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OREGON TRACK

WOMEN

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ing. We're left in the lurch this spring. I've got one person in distances who can get the job done."

That person is freshman Milena Glusac.

Glusac helped the Ducks save a little face Saturday, finishing first in the 3,000 and 1,500-meter races. She is coming off a stellar cross country season in which she finished 12th and was the highest freshman finisher at the NCAA meet.

Heinonen hopes to keep Glusac in the longer distance races (3,000 and 5,000) and said he doesn't expect to have her doing double duty in the future with the exception of the Pac-10 meet.

"Milena can only do so much," he said. "She's only 18-years-old."

When the focus of the team shifts to the rest of the events, things get a little brighter.

In the middle distances (800, 1,500), Heinonen has brought in two freshmen, Vicky Fleschner and Christite Engesser, who he hopes will be able to fill the void left by Klein. Engesser set a personal record on Saturday taking second.

If Carlson, who began running the shorter distances last season, is unable to compete at full strength this season, the two freshmen will be relied on to carry the weight in the events.

Engesser took second in the California state meet in the 800 in 1992 and also finished 32nd in the Pac-10 cross country meet last fall. Fleschner took fifth in the California state meet in 1993.

Mark Stream, who coaches throws, sprints and hurdles, has suffered his share of losses, but has athletes who Heinonen thinks are ready to step up.

"The sprint-jump-hurdle group is strong and healthy," Heinonen said. "LaReina and Camara are obviously key losses, but we think we can still have a good track team because we have people who are ready to step out of the shadows of the athletes from last year and step into the limelight. It's just going to take a while to reach a real competitive level."

In the sprints, sophomore Jami-la Godfrey and senior Lisa Bedwell — who teamed with Jones and Woods to win the Pac-10 4x100 relay championship — will be looked to to provide points in the sprints, especially the 100. Freshman Nicole Commission from Canada could also provide some support in sprints, where she excels in the 200 and 400.

Deanna Knowles, another freshman, specializes in the 200 where her high school times are actually better than Bedwell and Godfrey's.

The return of Blair bodes well for the Ducks not only because of the points she almost surely will garner in the heptathlon at the Pac-10 and NCAA meets, but also because of her strong abilities in so many events. Blair took third in the high jump and long jump at Pac-10s last season, and this season she will get strong help in the long jump from a fully-recovered Mary Gilbert. Gilbert came off surgery last season to place sixth at the Pac-10 meet.

"She is ready to have her best season ever," Heinonen said.

Amo Olson could give some

DISTANCES

3,000 METERS

Jenna Carlson	9:34.6
Heidi VanBorkula	9:51.4
Jill Callero	10:06.3

5,000 METERS

Jenna Carlson	16:49.1
Heidi VanBorkula	17:00.0

10,000 METERS

Heidi VanBorkula	35:43
Niamh Zwagerman	36:33

HURDLES

100 METER

Kelly Blair	13.84
Mary Gilbert	15.02
Joanna Heath	15.10

400 METER

Kelly Blair	58.75
Joanna Heath	1:04.82
Alison Breedlove	1:05.60

JUMPS

HIGH JUMP

Kelly Blair	5-10 1/4
Amo Olson	5-10
Kalie Kerr	5-4

LONG JUMP

Kelly Blair	20-3 1/2
Grace Upshaw	19-3 1/2

TRIPLE JUMP

Sara Howell	39-11 1/2
Christine Sherwood	38-10 1/2

HEPTATHLON

Kelly Blair	6,038
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added help in the high jump, where her career best just short of Blair's top effort.

In the hurdles, Blair also took third in the 100-meter race at Pac-10s, and she will be the main gun for the Ducks in that race along with 400-meter race. Gilbert could also provide some help in the 100.

Over the past seven years, the javelin has been one of Oregon's most consistently strong events. This season, the Ducks boast three proven performers in Tonia Roth, Keri Esterbrook and Kelsey Stellick. Roth took second behind Selman at the Pac-10 meet, and Esterbrook threw a PR to finish sixth. Stellick failed to place at Pac-10s, but her lifetime best is right up there with the other two.

Roth is also expected to provide the Ducks only threat in the shot put and discus. She has big shoes to fill, however, after the transfer of Julie Beck who took fourth and sixth, respectively, in

the events at Pac-10s last year.

The triple jump has a Pac-10 scorer returning in junior Sara Howell, who took sixth at the meet last season. Gilbert will also see duty in the triple jump.

"Mark swears she jumped 41 feet on a foul last weekend," Heinonen said.

Heinonen said it's still too early to tell just how well the Ducks will do this season. A top four finish in the Pac-10 should be expected as the Ducks will likely be in the running with UCLA, Arizona, Washington and possibly Arizona State.

The Ducks will compete at the Texas Relays Saturday and return home for the Oregon Invitational Apr. 16 and the Pepsi Team Invitational Apr. 23. Both meets will be at Hayward Field.

The Pac-10 Championships will be held May 20-21 in Pullman, Wash.

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