

Ducks head to nationals

Oregon men's cross country and women's qualifier Carrie Zografos run in today's NCAA Championships meet

Cross Country

Mindi Rice
Freelance Sports Reporter

After finishing second to Stanford in its past two meets, the sixth-ranked men's cross country team knows exactly where it needs to be during the NCAA Championships.

"We can use them as a reference point in the race," redshirt sophomore Ryan Andrus said. "They're a talented team and obviously the favorite to win and should have five or six guys up front."

The Ducks will race against Stanford and 29 other teams in Terre Haute, Ind., during today's NCAA meet.

"National races are always intimidating," Andrus said. "You have to be ready to play, and speaking for the team, we're confident and excited about the challenge this year."

Senior Jason Hartmann, who finished second individually in both the Pacific-10 Conference Championships and the Western Regional Championships this year, will pace the Oregon men. Andrus has been right behind Hartmann in both races.

"Ryan has run aggressively this year and has really lifted his level,"

men's head coach Martin Smith said. "He and Jason run their own individual races and find their own level in each race, and I don't think anything will change in this meet. They have different running styles which is good in some ways that they don't have to rely on each other if they won't or can't."

Also running for Oregon will be juniors Brett Holts and Noel Paulson, redshirt junior John Lucas, redshirt sophomore Eric Logsdon, redshirt freshman Will Viviani and freshman Shane Ahlers.

Hartmann, a native of Rockford, Mich., has family and friends coming to the meet.

"It's not quite a homefield advantage, but it'll be nice to have them there," Hartmann said. "I'm sure all the guys on the team will benefit from their cheering."

On the women's side, redshirt senior Carrie Zografos earned an individual spot in the meet, and will also compete in today's meet.

"She has a great chance to do well, and will probably use her best tactic so far — to get out but stay relaxed, and then run up through the pack," women's head coach Tom Heinonen said. "It's a fast course and also has some hills — things she likes. She's much more confident and ready to go this time around."

Zografos will be the third individual who has qualified for Heinonen in the four years his team has not.

This is Heinonen's last season leading the women harriers.

Both Zografos and the men's squad have spent the season preparing for the national meet.

"It's a whole new ball game at nationals," Hartmann said. "It's important to get out and feel confident, compete the whole way, and hang on at the end."

Mindi Rice is a freelance writer for the Emerald.

Today's crossword solution

L	E	T	T	S	E	A	A	L	A	R	M	S		
A	Q	U	A	M	S	G	R	E	H	E	E	L		
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S	N	A	C	K	S	O	R	E	Y	E	A	R		

Men's

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"We've been waiting a long time for this," Ridnour said. "It was fun to get a chance to get out there."

If there was one area of concern for the Ducks after Sunday's victory, it was in the rebounding category. Oregon was outrebounded 51-48 by a team with a roster that included one 6-foot-9-inch player and two 6-foot-8-inch players as its tallest members.

"We've got to block out more," Ridnour said. "We've got make that an emphasis, because that keys our

whole running game."

Davis, listed at 5-feet-10 inches, led the Ducks' rebounding effort along with forward Robert Johnson. Both players had seven rebounds.

But the Ducks, who held the Tigers to 26-percent shooting on the night, were more excited about their defense than worried about their rebounding.

And as the team unfurled last season's Pac-10 Championship banner before the game, Oregon proved that defense will be key to the defense of that title.

Contact the sports editor at peterhockaday@dailyemerald.com.

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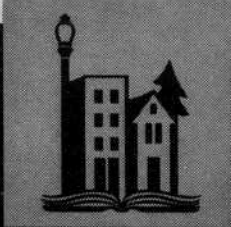
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