

HAMMER

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a close at Oregon he hopes to continue his training to make a possible bid for the 2000 Olympics. At times Zorich becomes amazed about his track and field career.

"In ninth grade if you would have told me that I'd be throwing in college I'd have to say 'you're crazy,'" Zorich said.

Carlson, another multi-throwing athlete, has made great strides in the hammer event since arriv-

ing at Oregon. Never having thrown the hammer before coming to Oregon, Carlson hiked his personal record some 28 feet to 188-4 in the 1994 Pepsi Team Invitational.

"I saw that it was just a real intense sport," Carlson said, "and I really didn't like the discus. I felt that I needed two strong events and I felt I'd really enjoy the hammer."

Of the trio, Carlson started his career in track and field at the youngest age.

"I started throwing the shot in

fifth grade," Carlson said, "when we would go out one day a week [at elementary school]."

As he progressed through high school Carlson earned state honors in football and track and field. He finished his prep career as the third-ranked shot putter in the United States, and in the discus Carlson set a school-record breaking a 21-year-old mark.

This season looks to be the year of the hammer for Oregon as the members' experience is expected to show through — barring any further injuries.

MEN'S

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comes, hopefully in stride. I look forward to watching the progress of these guys as the season goes along."

Junior distance runner Karl Keska agreed, adding that this is the best balanced team he has seen in his years at Oregon.

"I'm very excited because for the first time since I've been here, we have a really well balanced team," Keska said. "We've got a lot of talent. Our sprinters look really good. In fact, we look good in every department this year."

The team showed its strength in last Saturday's meet in Sacramento, Calif., as the Ducks excelled in several events, highlighted by the performances of two of the team's decathletes.

Junior Ray Livingston racked up a third-place finish with 7,472 points, beating his best previous performance by 200 points. Senior Kanon Vanderhoff trailed close behind with 7,445 points. Those numbers alone may be enough to qualify the two for the NCAA competition at the end of the season.

"Our two decathletes scored high enough that it may very well get them into the NCAA's," Dellinger said.

Sophomore Dusty Carlson and junior transfer Jim Lile showed the team's versatility, as Carlson won the shot put with a 58-foot 3 1/4 inch mark, and Lile won the javelin event with a mark of 218 feet 3 inches. Freshman Pat Johnson also showed his worth in Sacramento, running a 10.45 second 100-meter dash and a 20.89-second 200-meter dash. All three athletes will have a significant impact on the team's success, Dellinger said.

The distance runners posted good spring break performances as well, as the freshman duo of Matt Davis and Rob Aubrey showed that they will fit in with the likes of Keska, sophomore Benjamin Andrews and junior Rick Cantwell.

Davis, an All-American cross country runner in his first collegiate running season last fall, remained undefeated by running a 3 minute, 56.1 second 1500-meter run in Sacramento, while Aubrey posted a 9:08.8 mark in the steeplechase at the Oregon Preview on March 18.

1995 MEN'S TRACK

Meet three: Washington

■ THE HAMMER:

The first men's event, the hammer, starts at 12:30 p.m. The first race is at 1 p.m.

■ THE MATCHUP:

The men have won the last 19 of 20 meets against the Huskies and are heavily favored to win.



"Our distance runners didn't have any real competition, but they all competed well," Dellinger said.

In addition, the Ducks have a strong triple jumper in Matt Classen, who has already qualified for the Pac-10 meet with a mark of 48 feet, 1 1/2 inches, and a good 400-meter dash runner in Johnson. The Ducks could also get a boost from their 4x100-meter relay team composed of junior LaMont Woods, Johnson, freshman Gary Young and senior Dino Philyaw, as the team has run the relay in 40.4 seconds.

The Ducks have a four-meet winning streak against the Huskies, and have won 19 of the last 20 contests between the two schools, losing only in 1990 by a score of 84-79. But the Huskies have several athletes that will give the Ducks a tough test, led by junior Ed Turner, who has already chalked up a time of 21.28 seconds in the 200 this year.

Washington also looks to be tough in the javelin, as the Huskies have 1994 NCAA qualifier Craig Manalili competing, as well as Jacob Smith, who has already recorded a throw of 217 feet, 8 inches this season.

But according to Dellinger, Washington's toughest competition may come in the long jump, where Turner recorded a 24 feet, 5 1/2 inch jump this winter, and in the shot put, where Ernie Conwell had a 60 feet, 6 1/2 inches shot put this winter before falling to an abdominal injury.

"We are certainly going to get a challenge there," Dellinger said of the field events. "I think it's going to be a good meet."

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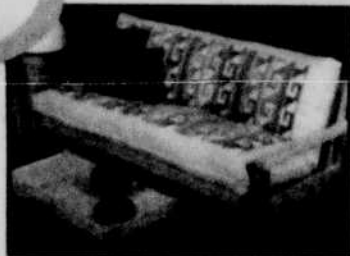
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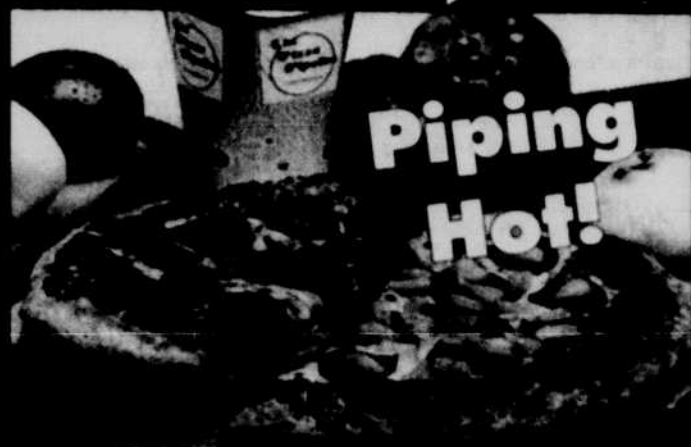
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