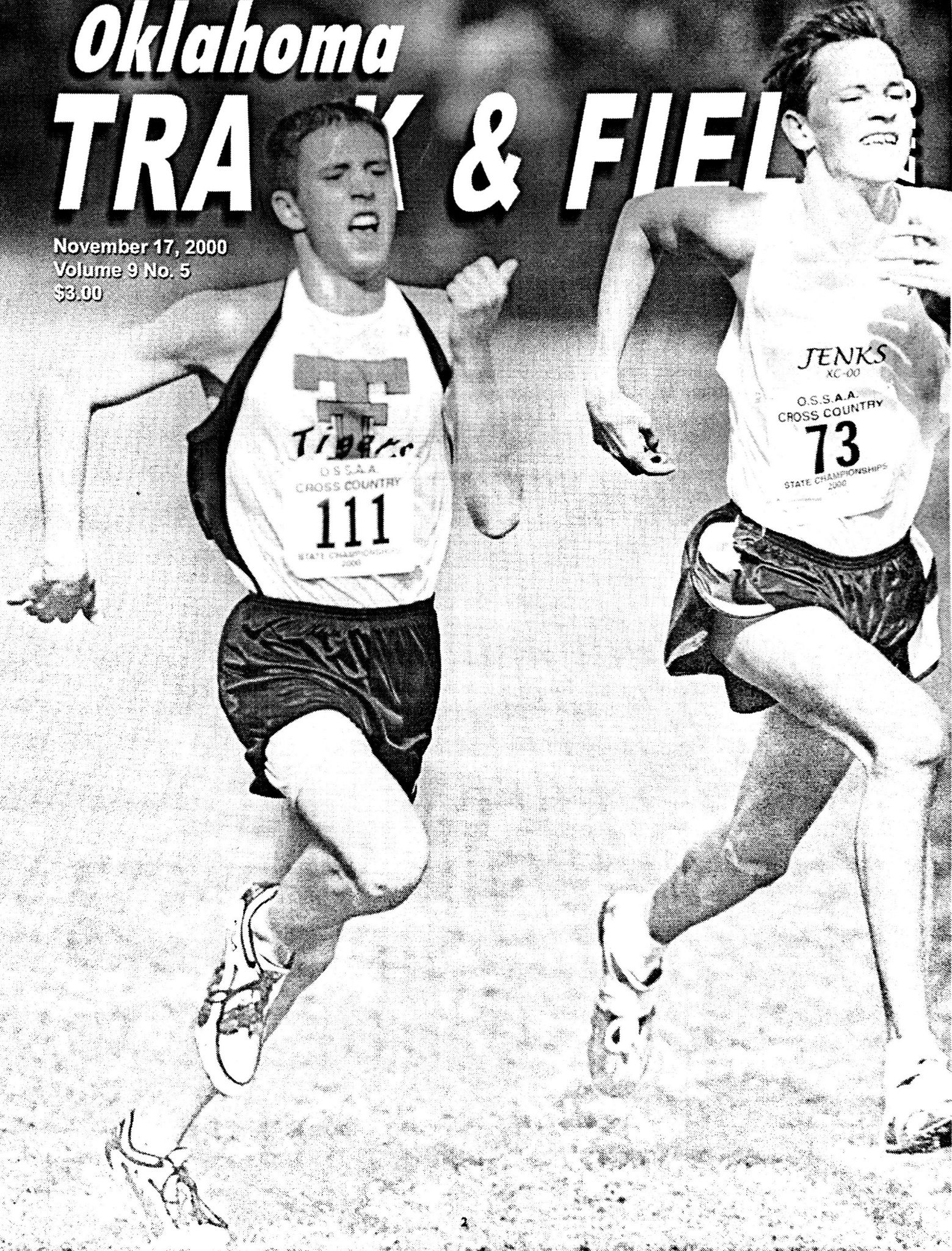


Oklahoma TRACK & FIELD

November 17, 2000
Volume 9 No. 5
\$3.00



On Track

By John Hoke, Editor

What an exciting end to the first cross country season of the new millennium! Edmond Memorial's win over Jenks in a sixth-runner tie-breaker was a nail biter for everyone. Congratulations to everyone who made it to the state meet and made the 2000 cross country season a big success.

I still wish the O.S.S.A.A. would put all the state meets together, or at least run them on the same weekend. It seems like the smaller schools just get started and then their season is over. I know it is the basketball coaches that have put the pressure on this issue but I don't think it is fair to cut the cross country season to less than two months in order to get the girls on the courts sooner.

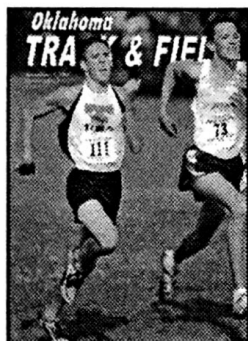
As usual, this issue is getting out late in order to get the results of the Oklahoma vs. Arkansas dual held in Fayetteville, Arkansas November 11. Since this is the last issue that covers cross country I hate to not include these results, especially for seniors who have hopes of competing in college. The next issue will be dated February 28, 2001 and will cover everything that happens between now and then.

TEAM REPORTS will be going out in January—coaches, please take the time to fill these out and return them promptly and, if you are not a member of the Oklahoma Track Coaches Association yet, it is still not too late to join.

At this point *Oklahoma Track & Field News* has 615 subscribers. This number has to grow to at least 800 by the end of March or there will be no *OT&FN* next year. As I've said before, if every high school library with a track program had a subscription we'd be safe.

This is serious. I do not intend to sell renewals for next season until I know that the circulation of this publication can justify the time and expense to put it out. If you want to keep us in business, this is what needs to happen: Coaches, go to your librarian and make sure they get a subscription, even if it means getting someone to donate it; Parents, ask the coach if the school has a subscription and get at least one other parent to get one. I could also use a sponsor for the back page and the web site so, if you know of a company that is interested in promoting the values of track and cross country, let them know about our plight. And, lastly, we still need to hire an assistant for track season. If you live in the Oklahoma City area and are interested in a paid part-time job, give me a call at 405-521-8750. Thanks.

See you at a track meet!



ON THE COVER—Tahlequah freshman Brian Gosnell (left) edged Jenks' David McVay for tenth place and the last All-State spot in the 5A boys state championships. Photo by Roger Taylor

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2000 5A-4A State Meet

By John Hoke
Editor

The 2000 5A-4A State Cross Country Championships were held October 28 at Oral Roberts University in Tulsa. McGuinness senior Amanda Jordan captured her fourth state title, becoming only the second girl in state history to do so as her team captured a record ninth straight title. In all, the races pretty much came off as predicted, even the unlikely win by Capitol Hill in the 4A boys race and the tie-breaker win by Edmond Memorial over Jenks in the 5A boys race. The course was extremely sloppy due to heavy rains in the preceding days and it was a bit warm and muggy with several runners collapsing on the course or at the finish line. Here's how the day went:

4A Girls

The Irish girls gave coach Dave Morton his ninth win in a row and 12th overall as they won convincingly by 48 points over Ardmore, who edged Grove 101-104 for third. Weatherford came in fourth with Kelley in fifth. In contrast to years past, McGuinness had only two top ten finishers while no other team could claim more than one.

