. Mark Atland, Weath, 18:19; 30. Corey McDaniel, Alt, 18:20; 31. Jasinto Juarez, CH, 18:22; 32. Jonathan Pinkney, Ed, 18:25; 33. Thai Le, Ard, 18:26; 34. Jose Diaz, CH, 18:28; 35. Kevin Holmes, Nob, 18:32; 36. Juan Jorge, Mac, 18:33; 37. Nolan Johnson, Teent, 18:35; 38. Jeff Lawrence, Weath, 18:37; 39. Caleb Hobbs, Glen, 18:37; 40. Justin Williams, Glen, 18:40; 41. Levi Henkel, Har, 18:44; 42. Charles Gregg, Dun, 18:48; 43. John Gilbertson, Guth, 18:49; 44. Jeff Scott, Clare, 18:49; 45. Heath Smith, Weath, 18:50; 46. Brett McKee, Bix, 18:51; 47. Chris Woodward, BTW, 18:51;



*CLASS 5A STATE MEET—The girls splash through the first puddle at about 300 meters into the race. Photo by John Hoke*

48. Cody Weaver, Nob, 18:53; 49. T.J. Even, Bix, 18:54; 50. Ruben Adams, Guth, 18:55.

### 3A Boys

**TEAM SCORING:** 1. Little Axe 49; 2. Anadarko 56; 3. Elk City 73; 4. Edmond Deer Creek 128; 5. Marlow 133; 6. Elgin 143; 7. Mannford 229; 8. Jay 250; 9. Poteau 252; 10. Byng 262; 11. Star Spencer 277; 12. Piedmont 280; 13. Tuttle 296; NS—Ft. Gibson, Purcell, Claremore-Sequoyah.

**INDIVIDUALS:** 1. Travis Johnson, ElkC, 16:54; 2. Chris McHone, ElkC, 17:07; 3. Chuck Staton, LA, 17:14; 4. Jonathan Davis, Mar, 17:18; 5. Luke Ennis, LA, 17:23; 6. Jhavar Swift, Ana, 17:28; 7. T.J. Horse, Ana, 17:30; 8. Haneef dul-Raheem, LA, 17:32; 9. Freddie Stephens, Elg, 17:36; 10. Dustin Moore, Ana, 17:37; 11. Jimmy Russell, LA, 17:39; 12. Scott Caldwell, FrG, 17:54; 13. Trey Fryman, ElkC, 18:05; 14. Richard Mears, Ana, 18:09; 15. Cody Wise, Pot, 18:10; 16. Sean Holveck, EDC, 18:17; 17.

Luke Westendorff, Pied, 18:18; 18. Cody McDonald, ElkC, 18:25; 19. M.J. Reynolds, Mar, 18:26; 20. Corey McElhaney, Elg, 18:30; 21. David Gouge, Ana, 18:30; 22. Evan Morgan, EDC, 18:38; 23. Chris Osborn, LA, 18:42; 24. Billy Barnum, Tut, 18:46; 25. Kenny Dye, LA, 18:49; 26. Tyler Larsen, EDC, 18:50; 27. Jeff Langford, Elg, 18:51; 28. Michael Landrum, Jay, 18:51; 29. Jesse James, Mar, 18:53; 30. Lance Sullins, Byng, 18:54; 31. Alex Riffel, Ana, 19:06; 32. Michael Gray, Ana, 19:07; 33. Trent Williams, Purc, 19:08; 34. Houston Coor, Pot, 19:09; 35. Andy Benson, EDC, 19:11; 36. Drew Thompson, EDC, 19:12; 37. Josh Freeman, LA, 19:13; 38. Josh Laney, Mann, 19:13; 39. Lewis McCracken, Elg, 19:14; 40. Jimmy Griffin, Mann, 19:15; 41. Kinsey David, Mar, 19:20; 42. Steele Hoar, Pied, 19:27; 43. Nathan Warnke, ElkC, 19:30; 44. Chris Brown, SS, 19:34; 45. Casey Millsap, Purc, 19:34; 46. Jeremy Greer, SS, 19:34; 47. Scott Davis, Mar, 19:38; 48. Jim Groeller, Jay, 19:45; 49. Carlos Roland, SS, 19:47; 50. Jeff White, CS, 19:54.

