



Photo by Martin Thiel

Oregon senior Stephanie Smith set a new personal best in the discus with a throw of 163-4 feet at the Oregon Invitational last weekend.

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proving, and with good reason. She has already improved by eight feet jumping from 155 feet to 163. Smith does not believe she needs to wait for the competition at the Pac-10 meet to throw 170 feet.

"For me, having close competition is motivating, but it's not always when I do my best," she said.

Laurie Williams took a step toward consistency with an impressive second in the 200. Williams, in one of the few races that ran into a strong head wind, clocked a 25.21, her fastest time of the year.

"Laurie ran really competitive, and that's what we've been waiting for," said Mark Stream, Oregon assistant coach and meet director. "We've been trying to get her more consistent, so when the right day and right conditions come along she'll be ready."

In the 3,000, junior Lisa Karnopp and freshman Nicole Woodward both turned in personal bests. Karnopp grabbed third at 9:45.49 taking nearly

two seconds off her old best.

Woodward made an even bigger improvement, chopping nearly 15 seconds off her old best. Last year's Oregon AAA state champion in the 3,000 clocked in at 9:48.79 in taking fifth place and being the sixth Oregon runner to qualify for the Pac-10 meet in the event.

In the long jump, freshman Karen Weidmann had her best jump of the year. Her 18-8 $\frac{3}{4}$ wind-aided effort is still far from her best of 19-4 $\frac{1}{2}$, but it is a leap in the direction of the 19-4 $\frac{1}{4}$ Pac-10 standard.

Paula Berry received little competition in the javelin. All the junior needed was a sub-par effort of 160-10 to win the event. Sophomore Kim Hyatt, Berry's teammate and usual competition, did not participate in the meet.

Laurel Roberts, Oregon's top high jumper, was troubled by a shin injury that forced her to bow out early with a 5-7 mark.

An all replacement team, except for sophomore Michelle Coalwell, carried the Oregon 4x400 relay team to victory. With sprinter Rosie Williams resting an injured hamstring and two others at the Drake Relays in Des Moines, Iowa, sophomores Nikki Swets and Helen Bajocich and Laurie Williams had to step in.

Oregon runners made an impressive outing at the Drake Relays. In Friday's medley relay, Oregon runners Liz Wilson, Kim Hutson, Carol Holmen and Erika Klein finished second.

Wilson, who ran a comeback anchor leg in the relay to get the second, repeated her effort Saturday with a come-from-behind kick to take second in the 1,500. Wilson ran a 4:21.7, less than a second behind the first place runner.

The time was Wilson's fastest of the year, and was only two seconds off her personal best. Carol Holmen came in 11th with a time of 4:35.8.

Klein made up for a less-than-stellar performance in the 800 in the medley relay by running a career-best 2:11.19 to capture third. Hutson took fifth clocking a 2:13.95.

The Ducks host Nebraska Saturday for their next scoring dual meet.

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