In the individual race, Jordan took the lead at about 200 meters and finished in 12:07, well off her course best mark of 11:35 but still almost a minute ahead of Weatherford's Holly Villines at 12:56. Ardmore's Justin Flenory was third with Noble's Christina Chavez fourth and Guthrie's Jamie Theobald fifth.



Marco Jimenez
Capitol Hill

Courtney Vasek fifth.

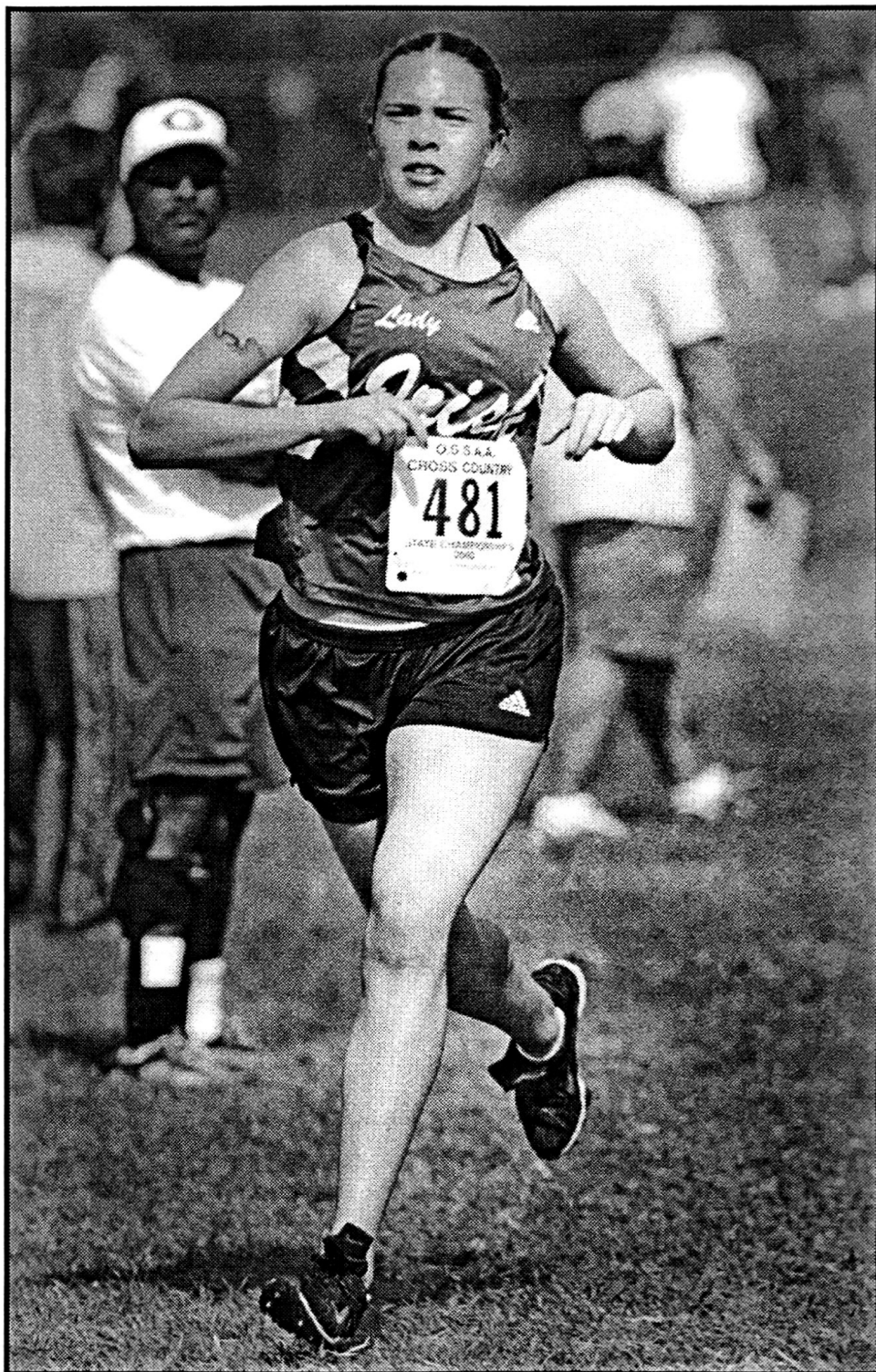
5A Girls

No surprises here as Jenks lived up to their season-long No. 1 ranking, capturing their second straight title and ninth overall, with a 51-109 spread over runnerup Norman. Martha O'Rourke's Trojans put

4A Boys

Capitol Hill took the title away from McGuinness here, winning by four points, 99-103, stopping the Irish streak at five straight and ending McGuinness' double win (boys and girls titles) streak as well. Led by No. 1 ranked Marco Jimenez, the coach Ron Miller's Redskins put two runners in the top ten while no other team had more than one. Harrah edged Guthrie by two points for third, 117-119, with Weatherford fifth.

Jimenez led from the start, eventually taking the gold by 32 seconds over Guthrie's Sterling Pratt with a time of 16:49. Duncan's Sean McCabe was third, Edison's Michael Dixon fourth and Harrah's



Four-Time State Champion

McGuinness senior Amanda Jordan became only the second runner in state history to claim four cross country titles, joining Cascia Hall's Natalie Gray who accomplished the feat in 1993.
Photo by Roger Taylor

three runners in the top ten, led by sophomore Brianna McLeod who took her second title with the days best time of 11:56. Moore edged Westmoore 138-142 for the third place medals while Mustang was fifth.

McLeod was unchallenged in winning the individual race but No. 2 ranked Chelsie Baldwin of Ponca City edged Edmond Memorial's Robin Herndon at the line for second with Jenks Rachel Barber fourth and Ponca City's Jessica Jorgensen fifth.

5A Boys

This was the race that everybody waited for and no one was disappointed, at least not in the quality of the competition. Defending champion Edmond Memorial won their tenth title last year, avenging a one-point

Continued on next page



Brianna McLeod
Jenks

loss to Jenks the year before and this year coach David Sammons Bulldogs prevailed in a sixth-runner tie-breaker to claim their eleventh title.

The lead pack contained five or six runners most of the race with Jenks' Rem Moll pulling ahead in the last 800 meters for a four-second win over Bartlesville's Blake Culp, 16:24-16:28. Jenks sophomore Chase Hall was third at 16:32 with Edmond Memorial's March Shumate and Tyler Schmiedeberg fourth and fifth. After non-scoring runners from incomplete teams were removed from the team scoring a 44-44 tie resulted which was broken by the Bulldog's sixth runner, Cliff Mitchell, who finished three seconds ahead of Jenks' sixth runner, Pete Laughlin to give the win to Edmond Memorial.

Power Rankings

With the state meets being conducted at two different sites it makes a final Power Ranking even more difficult. After studying the differences in comparative times a factor was determined for adjusting both the boys and girls team times. In the final ranking, the Jenks girls edged Plainview for the top spot with Watonga a not-too-distant third while the Edmond Memorial Boys were more of a clear-cut winner over Jenks in second and Elk City third.