# 1999 Girls Cross Country All State

A	2A	3A	4A
1. Beth Hooten Canton - So	1. Jesse Gordon Plainview - So	1. Susan Morford Little Axe - Sr	1. Amanda Jordan McGuinness - Jr
2. Nancy Gray Canton - So	2. Aja Clark Plainview - So	2. Jaicee Herren Elk City - Sr	2. Maggie Kelley McGuinness - Sr
3. Jessi Robertson Hooker - So	3. Kimbri Lettkeman Watonga - Fr	3. Lora Loy Jay - Fr	2. Christy Rogge McGuinness - So
4. Crystal Sweeney Hydro - Sr	4. Stephanie Merlyn Plainview - Fr	4. Ashlee Mayberry Elk City - Sr	3. Tressy Ross Carl Albert - Sr
5. Cassie Prophet Buffalo - Jr	5. Amanda Moore Watonga - Fr	5. Amber Bell Elk City - Sr	4. Jamie Lucero Guymon - Sr
6. Kamber Kirby Pond Creek-Hunter - Jr	6. Jacie Jones Plainview - So	6. Candice Walker Elk City - Sr	5. Tiffany Porte McGuinness - So
7. McKale Davis Woodland - Fr	7. Marda Traylor Lindsay - Sr	7. Amanda Lowry Creek - JrEdmond Deer	6. Lindsay Peterson McGuinness - Sr
8. Tiffany Wilson Freedom - Fr	8. Starlena Gruver Jones - So	8. Melissa Hinds Marlow - Sr	8. Lauren Duel Guthrie - So
9. Maranda Ross Cent. Sallisaw - Jr	9. Rachelle Riddle Lindsay - Sr	9. Ashley Brackeen Marlow - So	9. Christina Chavez Noble - Jr
10. Virginia Snider Velma-Alma - Jr	10. Amanda Wedel Lexington - Sr	10. Cheri Lemons Marlow - Fr	10. Sarah Cantrell Guthrie - Fr

HONORLE MENTION: 11. Bethany Sandwick, Oklahoma Bible Academy, Jr; 12. Jacqueline Black, Tonkawa, Jr; 13. Ivey Moore, Velma-Alma, Fr; 14. Tiffany Tilley, Velma-Alma, So; 15. Cassie Pierce, Timberlake, So.

HONORLE MENTION: 11. Tiffany Johnson, Caney Valley, So; 12. Leah Kochert, Lindsay, Jr; 13. Lisa Rhodd, Sequoyah-Tahlequah, Sr; 14. Carrie McFall, Cascia Hall, Jr; 15. Courtney Metscher, Chisholm, Sr.

HONORABLE MENTION: 11. Chandra Huckabay, Marlow, So; 12. Brandi McNair, Marlow, Sr; 13. Cindy Looper, Blackwell, Jr; 14. Shae Johnson, Elk City, Fr; 15. Dayna Goingskeen, Elgin, Fr.

HONORABLE MENTION: 11. Amanda Plant, Grove, So; 12. Angela Kmetz, Kelley, Jr; 13. Lindsey Keck, Glenpool, So; 14. Jennifer Lawrence, McGuinness, So; 15. Heidi Martinson, Edison, Sr.

# 1999 Cross country Boys All State

A	2A	3A	4A
1. Lucian Bliss Carnegie - Sr	1. Patrick McGuire Plainview - So	1. Travis Johnson lk City - Jr	1. Brett Lowry McGuinness - Sr
2. Erin Rooney Oklahoma Christian - So	2. Ryan Bickerstaff Alva - Sr	2. Chris McHone Elk City - Jr	2. Marco Jimenez Capital Hill - Jr
3. Andy Hegwood Boise City - Jr	3. Steve Sawyer Chisholm - Sr	3. Chuck Staton Little Axe - Sr	3. Michael Dixon Edison - So
4. Jacob Davis Burlington - Sr	4. Randy Womack Plainview - Fr	4. Jonathan Davis Marlow - Jr	4. Courtney Vasek Harrar - Jr
5. Cody Wood Stratford - Sr	5. Travis Pearman Stroud - Jr	5. Luke Ennis Little Axe - Sr	5. Jeremy Wendte Duncan - Sr
6. Luke Voth Hooker - So	6. Jim Bob Coleman Watonga - Sr	6. Jhavar Swift Anadarko - Jr	6. Curtis Anderson Guthrie - So
7. Michael Bradford Roff - So	7. Marshall MedicineBear Watonga - Fr	7. T.J. Horse Anadarko - Jr	7. Sterling Pratt Guthrie - Jr
8. Ron Gray Woodland - Fr	8. Tyson Sjuln Plainview - Sr	8. Haneef Abdul-Raheem Little Axe - Sr	8. Sean McCabe Duncan - Jr
9. Brandon McDonald Carnegie - So	9. Justin Edsall Watonga - Fr	9. Freddie Stephens Elgin - Sr	9. John Burger McGuinness - Jr
10. Mike Satepauhoodle Carnegie - So	10. Jason Coleman Watonga - Fr	10. Dustin Moore Anadarko - Sr	10. Matt Cagigal McGuinness - Fr

HONORLE MENTION: 11. Hal Sturdevant, Oklahoma Bible Academy, So; 12. Taylor Miles, Oklahoma Christian, Sr; 13. Brad Hall, Velma-Alma, So; 14. Jean Shackelford, Carnegie, Sr; 15. Ben Wilson, Oklahoma Bible Academy, Jr.

HONORLE MENTION: 11. Chase Bolding, Heritage Hall, Fr; 12. Travis Conklin, Plainview, Sr; 13. Cole Strickland, Heritage Hall, So; 14. Matt Stewart, Plainview, So; 15. Jason Long, Chisholm, So.

