

SPORTS

Oregon duo developing hammer

By Ashley Conklin
Emerald Sports Editor

Oregon hammer thrower Scott McGee and his coach, Stewart Togher, are pioneers of a sort.

Although the hammer has a long history in Europe, it is a relatively new event to American track and field. The chance to develop American hammer throwing that brought Togher, a native of Scotland, to the United States in 1978.

That began Togher's approach to developing world-class U.S. hammer throwers. Since 1984, Togher has also served as Oregon's throws coach, developing several Ducks into top-flight hammer throwers.

First there was Kent Landerholm, who graduated from Oregon in 1983. Then there was Ken Flax, the NCAA cham-

pion in 1986. Then there was Eric Finch, the 1989 NCAA runner-up and now there's McGee, Togher's latest pupil.

Both Togher and McGee admit that it's been a long, on-going process to develop the hammer here.

"We're breaking new ground all the time," Togher said. "We're doing things that have not been done before in the Western world. We're trying to develop our own example."

"That's what I came here," he said. "We don't have a (sports) system like the Russians and German system, so we can't dwell on that."

McGee is a prime example of what Togher is trying to do.

A state champion shot putter at Springfield's Thurston High School in 1986, McGee had the speed but not necessarily the size (6-foot-1, 215 pounds) to be a world-class shot putter.

With that in mind, McGee was converted to the hammer, using his first year in 1987 as a red-shirt year to learn the event.

Since then, McGee has developed into one of the top hammer throwers in the nation. He has qualified for the NCAA meet four straight years and was the Pacific-10 Conference and NCAA champ a year ago, as the fifth-ranked thrower in the United States.

Despite his success over the past five seasons, McGee admitted that throwing the hammer has remained a learning process.

"It's trial and error," McGee said. "It gets harder every year. Some things work, and some things don't."

"There's new elements you add all the time," he said. "It's an on-going challenge to keep improving."

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Photo by Sean Poston

Oregon's Scott McGee continues his on-going learning process in the hammer, and hopes that learning process includes a Pac-10 and NCAA title.

Oregon heads south to defend Pac-10 title

By Ashley Conklin
Emerald Sports Editor

Oregon men's track Coach Bill Dellinger admits he hasn't filled out any pre-meet form charts for this weekend's Pacific-10 Conference Championships in Tempe, Ariz.

But even without any elaborate statistical rankings, Dellinger knows Washington State is an overwhelming favorite for the team title.

"I haven't looked at the scores or all of the statistics for this meet to be knowledgeable enough to predict these things," he said. "Maybe it does help you or does some kind of benefit to see where we

are and anticipate how things will go.

"That's all fine on paper, but it really doesn't matter once you get in the meet," Dellinger said. "You still have to go out and compete."

But based on a 111-52 dual-meet loss to Washington State and the Cougars easy triumph in the Pepsi Team Invitational, Dellinger it will take a huge effort for any team to beat the Cougars.

"There's not that much I know about UCLA or Arizona," he said. "I am more knowledgeable about Washington State, that they beat us at the Pepsi

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