The final rankings were based on average team times, including the adjustment, in the state meet races. This resulted in a few teams having a higher Power Rank than some teams that beat them in the state meet, but that always can happen as you begin to compare average times - and that's the only fair way to compare different classes.

The Jenks girls average time was about seven seconds slower than their time last year which didn't make the top six average times on the course over the past ten years. The Edmond Memorial boys time was about one



CLASS 4A BOYS STATE MEET—It was wet and muddy as the boys splash through a puddle midway through the race. Photo by Roger Taylor

second faster than last year but still not in the top six overall average times on the course. (See the Power Rank chart with the other final team placings in this issue.)

5A-4A State Championships Oral Roberts University Tulsa 10/28/00 4A Girls

TEAM SCORING: 1. McGuinness 53; 2. Ardmore 101; 3. Grove 104; 4. Weatherford 154; 5. Kelley 161; 6. Duncan 182; 7. Harrah 183; 8. Noble 209; 9. Guthrie 213; 10. Altus 240; 11. Pryor 247; 12. Durant 273; 13. McAlester 284; 14. Claremore 307; NS—Edison, John Marshall, Carl Albert Catoosa, Shawnee, Tecumseh, Bixby, Western Heights, Southeast.

INDIVIDUALS: 1. Amanda Jordan, McG, 12:07; 2. Holly Villines, Wea, 12:56; 3. Justin Flenory, Ard, 13:10; 4. Christina Chavez, Nob, 13:13; 5. Jamie Theobald, Guth, 13:17; 6. Kayla Hogan, Gr, 13:23; 7. Jenny Walls, Kel, 13:24; 8. Tiffany Eastep, Har, 13:26; 9. Danielle Vanzandt, McG, 10. Alicia Dalby, Ed, 13:33; 11. Kara Miskelly, Har, 13:39; 12. Tiffany Johnson, Ard, 13:43; 13. Katie Reichart, McG, 13:43; 14. Natalia Voellmecke, JM, 13:47; 15. Angie Grammar, Wea, 13:49; 16. Sharon Wilson, CA, 13:53; 17. Ellen

Carey, McG, 13:53; 18. Julie Cronin, Dur, 13:59; 19. Amy Gregg, Dun, 13:59; 20. Megan Ince, Pry, 14:02; 21. Liz Heinen, McG, 14:03; 22. Heather Downs, Dur, 14:05; 23. Linda Vasquez, Altus, 14:09; 24. Kayla Whitlock, Nob, 14:10; 25. Chassity Klick, McA, 14:11; 26. Angie Drake, Gr, 14:12; 27. Amanda Plant, Gr, 14:13; 28. Bryndi Reynolds, Gr, 14:13; 29. Michelle Fields, Gr, 14:13; 30. Patricia Johnson, Ard, 14:14; 31. Jennifer French, Dun, 14:16; 32. Kaitlin Blankenship, Ard, 14:17; 33. Leah Agers, Ard, 14:21; 34. Emily Epperson, Gr, 14:23; 35. Christy Rogge, McG, 14:27; 36. Lina Vasquez, Altus, 14:32; 37. Jeni Gilmore, Wea, 14:33; 38. Heather Copsey, Kel, 14:33; 39. Ashley Cotton, Guth, 14:36.

4A Boys

TEAM SCORING: 1. Capitol Hill 99; 2. McGuinness 103; 3. Harrah 117; 4. Guthrie 119; 5. Weatherford 144; 6. Ardmore 155; 7. Edison 173; 8. Shawnee 181; 9. Duncan 217; 10. Noble 236; 11. Altus 266; 12. Kelley 267; 13. Bixby 269; 14. Carl Albert 370; NS—Durant, Ada, Claremore, John Marshall, McAlester, Webster, B.T. Washington.

INDIVIDUALS: 1. Marco Jimenez, CH, 16:49; 2. Sterling Pratt, Guth, 17:21; 3. Sean McCabe, Dun, 17:28; 4. Michael Dixon, Ed, 17:40; 5. Courtney Vasek, Har, 17:42; 6. Cody Weaver, Nob, 17:43; 7. Matt Cagial, McG, 17:47; 8. Nate Moseley, Bix, 17:49; 9. Jose Diaz, CH, 17:50; 10. Seth Cohen, Shaw, 17:51; 11. Matt Cross, Ard, 17:58; 12. Vinnie Hogan, McG, 18:00; 13. Daniel Peterson, McG, 18:02; 14.



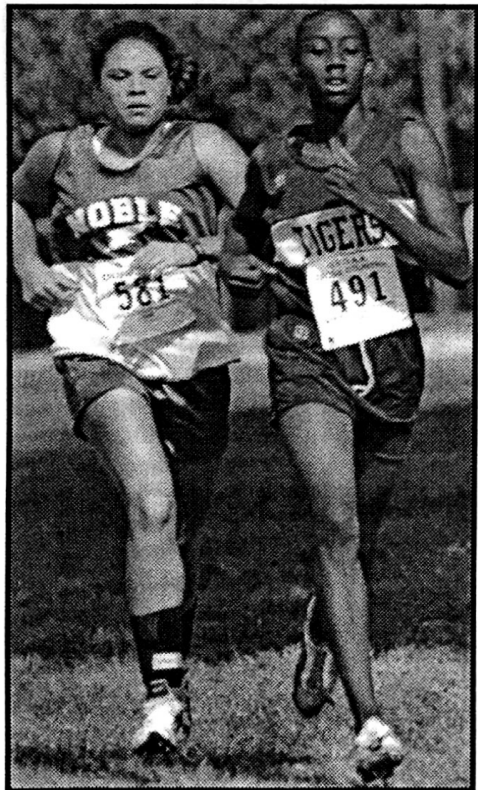
Rem Moll
Jenks

Justin Arledge, Ard, 18:03; 15. Travis Wolfe, Ed, 18:07; 16. Robert Cantu, Altus, 18:10; 17. Jasinto Juarez, CH, 18:13; 18. Chris Talbot, Guth, 18:18; 19. Curtis Anderson, Guth, 18:24; 20. Jeff Lawrence, Wea, 18:25; 21. Paul Wright, Shaw, 18:26; 22. Dietrich Hayes, Guth, 18:31; 23. Levi Henkel, Har, 18:31; 24. Duston Lansford, Har, 18:34; 25. Michael Hemphill, Dun, 18:35; 26. Andrew Johnson, Wea, 18:39; 27. Omar Portas, CH, 18:41; 28. Morgan Snipes, McG, 18:43; 29. Tony Laws, Har, 18:44; 30. Kyle Hudson, Bix, 18:45; 31. Shannon Guilbeau, Dur, 18:46; 32. Heath Smith, Wea, 18:46; 33. Mark Atland, Wea, 18:47; 34. Miguel Gonzales, Ard, 18:48; 35. Duistin Deville, Kel, 18:49; 36. Brandon Davis, Wea, 18:49; 37. Josh Lancaster, Har, 18:51; 38. Cody Arnall, Ed, 18:52; 39. Thai Le, Ard, 18:52; 40. Jake Barnett, Har, 18:53.