HONORABLE MENTION: 11. Jimmy Russell, Little Axe, Jr; 12. Scott Caldwell, Fort Gibson, Sr; 13. Trey Fryman, Elk City, Jr; 14. Richard Mears, Anadarko, Sr; 15. Cody Wise, Poteau, So.

HONORABLE MENTION: 11. Kevin Howarth, Edison, Sr; 12. Brant Littrell, Guymon, Sr; 13. David Connolly, McGuinness, Jr; 14. Morgan Snipes, McGuinness, So; 15. Jason Murphy, Bixby, Sr.



**5A**

1. Brianna McLeod  
*Jenks - Fr*
2. Alison Thompson  
*Bartlesville - Jr*
3. Saralee Sparks  
*Moore - Sr*
4. Jessica Thompson  
*Mustang - Jr*
5. Smmer Suchy  
*Westmoore - Sr*
6. Laura Major  
*Jenks - Fr*
7. Jessica Jorgensen  
*Ponca City - Jr*
8. Camille Herron  
*Westmoore - Sr*
9. Megan Burns  
*Jenks - So*
10. Adrienne McVey  
*Sapulpa - Sr*

HONORABLE MENTION: 11. Mary Hill, Sapulpa, Sr; 12. Katie Kelly, Stillwater, Sr; 13. Shonie Hixson, Westmoore, So; 14. Alison Vaughn, Jenks, So; 15. Melissa Webb, Bartlesville, Sr.

**Boys Power Rank**

1. Edmond Memorial
2. Mustang
3. Jenks
4. McGuinness
5. Moore
6. Plainview
7. Watonga
8. Sapulpa
9. Little Axe
10. Bartlesville

**5A Boys (Final)**

1. Ed Memorial 59
2. Mustang 98
3. Jenks 108
4. Moore 138
5. Sapulpa 160
6. Bartlesville 196
7. Stillwater 218
8. Union 222
9. Westmoore 238
10. Enid 239

**2A Boys (Final)**

1. Plainview 32
2. Watonga 49
3. Chisholm 70
4. Heritage Hall 93
5. Riverside 125
6. Lindsay 187
7. Tah. Sequoyah 196
8. Dickson 217
9. Prague 228
10. Victory Christian 237

**Girls Power Rank**

1. Jenks
2. McGuinness
3. Westmoore
4. Plainview
5. Moore
6. Elk City
7. Bartlesville
8. Marlow
9. Watonga
10. Owasso

**5A Girls (Final)**

1. Jenks 47
2. Westmoore 62
3. Moore 95
4. Bartlesville 135
5. Owasso 172
6. Mustang 191
7. Santa Fe 202
8. Enid 215
9. Sapulpa 229
10. Norman 242

**2A Girls (Final)**

1. Plainview 31
2. Watonga 66
3. Lindsay 84
4. Lexington 126
5. Tishomingo 146
6. Cascia Hall 160
7. Chisholm 215
8. Caney Valley 223
9. Jones 228
10. Tah. Sequoyah 248

**5A**

1. Joey McNair  
*Bartlesville - Sr*
2. Brady Schmiedeberg  
*Edmond Memorial - Sr*
3. Blake Culp  
*Bartlesville - Jr*
4. Marc Scumate  
*Edmond Memorial - Fr*
5. Craig Swiger  
*Enid - Jr*
6. Derek Smith  
*Sapulpa - Sr*
7. Brandon Root  
*Edmond Memorial - Sr*
8. Dallas Carroll  
*Owasso - Jr*
9. Eric Cosby  
*Moore - Sr*
10. Rem Moll  
*Jenks - Jr*

HONORABLE MENTION: 11. Bryan Mixon, Mustang, Sr; 12. Steven Matthews, Mustang, So; 13. Chase Hall, Jenks, So; 14. Pete Laughlin, Jenks, Jr; 15. Brian Caldwell, Santa Fe, Jr.

**4A Boys (Final)**

1. McGuinness 45
2. Edison 77
3. Duncan 121
4. Harrah 123
5. Guthrie 156
6. Weatherford 168
7. Capitol Hill 169
8. Bixby 202
9. Noble 220
10. Kelley 250

**3A Boys (Final)**

1. Little Axe 49
2. Anadarko 56
3. Elk City 73
4. Ed Deer Creek 128
5. Marlow 133
6. Elgin 143
7. Mannford 229
8. Jay 250
9. Poteau 252
10. Byng 262

**A Boys (Final)**

1. Carnegie 26
2. Okla. Bible 72
3. Okla. Christian 108
4. Velma-Alma 123
5. Oktaha 127
6. Beaver 128
7. Braman 171
8. Keyes 209
9. Laverne 219
10. Walters 250

**4A Girls (Final)**

1. McGuinness 19
2. Grove 111
3. Edison 131
4. Kelley 132
5. Guthrie 176
6. Carl Albert 176
7. Ardmore 183
8. Glenpool 188
9. Weatherford 210
10. Altus 225

**3A Girls (Final)**

1. Elk City 30
2. Marlow 50
3. Little Axe 77
4. Jay 136
5. Ed Deer Creek 155
6. Elgin 180
7. Byng 195
8. Mannford 209
9. Anadarko 246
10. Sulphur 249

