

Sophomore Kamala Kohlmeier, a standout gymnast at Portland's Parkrose High School, now is a standout trackster at the University.

Gymnast turned track star learns to master new event

By Ashley Conklin Emerald Sports Reporter

Kamala Kohlemier has personified all-around excellence on the track this season, not a bad trait considering track used to be a "secondary sport" for her.

The sophomore from Portland's Parkrose High School competed in both track and gymnastics in high school, and was a two-time all-around state champion in gymnastics. However, it was track Kohlmeier decided to pursue in college, and so far the results have been encouraging.

"I was more into gymnastics so I knew my goals in track had limitations and I had to be realistic," Kohlmeier said. "Pac-10's were a reasonable goal and before, nationals weren't even a vision.

With a year of collegiate experience though, Kohlmeier has become the team's top hurdler this season and continues to excel in the jumps as well.

"A year of experience helped," Kohlmeier said. "Track was relatively new and kind of a secondary sport. It was a big step to do track at college. I still have a lot of room for improvement."

Womens' assistant coach Mark Stream, who coaches the hurdlers, jumpers and sprinters, agreed that having a year of experience has made the differ-

"Mainly just a year of training helped." he said. "Her big sport has been gymnastics and track was a sideline."

Kohlmeier has the Ducks' top marks in both the 100-meter high hurdles (14.21) and the 400 hurdles (1:01.60) despite running the 400 hurdles for the first time this year last Saturday. Kohlmeier also has the third best mark in the conference in the triple jump (38-9), after just learning the event this

Kohlmeier is the only Oregon athlete to qualify for the Pac-10 meet in four events. As if the hurdles and triple jump weren't enough, she has also tackled the seven-event heptathlon and easily met the conference standard with 4,879 points. With all of the demands on her, it's been quite a challenge for Kohlmeier to excel in every event.

"It's tough," she admitted.
"This week coming up (the Pac-10 meet), I've got to do sev-

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