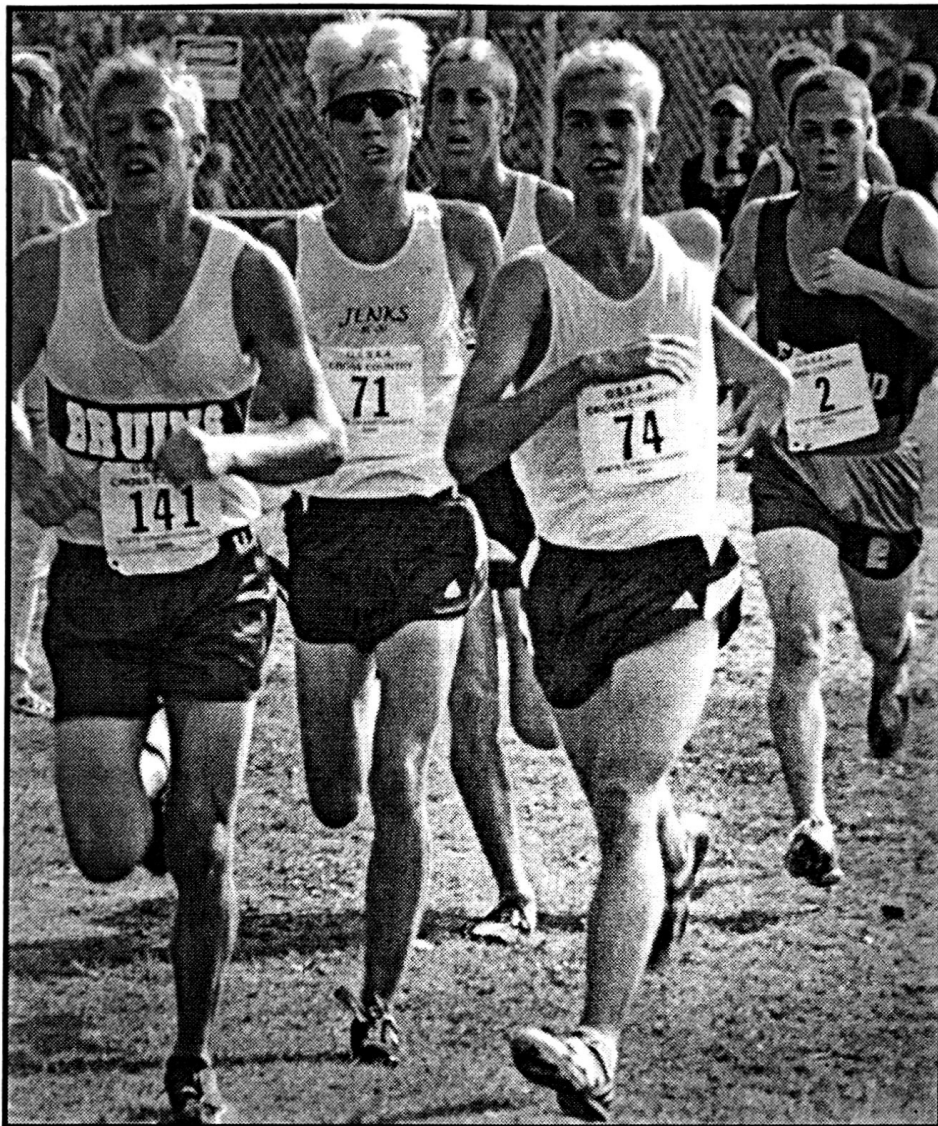
5A Girls

TEAM SCORING: 1. Jenks 51; 2. Norman 109; 3. Moore 138; 4. Westmoore 142; 5. Mustang 165; 6. Santa Fe 166; 7. Edmond Memorial 169; 8. Bartlesville 179; 9. Enid 184; 10. Ponca City 235; 11. Putnam City North 259; 12. Owasso 283; 13. Tahlequah 306; 14. Edmond North 391; NS—Stillwater, Broken Arrow, Yukon, Tulsa Memorial, Union, Putnam City, Sapulpa, Del City, Sand Springs, Midwest City.

INDIVIDUALS: 1. Brianna McLeod, Jenks, 11:56; 2. Chelsie Baldwin, PonC, 12:30; 3. Robin Herndon, EdM, 12:30; 4. Rachel Barber, Jenks, 12:37; 5. Jessica Jorgensen, PonC, 12:39; 6. Shoney Hixson, Wm, 12:40; 7. Jennifer Clarke, Stw, 12:41; 8. Tia Antone, PCN, 12:42; 9. Amanda Navarro, Moore, 12:43; 10. Alayne Thompson, Jenks, 12:45; 11. Nicole Henry, Moore, 12:48; 12. Susan Warden, SF, 12:49; 13. Heather Ray, SF, 12:50; 14. Shelly Sims, Nor, 12:50; 15. Joy Hagemann, Wm, 12:51; 16. Katherine Ensler, Nor, 12:51; 17. Jessica Thompson, Must, 12:59; 18. Alison Thompson, Bart, 13:00; 19. Laura Major, Jenks,



CLASS 4A GIRLS STATE MEET—Ardmore's Justin Flenory (right) edged Noble's Christina Chavez for third. Photo by John Hoke



CLASS 5A BOYS STATE MEET—With less than a mile to go five boys were still in a tight pack with Rem Moll of Jenks (#74), Blake Culp of Bartlesville (#141) and Chase Hall of Jenks (#71) finishing one-two-three. Photo by John Hoke

13:01; 20. Megan Burns, Jenks, 13:04; 21. Caitlin Jones, EdM, 13:05; 22. Mia Vesanen, Jenks, 13:06; 23. Jessica Stong, Enid, 13:12; 24. Andrea Mount, Must, 13:14; 25. Rachel Drake, Bart, 13:15; 26. Keisha Owens, Moore, 13:19; 27. Lauren Valsuch, Nor, 13:21; 28. Jessica Eldridge, BA, 13:24; 29. Dani Mitchell, Nor, 13:29; 30. Laura Fink, Nor, 13:30; 31. Erin Wallace, Wm, 13:31; 33. Melissa Mount, Must, 13:33; 34. Carly York, EdM, 13:33; 35. Ashley Enderlin, Bart, 13:34; 36. Robin Williams, Wm, 13:34; 37. S. Burnett, Nor, 13:38; 38. Sarah Gaylor, Tah, 13:39; 39. Amanda Dixon, Nor, 13:40; 40. Katrina Wright, Yuk, 13:42.

5A Boys

TEAM SCORING: 1. Edmond Memorial 44; 2. Jenks 44; 3. Norman North 128; 4. Edmond North 185; 5. Owasso 185; 6. Stillwater 188; 7. Norman 197; 8. Union 222; 9. Putnam City West 226; 10. Mustang 245; 11. Moore 257; 12. Tahlequah 259; 13. Santa Fe; 14. Westmoore 267; NS—Bartlesville, Sapulpa, Sand Springs, Northwest Classen, Putnam City, Midwest City, Ponca City, Broken Arrow.