**A Girls (Final)**

1. Canton 53
2. Velma-Alma 59
3. Beaver 111
4. Timberlake 127
5. Central-Sallisaw 130
6. Okla. Christian 132
7. Hooker 190
8. Walters 218
9. Canute 223
10. P. Creek-Hunter 229

# Arkansas Oklahoma All Star

Fayetteville, Ark.  
November 13, 1999

## Girls

TEAM SCORING: 1. Oklahoma 82; 2. Arkansas 148.  
(top ten runners score)

INDIVIDUALS: 1. Amanda Jordan, McGuinness, Okla, 11:21; 2. Camille Herron, Westmoore, Okla, 11:38; 3. Dawn Crawford, Mountain Home, Ark, 11:49; 4. Jessie Gordon, Plainview, Okla, 11:52; 5. Heidi Vondemeden, Harrison, Ark, 11:56; 6. Tiffany Dodson, Harrison, Ark, 11:59; 7. Kimbri Lettkeman, Watonga, Okla, 12:00; 8. Maggie Kelley, McGuinness, Okla, 12:03; 9. Candace Bowling, Siloam Springs, Ark, 12:05; 10. Jessica Jorgenson, Ponca City, Okla, 12:06; 11. Kari Hart, Mustang, Okla, 12:07; 12. Jessica Thompson, Mustang, Okla, 12:14; 13. Mary Hill, Sapulpa, Okla, 12:14; 14. Christy Rogge, McGuinness, Okla, 12:16; 15. Amber Dean, Watson Chapel, Ark, 12:18; 16. Jacie Jones, Plainview, Okla, 12:22; 17. Sharalee Sparks, Moore, Okla, 12:23; 18. Susan Morford, Little Axe, Okla, 12:35; 19. Aja Clark, Plainview, Okla, 12:38; 20. Jessica Harris, Pottsville, Ark, 12:40; 21. Liz Santos, Rogers, Ark, 12:42; 22. Candice Gross, Crossett, Ark, 12:46; 23. Whitney Barr, Berryhill, Ark, 12:47; 24. Andrea Hobbs, Decatur, Ark, 12:50; 25. Tiffany Mullin, Mountain Home, Ark, 12:51; 26. Susan Worden, Santa Fe, Okla, 13:02; 27. Katie Howard, Fayetteville, Ark, 12:55; 28. Marda Traylor, Lindsay, Okla, 12:56; 29. Rachelle Riddle, Lindsay, Okla, 12:56; 30. Erin Smith, Lake Hamilton, Ark, 13:01; 31. Heather Ray, Santa Fe, Okla, 13:02; 32. Amanda Lowry, Edmond Deer Creek, Okla, 13:04; 33. Maureen Howard, Fayetteville, Ark, 13:08; 34. Gina Messina, Bryant, Ark, 13:11; 35. Brandi Stigler, Lake Hamilton, Ark, 13:12; 36. Stephanie Merlyn, Plainview, Okla, 13:13; 37. April Lassiter, Bentonville, Ark, 13:15; 38. Jessica Winters, Russellville, Ark, 13:20; 39. Tara Loftis, Harrison, Ark, 13:28; 40. Many Merlin, Bryant, Ark, 13:24; 41. Carmen Zamora, Weatherford, Okla, 13:24; 42. Tiffany Bishop, McGuinness, Okla, 13:27; 43. Casey Hall, Lake Hamilton, Ark, 13:31; 44. Cassy Grimes, Rogers, Ark, 13:37; 45. Lacey Hughes, Russellville, Ark, 13:49.

## Boys

TEAM SCORING: 1. Arkansas 101; 2. Oklahoma 109.



CLASS 5A STATE MEET—Eventual winner Bartlesville senior Joey McNair (second from right) at about 2000 meters. Photo by John Hoke

