

# TRACK AND FIELD



MARK MC TYRE/Emerald

Based on a balanced attack of runners, the Oregon men hope to race to the top of the conference, and the nation, during this season.

## Balance could equal men's return to top

Trevor Kearney  
Oregon Daily Emerald

When the men's track and field team plays host to the Washington Huskies on Saturday, it will be sporting a stronger overall roster that could help it return to the top of the Pacific-10 Conference.

According to Oregon head coach Bill Dellinger, the team, which has long been

associated with distance runners, is a more talented and overall balanced team than those of recent years.

"We cover all the events pretty well," Dellinger said, before pointing out a possible problem. "Our weakness is probably that we don't have a lot of depth in the hurdles."

But, Dellinger said, the team's overall depth is fairly strong.

"We cover all the events, but our strength is in the distances and the sprints," he added.

And that balance, he said, makes the team that much stronger than last year and that much better in each meet that it competes in.

"I think we are a much improved team," he said. "We are taking each meet as it

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## Duck women look to avenge loss to Huskies

Kris Henry  
Oregon Daily Emerald

The Oregon women's track and field season sprints into high gear on Saturday as the Ducks host Washington in the first of four regular-season team scoring opportunities.

Saturday's slate at Hayward Field gets underway at 12:10 p.m. with the start of the women's javelin while running events begin at 1:30 with the 3,000-meter steeplechase. The afternoon concludes with the women and men's 4x400-meter relay at 4 p.m.

Oregon will rely on its sprinters to lead the way in avenging a rare dual-meet loss to Washington a year ago in Seattle. In that meet, the Huskies were able to capture 12 of the 16 events as only Kelly Blair and Milena Glusac broke into the victory column for the Ducks.

"The sprinters are key for any team," said Tom Heinonen, Oregon head women's track and field coach, "and we're fortunate to be blessed with talented, hard-working and, right now, healthy peo-

### 1995 WOMEN'S TRACK

#### Meet three: Washington

■ **THE JAVELIN:** The first women's event is the javelin and starts at 12:10 p.m. The first race starts at 1:30 p.m.

■ **THE MATCHUP:** The women look to avenge last year's rare dual meet loss in Seattle.



ple in those events. They're going to do a lot for Oregon track and field this year."

Senior Camara Jones and junior LaReina Woods both return after redshirting last season and form the backbone of the sprinting corps, and the women's squad in general.

Jones is a Pac-10 champion and two-time All-American and Woods is back to defend her 100-meter league title. Both possess

school individual records and could provide the driveshaft for possibly the fastest 4x100-meter relay in Oregon history as well.

Jones posted an NCAA provisional qualifying mark in the 400 meters at last week's Sun Devil Invitational in Tempe, Ariz., in addition to anchoring both relays to solid finishes. In the same meet, Woods equaled Oregon's best effort at 100 meters from all of last season.

Although the dynamic duo will not be showcased in their best individual events Saturday, their return, along with the presence of junior Jamila Godfrey, represents three-fourths of the women's 1993 school-record-setting 100-meter quartet. That group became the program's first relay team to qualify for the collegiate championships since 1981.

The switching of meet assignments among the sprinters is the brainchild of Mark Stream, Oregon's assistant coach responsible for guiding the sprints, hurdles and jumps.

"He's doing that to keep everyone fresh and developing over the

long season," Heinonen said. "As much as we want to win this first dual meet, we need to look at the big picture."

"In order to be strong at the end of the season, we try not to emphasize the dual meets. What appears to be a disadvantage for us early will actually be a competitive advantage for us later in the season."

Oregon's supporting cast this season returns four other talented Pac-10 scorers and boasts several new faces which look to step to the forefront. Almost half of the team's 31 competitors entered in Saturday's meet will be expected to perform key roles in a team scoring situation for their first time on the collegiate level.

Rifle-armed Kelsey Stellick is the Ducks' top conference returnee with Nilka Thomas as the sole 800-meter returner and Glusac and Nicole Commissiong adding experienced talent to the distance and sprint events, respectively.

Stellick is off to her best start ever in the javelin, already sur-

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### UNIVERSITY OF OREGON

### ON



### TRACK

#### Field notes

- The women's team owns a 15-3 lifetime record against Washington, and have won the last eight meets at home against the Huskies.

- Hayward Field will play host to its eighth NCAA Championship in 1996. This year's championship's will be held in Knoxville, Tenn.

- Four Oregon football players have reunited on the track to make up a potent 4x100 relay team. Junior LaMont Woods, freshmen Patrick Johnson and Gary Young, and senior Dino Philyaw combine to make up the team that ran the relay in an impressive 40.4 seconds earlier this year.

#### Oregon Women's Schedule For Oregon-Washington Dual Meet

|                          |
|--------------------------|
| 12:10 - Javelin          |
| 12:15 - Long Jump        |
| 1:05 - Shot Put          |
| 1:10 - High Jump         |
| 1:45 - 3,000 Meters      |
| 1:50 - Triple Jump       |
| 2:00 - 4x100 Meter Relay |
| 2:10 - Discus            |
| 2:25 - 100 Meter Hurdles |
| 2:35 - 400 Meters        |
| 2:45 - 100 Meters        |
| 2:55 - 800 Meters        |
| 3:05 - 400 Meter Hurdles |
| 3:20 - 200 Meters        |
| 3:30 - 1,500 Meters      |
| 4:00 - 4x400 Meter Relay |

#### Oregon Men's Schedule For Oregon-Washington Dual Meet

|                     |
|---------------------|
| 12:30 - Hammer      |
| 1:10 - Javelin      |
| 1:15 - Pole Vault   |
| 1:20 - Long Jump    |
| 1:30 - Steeplechase |
| 2:00 - 4x100 Relay  |
| 2:15 - 1,500 Meters |
| 2:20 - Shot Put     |
| 2:25 - High Hurdles |
| 2:35 - High Jump    |
| 2:35 - 400 Meters   |
| 2:45 - 100 Meters   |
| 2:50 - Triple Jump  |
| 2:55 - 800 Meters   |
| 3:00 - Discus       |
| 3:05 - 400 Hurdles  |
| 3:20 - 200 Meters   |
| 3:40 - 5,000 Meters |
| 4:00 - 4x400 Relay  |