INDIVIDUALS: 1. Rem Moll, Jenks, 16:24; 2. Blake Culp, Bart, 16:28; 3. Chase Hall, Jenks, 16:32; 4. Marc Shumate, EdM, 16:36; 5. Tyler Schmiedeborg,

EdM, 16:48; 6. Dallas Carroll, Ow, 16:49; 7. Daniel Ellis, Sap, 16:51; 8. Andrew Call, NN, 16:51; 9. Brett Turowski, Bart, 16:51; 10. Brian Gosnell, Tah, 16:54; 11. David McVay, Jenks, 16:54; 12. Erik Hurst, Wm, 17:02; 13. Marcus Gillett, EdM, 17:03; 14. Jonathan Bolden, PCW, 17:03; 15. Stu Lisle, EdM, 17:09; 16. David Harris, Jenks, 17:12; 17. Andrew Tower, Stw, 17:13; 18. Brad Zimmerman, EdM, 17:15; 19. Marcus Mayes, SS, 17:16; 20. Nick Miller, Stw, 17:19; 21. Steven Matthews, Must, 17:22; 22. Andy Robinson, Un, 17:31; 23. Zack Giddens, Moore, 17:32; 24. Ross Cohlmlia, Jenks, 17:33; 25. Patrick Venable, EdN, 17:34; 26. John Mulholland, Nor, 17:34; 27. Kris Upchurch, PonC, 17:40; 28. Keith Mehner, EdN, 17:42; 29. Steve Gillis, NN, 17:47; 30. Cliff Mitchell, EdM, 17:48; 31. Riley Mulinix, NN, 17:48; 32. Pete Laughlin, Jenks, 17:51; 33. Scott Downard, Nor, 17:53; 34. Dirk Neitzel, NWC, 17:57; 35. David Sutter, Ow, 17:57; 36. Matt Franks, NN, 18:00; 37. Dustin Gerlach, EdN, 18:03; 38. Daniel Ray, DelC, 18:05; 39. Nate Swanson, Un, 18:06; 40. Chris Taylor, Moore, 18:07.

2000 Girls Cross Country All State

A Girls

1. Heidi Schmidt
Oklahoma Bible
2. Nancy Gray
Canton
3. Beth Hooten
Canton
4. McKale Davis
Woodland
5. Melissa Dell
Oklahoma Bible
6. Kalie Radcliff
Dickson
7. Kishia Sharp
Carnegie
8. Cassie Prophet
Buffalo
9. Maranda Ross
Sallisaw Central
10. Afton Hoover
Mt. View-Gotebo

HONORABLE MENTION:

11. Tasha Newton, Turpin; 12. Tonya Bentley, Laverne; 13. Kendra Ray, Tonkawa; 14. Sally Sauer, Beaver; 15. Cassie Pierce, Timberlake.

2A Girls

1. Jessie Gordon
Plainview
2. Kimbri Lettkeman
Watonga
3. Sonja Petersen
Plainview
4. Stephanie Merlyn
Plainview
5. Amanda Moore
Watonga
6. Jacie Jones
Plainview
7. Heather Coleman
Watonga
8. Abbie Waters
Chisholm
9. Megan McGuire
Plainview
10. Leah Kocher
Lindsay

HONORABLE MENTION:

11. Lindsey Croka, Hennessey; 12. Claribel Mendoza, Madill; 13. Melissa McCarty, Plainview; 14. Lauren Crawford, Watonga; 15. Tiffany Johnson, Caney Valley.

3A Girls

1. Chandra Huckabay
Marlow
2. Krystal Billings
Bristow
3. Cheri Lemons
Marlow
4. Carrine Harlan
Mannford
5. Lora Loy
Jay
6. Jenna Garrett
Edmond Deer Creek
7. Casey Hggard
Jay
8. Amanda McCauley
Marlow
9. Shae Johnson
Elk City
10. Ashley Brimage
Elk City

HONORABLE MENTION:

11. Lindsey Mauldin, Glenpool; 12. Magen Long, Classen; 13. Hannah Skocik, Victory Christian; 14. Ashley Brackeen, Marlow; 15. Nichole Rader, Mannford.

4A Girls

1. Amanda Jordan
McGuinness
2. Holly Villines
Weatherford
3. Jastin Flenory
Ardmore
4. Christina Chavez
Noble
5. Jamie Theobald
Guthrie
6. Kayla Hogan
Grove
7. Jenny Walls
Kelley
8. Tiffany Eastep
Harrah
9. Danielle Vanzandt
McGuinness
10. Alicia Dalby
Edison

HONORABLE MENTION:

11. Kara Miskelly, Harrah; 12. Tiffany Johnson, Ardmore; 13. Katie Reichart, McGuinness; 14. Natalia Voellmecke, John Marshall; 15. Angie Grammar, Weatherford.

2000 Boys Cross Country All State

A Boys

1. Erin Rooney
Oklahoma Christian
2. Luke Voth
Hooker
3. Andy Hegwood
Boise City
4. Jacob Deviney
Maysville
5. Jazz Carreon
Beaver
6. John Garrett
Velma-Alma
7. Trevor Beaver
Carnegie
8. Erick Nimsey
Carnegie
9. Steve May
Oklahoma Christian
10. Doug Nesahkluah
Carnegie

HONORABLE MENTION:

11. Brandon McDonald, Carnegie; 12. Caleb Hobbs, Wilson; 13. T.C. Green, Velma-Alma; 14. Nathan Overstreet, Pioneer-Pleasant Vale; 15. Carlos LaBrada, Carnegie.

2A Boys

1. Patrick McGuire
Plainview
2. Justin Edsall
Watonga
3. Marshal MedicineBear
Watonga
4. Matt Stewart
Plainview
5. Kyle Tefft
Chisholm
6. Randy Womack
Plainview
7. Chase Bolding
Heritage Hall
8. Michael Elizondo
Tahlequah Sequoyah
9. Cole Strickland
Heritage Hall
10. John Kuehn
Watonga

HONORABLE MENTION:

11. Mark Gibson, Pawhuska; 12. Justin Schaper, Warner; 13. Alex Ratcliff, Dickson; 14. Josh Sawyer, Chisholm; 15. Travis Pearman, Stroud.

3A Boys

1. Chris McHone
Elk City
2. Travis Johnson
Elk City
3. Jesus Rubio
Anadarko
4. Jon Davis
Marlow
5. Billy Barnum
Tuttle
6. Justin Noble
Elgin
7. Tucker Jones
Elgin
8. Cody McDonald
Elk City
9. Trey Fryman
Elk City
10. Kyle Evans
Elk City

HONORABLE MENTION:

11. Jon Bawden, Elk City; 12. Ladd Sullins, Byng; 13. Corey McElhane, Elgin; 14. Justin Williams, Glenpool; 15. Chris Orsburn, Little Axe.

4A Boys

1. Marco Jimenez
Capitol Hill
2. Sterling Pratt
Guthrie
3. Sean McCabe
Duncan
4. Michael Dixon
Edison
5. Courtney Vasek
Harrah
6. Cody Weaver
Noble
7. Matt Cagigal
McGuinness
8. Nate Moseley
Bixby
9. Jose Diaz
Capitol Hill
10. Seth Cohen
Shawnee

HONORABLE MENTION:

11. Matt Cross, Ardmore; 12. Vinnie Hogan, McGuinness; 13. Daniel Peterson, McGuinness; 14. Justin Arledge, Ardmore; 15. Travis Wolfe, Edison.uncan.