INDIVIDUALS: 1. Carlos Arrizon, Berryville, Ark, 15:56; 2. Jon Allen, Newport, Ark, 16:06; 3. Eric Gross, Mountain Home, Ark, 16:10; 4. Brady Schmiedeberg, Edmond Memorial, Okla, 16:15; 5. Joey McNair, Bartlesville, Okla, 16:21; 6. Ryan Bickerstaff, Alva, Okla, 16:30; 7. Marc Scumate, Edmond Memorial, Okla, 16:31; 8. Logan Thomas, Mountain Home, Ark, 16:33; 9. Derek Smith, Sapulpa, Okla, 16:35; 10. Marco Jimenez, Capital Hill, Okla, 16:37; 11. Zack Hill, Siloam Springs, Ark, 16:37; 12. Scott Swearingen, Rogers, Ark, 16:38; 13. Eric Brock, Russellville, Ark, 16:38; 14. Jim Coleman, Watonga, Okla, 16:43; 15. Blake Culp, Bartlesville, Okla, 16:45; 16. Bryan Mixon, Mustang, Okla, 16:53; 17. Francisco Andrade, Rogers, 16:50; 18. Chris McHone, Elk City, Okla, 16:53; 19. Ryan Wilson, Cot, Ark, 16:56; 20. Chase Hall, Jenks, Okla, 16:57; 21. Matt Sheets, Cot, Ark, 16:58; 22. Marshall Medicinebear, Watonga, Okla, 16:58; 23. Andrew Call, Norman North, Okla, 16:59; 24. Brett Lowry, McGuinness, Okla, 17:00; 25. Eric Cosby, Moore, Okla, 17:00; 26. David Kale, Fort Smith Northside, Ark, 17:02; 27. Bryan Buster, Yukon, Okla, 17:02; 28. Travis Johnson, Elk City, Okla, 17:02; 29. J. R. Lake, Sapulpa, Okla, 17:03; 30. Chris Behrens, Cot, Ark, 17:03; 31. Brad Mixon, Mustang, Okla, 17:06; 32. Pete Marston, Mountain Home, Ark, 17:13; 33. Courtney Vasek, Harrah, Okla, 17:15; 34. Brandon Hodges, Hot Springs, Ark, 17:17; 35. Michael Dixon, Edison, Okla, 17:18; 36. Patrick McGuire, Plainview, Okla, 17:19; 37. Dennis Bowling, Siloam Springs, Ark, 17:23; 38. Daniel Ray, Del City, Okla, 17:26; 39. Brandon Root, Edmond Memorial, Okla, 17:29; 40. Lucian Bliss, Carnegie, Okla, 17:30; 41. Brent Jennings, Harrisburg, Ark, 17:31; 42. Chris Snyder, Rogers, Ark, 17:33; 43. Drew Killingsworth, West Fork, Ark, 17:33; 44. Stu Lisle, Edmond Memorial, Okla, 17:34; 45. Chase Felmer, Russellville, Ark, 17:36; 46. Daniel Ellis, Sapulpa, Okla, 17:37; 47. Dirk Black, Fayetteville, Ark, 17:38; 48. Steve

Sawyer, Chisholm, Okla, 17:43; 49. Jake Conley, Rogers, Ark, 17:44; 50. Steven Matthews, Mustang, Okla, 17:44; 51. Zach Campbell, Rogers, 17:46; 52. Luke Ennis, Little Axe, Okla, 17:48; 53. Isaac Anderson, Mustang, Okla, 17:52; 54. Kevin Snyder, Mustang, Okla, 17:59; 55. Haneef dul-Raheem, Little Axe, Okla, 18:01; 56. John Shiron, Russellville, Ark, 18:02; 57. Dallas Carroll, Owasso, Okla, 18:06; 58. Craig Swiger, Enid, Okla, 18:12; 59. Zac Newman, Mustang, Okla, 18:15; 60. Randy Womack, Plainview, Okla, 18:20.

## NCAA Division I District V Championship Champaign, Illinois 11/13/99

### Women

TEAM SCORING: 1. Kansas State 40; 2. Missouri; 3. Nebraska 98; 4. Minnesota 109; 5. Iowa State 190; 6. Northwestern 227; 7. Iowa 245; 8. Northern Iowa 264; 9. Wichita State 266; 10. Tulsa 276; 11. Drake 203; 12. Loyola 309; 13. Illinois 369; 14. Southern Illinois 410; 15. Oklahoma 423; 16. Oklahoma State 435; 17. Southeast Missouri State 450; 18. Bradley 455; 19. Eastern Illinois 502; 20. Kansas 504; 21. Southwest Missouri State 513; 22. Missouri-Kansas City 544; 23. Creighton 613; 24. Northern Illinois 653; 25. St. Louis 737.

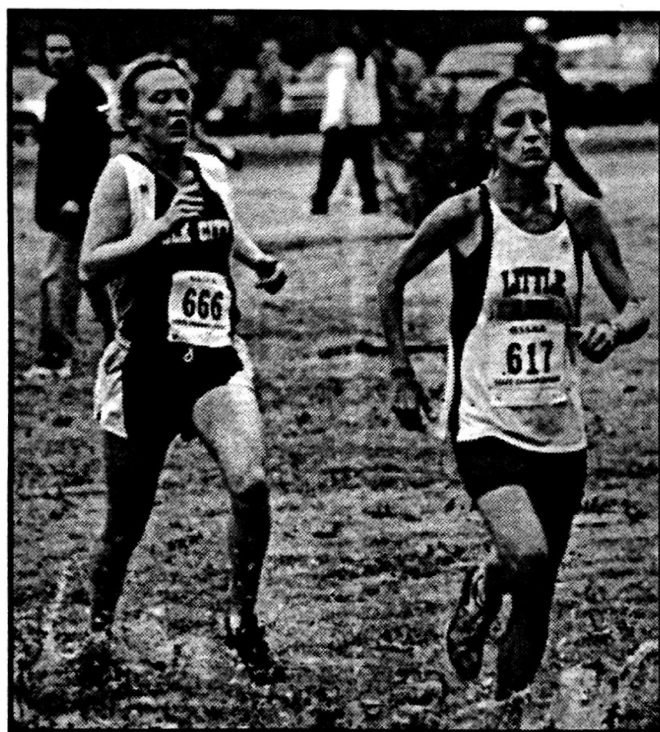
INDIVIDUALS: 1. Amy Mortimer, Kansas State, 16:59; 2. Korene Hinds, Kansas State, 16:59; 3. Hanna Smedstad, Oklahoma State, 17:02; 4. Annie Wetternus, Kansas State, 17:14; 5. Amanda Crouse, Kansas State, 17:18; 6. Stacia Beste, Illinois State, 17:18; 7. Michelle Brooks, Nebraska, 17:19; 8. Resa Michniovaite, Minnesota, 17:25; 9. Mary Ellen Hill, Bradley, 17:25; 10. Anna Guillingsrud, Missouri, 17:31.