All State

5A Girls

1. Brianna McLeod
Jenks
2. Chelsie Baldwin
Ponca City
3. Robin Herndon
Edmond Memorial
4. Rachel Barber
Jenks
5. Jessica Jorgensen
Ponca City
6. Shoney Hixson
Westmoore
7. Jennifer Clarke
Stillwater
8. Tia Antone
Putnam City North
9. Amanda Navarro
Moore
10. Alayne Thompson
Jenks

HONORABLE MENTION: 11. Nicole Henry, Moore; 12. Susan Warden, Santa Fe; 13. Heather Ray, Santa Fe; 14. Shelly Sims, Norman; 15. Joy Hagemann, Westmoore.

All State

5A Boys

1. Rem Moll
Jenks
2. Blake Culp
Bartlesville
3. Chase Hall
Jenks
4. Marc Shumate
Edmond Memorial
5. Tyler Schmiedeberg
Edmond Memorial
6. Dallas Carroll
Owasso
7. Daniel Ellis
Sapulpa
8. Andrew Call
Norman North
9. Brett Turowski
Bartlesville
10. Brian Gosnell
Tahlequah

HONORABLE MENTION: 11. David McVay, Jenks; 12. Erik Hurst, Westmoore; 13. Marcus Gillett, Edmond Memorial; 14. Jonathan Bolden, Putnam City West; 15. Stu Lisle, Edmond Memorial.

Boys Power Rank

1. Edmond Memorial
2. Jenks
3. Elk City
4. Watonga
5. Plainview
6. Norman North
7. Edmond North
8. Chisholm
9. Owasso
10. Stillwater

4A Boys (Final)

1. Capitol Hill 99
2. McGuinness 103
3. Harrah 117
4. Guthrie 119
5. Weatherford 144
6. Ardmore 155
7. Edison 173
8. Shawnee 181
9. Duncan 217
10. Noble 236

2A Boys (Final)

1. Watonga 53
2. Chisholm 65
3. Plainview 65
4. Heritage Hall 69
5. Tah Sequoyah 114
6. Riverside 126
7. Lindsay 213
8. Lexington 235
9. Chouteau Maize 236
10. Henryetta 276

Girls Power Rank

1. Jenks
2. Plainview
3. Watonga
4. Moore
5. Westmoore
6. McGuinness
7. Oklahoma Bible
8. Santa Fe
9. Edmond Memorial
10. Mustang

4A Girls (Final)

1. McGuinness 53
2. Ardmore 101
3. Grove 104
4. Weatherford 154
5. Kelley 161
6. Duncan 182
7. Harrah 183
8. Noble 209
9. Guthrie 213
10. Altus 240

2A Girls (Final)

1. Plainview 23
2. Watonga 42
3. Caney Valley 86
4. Madill 151
5. Lexington 151
6. Tishomingo 164
7. Wynnewood 179
8. Heritage Hall 207
9. Chisholm 209
10. Jones 217

5A Boys (Final)

1. Ed Memorial 44
2. Jenks 44
3. Norman North 128
4. Edmond North 185
5. Owasso 185
6. Stillwater 188
7. Norman 197
8. Union 222
9. Put City West 226
10. Mustang 245

3A Boys (Final)

1. Elk City 27
2. Elgin 66
3. Anadarko 89
4. Marlow 148
5. Little axe 164
6. Victry Christian 192
7. Ed Deer creek 193
8. Byng 199
9. Sallisaw 230
10. Guymon 251

A Boys (Final)

1. Carnegie 39
2. Velma-Alma 75
3. Okla Christian 89
4. Beaver 107
5. Oklahoma Bible 111
6. Braman 116
7. Hooker 190
8. Latta 202
9. Bennington 249
10. Keyes 250

5A Girls (Final)

1. Jenks 51
2. Norman 109
3. Moore 138
4. Westmoore 142
5. Mustang 165
6. Santa Fe 166
7. Ed Memorial 169
8. Bartlesville 179
9. Enid 184
10. Ponca City 235

3A Girls (Final)

1. Marlow 57
2. Jay 115
3. Glenpool 151
4. Victry Christian 151
5. Ed Deer creek 154
6. Elgin 157
7. Sulphur 173
8. Guymon 179
9. Little Axe 190
10. Elk City 190

A Girls (Final)

1. Oklahoma Bible 52
2. Canton 97
3. Depew 113
4. Carnegie 168
5. Timberlake 172
6. Beaver 176
7. Hooker 199
8. Velma-Alma 200
9. Sallisaw Central 201
10. Canute 238

Arkansas vs. Oklahoma All-Star Meet

University of Arkansas
Fayetteville, Arkansas

11/12/00

Girls (4km)

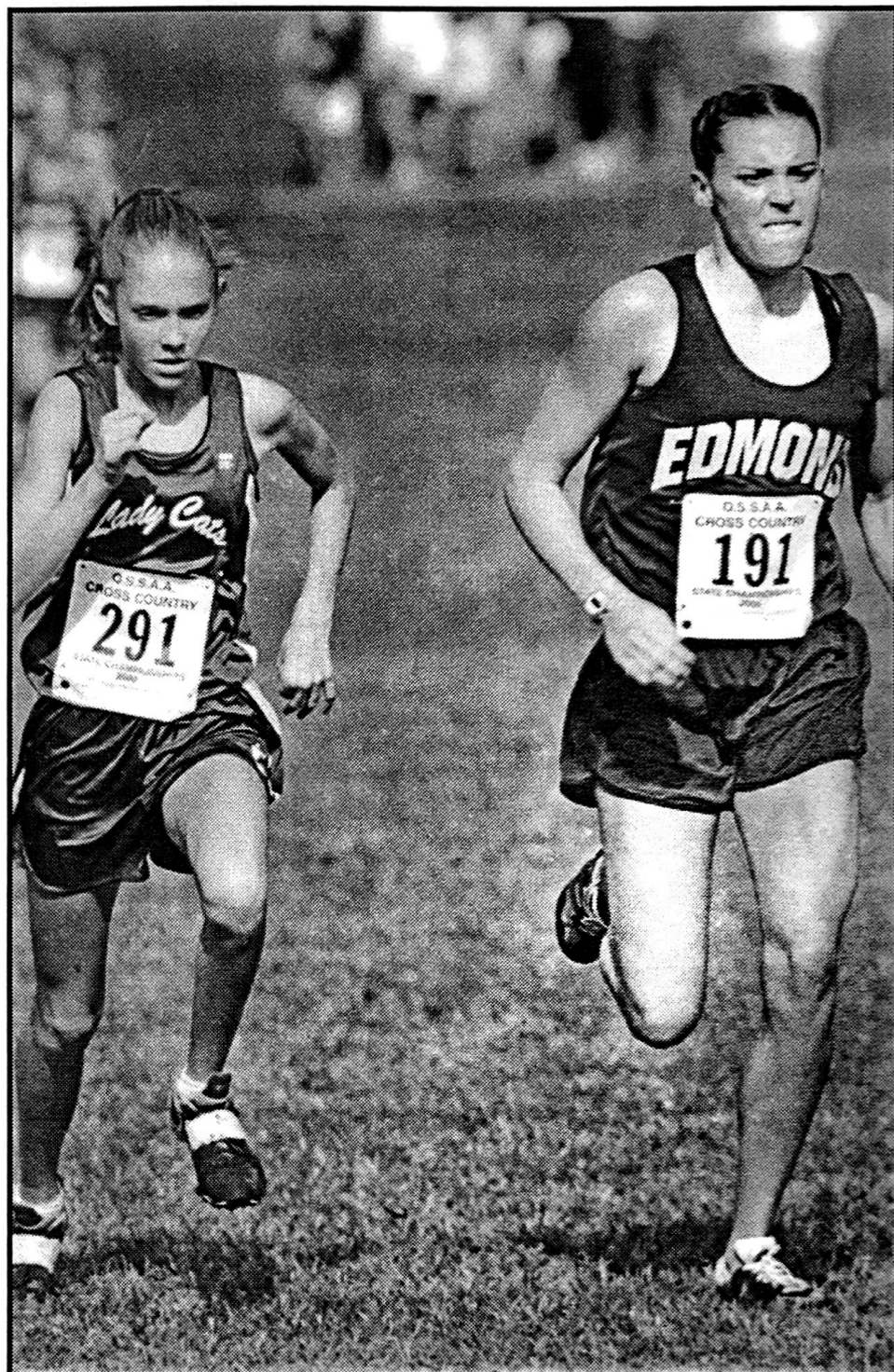
TEAM RESULTS (scores based on first ten finishers of each team): 1. Oklahoma 1-2-5-6-7-9-11-13-14-16=84; 2. Arkansas 3-4-8-10-12-15-17-18-21-22=130.

INDIVIDUALS: 1. Jessie Gordon, Plainview, OK, 14:37; 2. Amanda Jordan, Bishop McGuinness, OK, 14:58; 3. Beth Madson, Lake Hamilton, AR, 15:12; 4. Dawn Crawford, Mt. Home, AR, 15:20; 5. Kimbri Lettkeman, Watonga, OK, 15:23; 6. Aja Clark, Plainview, OK, 15:40; 7. Jessica Thompson, Mustang, OK, 15:50; 8. Heidi Vondermeiden, Harrison, AR, 15:52; 9. Holly Villivas, Weatherford, OK, 15:53; 10. Liz Santos, Rogers, AR, 15:54; 11. Susan Wordon, Sante Fe, OK, 15:55; 12. Tara Loftis, Harrison, AR, 15:56; 13. Amanda Moore, Watonga, OK, 15:59; 14. Jennifer Clarke, Stillwater, OK, 16:00; 15. Andrea Peerson, Rogers, AR, 16:01; 16. Shelly Sims, Norman, OK, 16:07; 17. Candace Bowling, Siloam Springs, AR, 16:11; 18. Brittany Beck, Mt. Home, AR, 16:12; 19. Danielle Vanzant, Bishop McGuinness, OK, 16:13; 20. Heather Ray, Sante Fe, OK, 16:19; 21. Dawn Speaks, Mt. Home, AR, 16:22; 22. Dianne Miller, Pea Ridge, AR, 16:24; 23. Patricia Bradbury, Lake Hamilton, AR, 16:25; 24. Cassy Grimes, Rogers, AR, 16:26; 25. Andrea Mount, Mustang, OK, 16:26; 26. Chandra Huckabay, Marlow, OK, 16:27; 27. Ashley Henson, Alpena, AR, 16:28; 28. Amanda Land, Fayetteville, AR, 16:34; 29. Sidney Swonger, Fayetteville, AR, 16:36; 30. Megan Urganhart, Mount St. Mary's, AR, 16:38; 31. Dani Mitchell, Norman, OK, 16:34; 32. Sheena Metz, Dover, AR, 16:42; 33. Melissa Mount, Mustang, OK, 16:46; 34. Jessalyn Halstead, Harrison, AR, 16:47; 35. Allyson Robertson, Watson Chapel, AR, 16:54; 36. Heather Coleman, Watonga, OK, 17:02; 37. Justin Flanory, Ardmore, OK, 17:03; 38. Erin Smith, Lake Hamilton, AR, 17:08; 39. Allyson Turinski, Mt. Home, AR, 17:17; 40. Angie Grammer, Weatherford, OK, 17:22

Boys (5KM)

TEAM RESULTS (scores based on first ten finishers of each team): 1. Arkansas 1-2-3-5-6-7-11-12-16-17=80; 2. Oklahoma 4-8-9-10-13-14-15-18-19-20=130.

INDIVIDUALS: 1. Eric Gross, Mt. Home, AR, 15:11; 2. Logan Thomas, Mt. Home, AR, 15:46; 3. Peter Marston, Mt. Home, AR, 15:54; 4. Justin Edsall, Watonga, OK, 15:57; 5. Scott Swearingin, Rogers, AR, 15:57; 6. Chris Behrens, Cabot, AR, 16:00; 7. Eric Brock, Russellville, AR, 16:05; 8. Marco Jimenez, Capitol Hill, OK, 16:08; 9. Tyler Schneideberg, Edmond Memorial, OK, 16:09; 10. Marshall Medicine Bear, Watonga, OK, 16:10; 11. Jake Conley, Rogers, AR, 16:10; 12. Jamie Rhoden, Heber Springs, AR, 16:12; 13. Daniel Ellis, Sapulpa, OK, 16:15; 14. Steven Matthews, Mustang, OK, 16:16; 15. Jonathon Bolden, Putnam City West, OK, 16:16; 16. Eric Hensley, Russellville, AR, 16:20; 17. Ryan Wilson, Cabot, AR, 16:22; 18. Chase Hall, Jenks, OK, 16:25; 19. Andrew Call, Norman North, OK, 16:31; 20. John Mullholland, Norman, OK, 16:31; 21. Patrick Morgan, Edmond Memorial, OK, 16:32; 22. Jeremy Galloway, Ft. Smith Southside, AR, 16:32; 23. John Davis, Marlow, OK, 16:34; 24. Burt Hicks, Lake Hamilton, AR, 16:37; 25. Barry Holland, Mt. Home, AR, 16:39; 26. Derek Curry, Mt. Home, AR, 16:41; 27. Eric Hurst, Westmoore, OK, 16:45; 28. Ryan Garvin, Lake Hamilton, AR, 16:46; 29.



CLASS 5A GIRLS STATE MEET—Ponca City's Chelsie Baldwin (left) edged Edmond Memorial's Robin Herndon at the finish line for second place. Photo by Roger Taylor

Sterling Pratt, Guthrie, OK, 16:46; 30. Scott Downard, Norman, OK, 16:49; 31. Michael Schreckenhofer, Conway, AR, 16:52; 32. Michael Simkins, Berryville, AR, 16:57; 33. Landon Willets, Tulsa Union, OK, 17:00; 34. John Kuehn, Watonga, OK, 17:06; 35. Miquel Gil, Berryville, AR, 17:06; 36. Don Peterson, Bishop McGuinness, OK, 17:07; 37. Zac Newman, Mustang, OK, 17:07; 38. Matt Cagigal, Bishop McGuinness, OK, 17:10; 39. Drew Killingsworth, Berryville, AR, 17:10; 40. Adrain Sainz, Rogers, AR, 17:11.