Tulsa Results: 14. Frida Vullum, 17:39; 44. Margaret Danagher, 18:26; 50. Debbie Cardenas, 18:32; 77. Melissa Housley, 18:55; 99. Sarah Shaw, 19:14; 135. Sarah Haskins, 19:35; 130. April Johnson, 19:39.

Oklahoma Results: 64. Corrie Hussar, 18:40; 73. Sarah Harvey, 18:50; 80. Andrea DeLozier, 19:00; 94. Angie Prescott, 19:08; 127. Stephanie Webb, 19:37; 137. Mindy Mizell, 19:46; 168. Katherine Smith, 21:15.

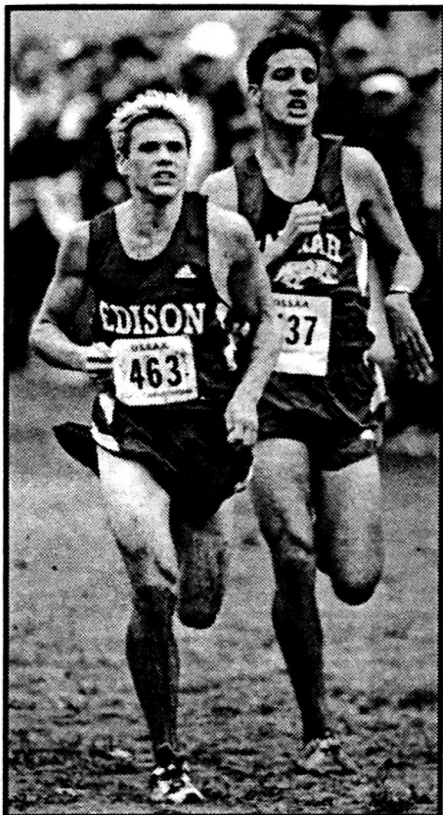
Oklahoma State Results: 36. Sara Wells, 18:14; 89. Araceli Davila, 19:06; 162. Shavon Young, 20:37; 165. Vera Waller, 20:55; 166. Karla Dennis, 21:00; 173. Tiffany Hurst, 22:10.

### Men



CLASS 3A STATE MEET—Eventual winner Little Axe senior Susan Morford (left) leads runnerup Elk City's Jaicee Herren at about 2000 meters. Photo by John Hoke





CLASS 4A STATE MEET—Edison sophomore Michael Dixon (left) out sprints Harrah junior Courtney Vasek for third place. Photo by Roger Taylor

**TEAM SCORING:** 1. Minnesota 56; 2. Missouri 76; 3. Oklahoma State 104; 4. Illinois 155; 5. Drake 188; 6. Iowa 189; 7. Nebraska 203; 8. Loyola 203; 9. Illinois State 204; 10. Eastern Illinois State 236; 11. Kansas 276; 12. Kansas State 276; 13. Southern Illinois 304; 14. Missouri 317; 15. Tulsa 386; 16. Southwest Missouri State 423; 17. Illinois-Chicago 477; 18. Oklahoma 477; 19. Creighton 526; 20. St. Louis 618.

**INDIVIDUALS:** 1. Chuck Sloan, Oklahoma State, 30:25; 2. Jason Lehmkuhle, Drake, 30:25; 3. Eric Pierce, Minnesota, 30:54; 4. Levi Timar, Northern Iowa, 30:55; 5. Mike Mwangong, Iowa State, 30:57; 6. Nick Smith, Missouri, 31:02; 7. Jean-Paul Niyongo, Kansas State, 31:05; 8. Adam MacDowell, Missouri, 31:06; 9. Andrew McKessock, Minnesota, 31:07; 10. Joseph Corr, Minnesota, 31:08.

Oklahoma State Results: 13. Bruce Wright, 31:15; 28. Ben Lake, 31:38; 31. Jerry Rainey, 31:43; 41. David Vasquez, 32:05; 45. Steffan Stegmark, 32:15; 80. Trey Vernon, 33:06.

Oklahoma Results: 67. Jimmy Martinez, 32:44; 107. Brandon Kissack, 33:46; 110. Cecil Rose, 33:52; 115. Sam Stalcup, 34:04; 119. Jeremiah Smith, 34:20; 124. Sean Culp, 34:34; 146. Jason Brown, 36:28.

## Big 12 Championships College Station, Texas 10/30/99

### Women

**TEAM SCORING:** 1. Colorado 62; 2. Kansas State 77; 3. Missouri 119; 4. Nebraska 121; 5. Texas Tech 130; 6. Texas 142; 7. Baylor 150; 8. Iowa State 186; 9. Texas A&M 191; 10. Oklahoma State 253; 11. Oklahoma 294; 12. Kansas 337.

**INDIVIDUALS:** 1. Kara Wheeler, CU, 16:48; 2. Leigh Daniel, TT, 17:00; 3. Korene Hinds, KSU, 17:08; 4. Amy Mortimer, KSU, 17:11; 5. Karin Earnstrom, BU, 17:13; 6. Hanna Smedstad, OSU, 17:15; 7. Michelle Brooks, NU, 17:20; 8. Anna Gullingsrud, UM, 17:26; 9. Kristen Koppes, TT, 17:28; 10. Carrie Messenger, CU, 17:33.

## Coaches' Corner

### OKLAHOMA TRACK COACHES ASSOCIATION

If you have not joined the OTCA for the 1999-2000 school year you need to be sure to get your membership in now. Selection to the two All-Star teams for post-season competition as a runner or coach requires that the coach be a member. Other benefits include a subscription to *Oklahoma TRACK & FIELD NEWS*, eligibility for the State Indoor Meet, summer and winter clinics, coaches Hall of Fame, senior All-Star awards, and coach of the year awards. Send \$35 to Randy Belicek, 925 Lovers Lane, Purcell, OK 73080.

### USA TRACK & FIELD LEVEL I COACHING SCHOOL

A clinic to get U.S.A. Track & Field Level I Coaching certification will be held December 17-18, 1999 in Austin, Texas. USAT&F has designed a tiered program beginning with Level I, which further educates coaches and helps them become the best possible coaches. The school provides the latest information and techniques available and is designed to help the U.S.A. continue its superiority at the international level. For further information, contact Coach Steve Silvey, do USA Track Clinic, P.O. Box 4501, Fayetteville, AR 72702. 501-575-6848 days.

### TEAM REPORTS

*Oklahoma TRACK & FIELD NEWS* will be sending out TEAM REPORT forms in January to all schools with track programs—over 425. Coaches please take the time to fill them out and return ASAP. Be sure that both boys and girls teams are reported since only one copy is sent to each school—duplicate the form if needed. These are the heart of our coverage since they provide schedules, coaches' names, correct spellings, class years and team rosters.

### SUBSCRIPTIONS

Coaches, *OT&FN* will not be able to survive without more subscribers. Please ask your librarian to add it to their list of publications. Also, please make sure that your parents are aware of us and suggest that they take a subscription to keep up on track in Oklahoma.

## COMING IN JANUARY

# ARKANSAS NATIONAL TRACK & FIELD CLINIC

January 7 & 8, 2000

Hot Springs, Arkansas

Plan Now to Attend!!

For information call 501-575-6384

OU Results: 47. Sarah Harvey, 18:28; 55. Andrea DeLozier, 18:39; 64. Corrie Hussar, 19:10; 68. Angie Prescott, 19:13; 77. Mindy Mizell, 19:33; 79. Stephanie Webb, 19:35; 85. Sinead Holt, 19:53; 90. Aisha Stringer, 20:14; 92. Katherine Smith, 20:24.

OSU Results: 37. Sara Wells, 18:17; 60. Araceli Davis, 19:02; 69. Shavon Young, 19:29; 81. Karla Dennis, 20:28; 82. Vera Waller, 21:37; 99. Lindsay Davis, 21:38; 100. Tiffany Hurst, 22:54; 101. Lindsey Tate, 24:24.

#### Men

**TEAM SCORING:** 1. Colorado 22; 2. Oklahoma State 102; 3. Missouri 103; 4. Texas 157; 5. Texas A&M 163; 6. Nebraska 173; 7. Kansas 187; 8. Iowa State 189; 9. Kansas State 202; 10. Texas Tech 240; 11. Baylor 263; 12. Oklahoma 320.

**INDIVIDUALS:** 1. Ron Roybal, Col, 24:23; 2. Jorge Torres, Col, 24:29; 3. Chuck Sloan, OSU, 24:36; 4. Scott Lengefeld, TAM, 24:43; 5. Sean Smith, Col, 24:50; 6. Mike Friedberg, Col, 24:53; 7. Brandon Jessop, KSU, 24:54; 8. Ed Torres, Col, 24:54; 9. Mike Mwangong, ISU, 25:05; 10. Jean-Paul Niyongu, KSU, 25:06.

OU Results: 43. Jimmy Martinez, 26:15; 55. Brandon Kissack, 26:50; 73. Sam Stalcup, 28:01; 74. Cecil Rose, 28:15; 77. Jeremiah Smith, 28:32; 78. Sean Culp, 28:38.