**Next Issue
February 28,
2001**

2001 Coaches Indoor Games

The 24th Annual Oklahoma Track Coaches Association Indoor Games will be held February 9-10, 2001 at the Shawnee Expo Center. 4A and 5A will begin at 1:00 p.m. on the 9th and 2A and 3A will start at 10:00 a.m. on the 10th. 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 runnersup 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 19-20, 2001 at the Ramada Inn in Norman. Registration is from 5:00 p.m. to 8:00 p.m. Friday, the 19th, and 8:00 a.m. to 11: a.m. on Saturday, the 20th. Pre-registration is \$32.00 through January 10, 2001 and includes a clinic T-shirt and notebook. Hotel reservations may be made at a discounted rate (\$44 per night, 1-4 person occupancy) by contacting the Ramada Inn at (405) 321-0110.

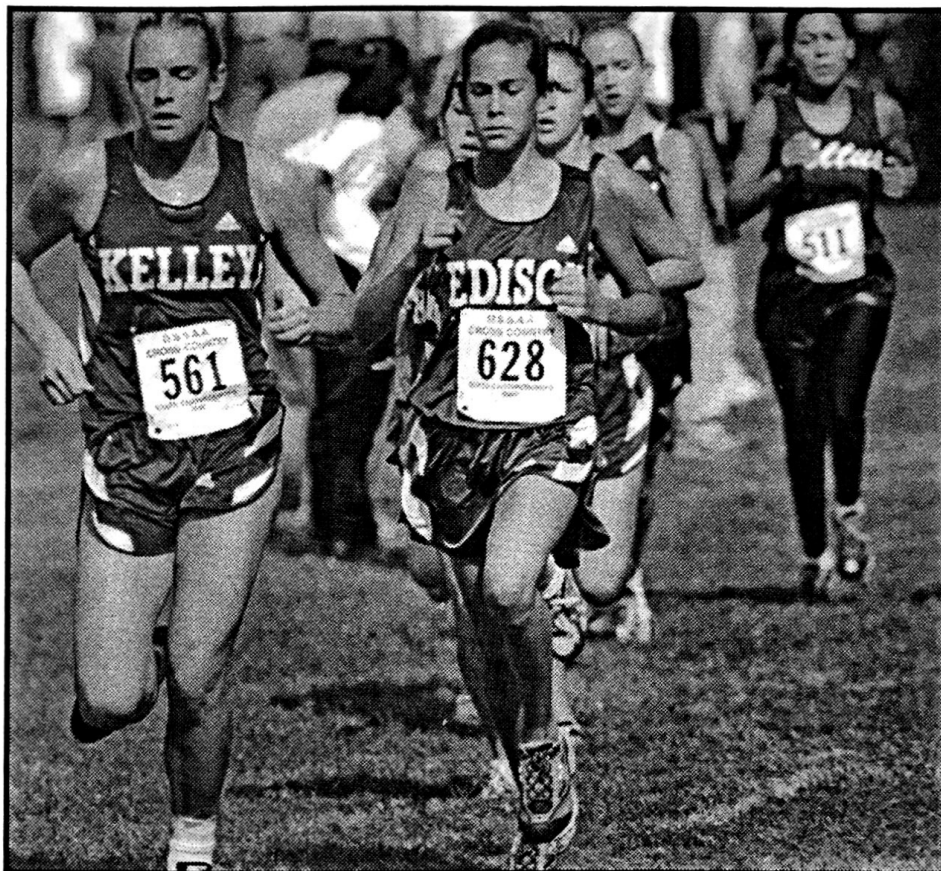
Sessions will be held Friday from 6:30 p.m. to 10:00 p.m., and Saturday from 9:00 a.m. to 2:30 p.m. There will be a full schedule of speakers, an OTCA business meeting and a rules clinic.

O.S.S.A.A. Academic State Champions

The Oklahoma Secondary School Activities Association recognized the following teams as Academic State Champions:

Beaver, 3.780 GPA, Class A Girls; Latta, 3.397 GPA, Class A Boys. Watonga, 3.80 GPA, Class 2A Girls; Chouteau-Mazie, 3.952 GPA, Class 2A Boys. Edmond Deer Creek, 3.852 GPA, Class 3A Girls; Edmond Deer Creek, 3.543 GPA, Class 3A Boys; Noble, 3.87, 4A Girls; Duncan, 3.87, 4A Boys; Jenks, 3.96, 5A Girls; Putnam City North, 3.66, 5A Boys.

**Check out our
web site:
oktrack.com**



CLASS 4A GIRLS STATE MEET—Jenny Walls of Kelley (left) and Alicia Dalby of Edison (right) match strides with about 1200 meters to go. Photo by Roger Taylor

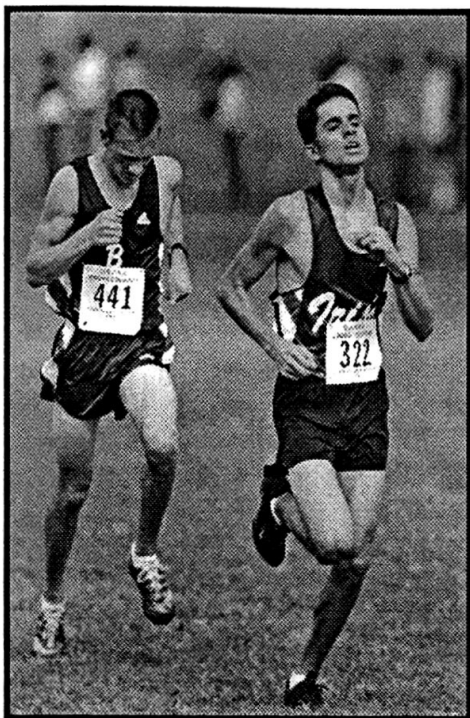
COMING IN JANUARY UTA NATIONAL TRACK & FIELD CLINIC

JANUARY 5-6-7, 2001

GREEN OAKS INN
FT. WORTH, TX

Plan now to attend !

For information call John Sauerhage, Co-Director
817-272-5753



CLASS 4A BOYS STATE MEET—Matt Cagigal of McGuinness (right) outsprints Nate Moseley of Bixby at the line for seventh place. Photo by Roger Taylor

Coaches' Corner

OKLAHOMA TRACK COACHES ASSOCIATION

If you have not joined the OTCA for the 2000-2001 school year you need to be sure to get your membership in now. Selection to the 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

Clinics to get U.S.A. Track & Field Level I Coaching certification will be held December 8, 9 & 10, 2000 in Dallas, Texas, and January 5, 6 & 7, 2001 in Ft. Worth, Texas. The USAT&F has designed a tiered program beginning with Level I, which further educates coaches and helps them become the best possible coaches. These schools provide 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, 1-800-644-6188, after 7:00 p.m. for the Dallas clinic or John Sauerhage, 1-817-272-5753 for the Ft. Worth clinic.

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.

USA TRACK & FIELD CLINIC

DALLAS, TEXAS

DECEMBER 8,9, & 10TH

Clinic will be held at Bishop Lynch High School

For a brochure please contact:

Coach Steve Silvey
TRACK MATERS, INC.
(817) 477-1899 ext. 14