OSU Results: 14. Ben Lake, 25:25; 20. David Vasquez, 25:41; 53. Steffan Stegmark, 26:37; 55. Jerry Rainey, 26:39; 58. Gregory Rouault, 26:48; 63. Trey Vernon, 27:00.

## WAC Championships Fresno, California 10/30/99

#### Women

**TEAM SCORING:** 1. Rice; 2. Texas Christian; 3. San Jose State; 4. Tulsa; 5. Texas-El Paso; 6. Fresno State; 7. Hawaii; 8. Southern Methodist.

Tulsa Results: 1. Frida Vullum, 17:37; 10. Margaret Danagher, 18:43; 22. Melissa Housley, 19:05; 24. Debbie Cardenas, 19:08; 25. Sarah Shaw, 19:11; 32. Sarah Haskins, 19:29; 41. April Johnson, 20:01.

#### Men

**TEAM SCORING:** 1. Rice; 2. Southern Methodist; 3. Fresno State; 4. Texas Christian; 5. Texas-El Paso; 6. Tulsa; 7. San Jose State.

Tulsa Results: 8. Tim Surface, 25:37; 2. 18. Cary Stidham, 26:24; 19. Jared Christianson, 26:25; 26. Dwight Davis, 26:42; 28. David McWhorter, 26:47; 42. Adam Sullivan, 27:32; 43. Brian Erwin, 27:51.

## Southwestern Invitational Winfield, Kansas 10/30/99

#### Women

**TEAM SCORING:** 1. Oklahoma Baptist 44; 2. Colorado College 57; 3. Doane 83; 4. Baker 89; 5. Oklahoma Christian 159; 6. Southern Nazarene 164; 7. Dallas Baptist 184; 8. St. Gregory's 185; 9. Friends 227; 10. York 284.

**INDIVIDUALS:** 1. Mary Livengood, Doane, 18:03; 2. Libby Bloodworth, DB, 18:04; 3. Brandy Bratton, OBU, 18:11; 4. Liesel Kirk, Baker, 18:37; 5. Sara Breedlove, WJ, 18:50; 6. Gretchen Grindle, CC, 19:05; 7. Heather Anderson, OBU, 19:25; 8. Nicki Lanie, OBU, 19:25; 9. Amy Bratton, OBU, 19:26; 10. Lori Weaver, SNU, 19:27.

#### Men

**TEAM SCORING:** 1. Southwestern 33; 2. Southern Nazarene 102; 3. Oklahoma Christian 108; 4. William Jewel 123; 5. St. Gregory's 143; 6. Oklahoma Baptist 159; 7. Colorado College 171; 8. Doane 194; 9. Friends 236; 10. Baker 253; 11. Bethany 263; 12. Rockhurst 288; 13. Tor 335; 14. Sterling 408.

**INDIVIDUALS:** 1. Nathan Chamer, SNU, 25:41; 2. Nathan Wheatley, SW, 25:49; 3. Brian Whitlock, Unatt, 26:02; 4. Zack Reeves, Doane, 26:16; 5. Jonathan Conard, SW, 26:17; 6. Kurt Reeves, Friends, 26:21; 7. Eric Hunt, SW, 26:28; 8. Jeremy Collins, OC, 26:33; 9. Zac Breitenstein, WJ, 26:37; 10. Blake Collins, OC, 26:39.



*CLASS 3A STATE MEET—Elk City's Amber Bell leads a chase pack at about 600 meters. Photo by John Hoke*

## 2000 Coaches Indoor Games

The 25th Annual Oklahoma Track Coaches Association Indoor Games will be held February 4-5 at the Shawnee Expo Center. 4A and 5A will begin at 1:00 p.m. on the 5th and 2A and 3A will start at 10:00 a.m. on the 6th. Entry fee is \$65.00 per team and \$10.00 for an individual. A separate entry fee is required for each girl's team and each boy's team. Limits are two entries per event and one relay team per relay event.

No team or individual will be allowed to enter if their coach is not a member of the OTCA. Allo coaches entering teams will help officiate at the meet. There will be four classes for boys and girls this year with awards for the top three individuals in each event and trophies for the winning teams and runnerups in each class. Entry deadline is January 30 and no late entries will be accepted.

For further information or to enter a team, contact Randy Belicek, 925 Lovers Lane, Purcell, OK 73080. 405-527-7652 home or 238-3021 school.

## Winter Track Clinic

The Oklahoma Track Coaches Association will hold their annual Winter Track Clinic January 21-22 at the Ramada Inn in Norman. Registration is from 5:00 p.m. to 8:00 p.m. Friday, the 21st, and 8:00 a.m. to 11:00 a.m. on Saturday, the 22nd. Pre-registration is \$32.00 through January 10 and includes a clinic T-shirt, notebook, and door prizes. Hotel reservation may be made at a discounted rate (\$44.00 per night, 1-4 person occupancy) by contacting the Ramada Inn at (405) 321-0110.

Sessions will be held Friday from 6:30 p.m. to 10:00 p.m., and Saturday from 9:00 a.m. to 2:30 p.m. There will be a full schedule of speakers, an OTCA business meeting and a rules clinic.