

Brett Shelby for the Emerald

Kent (second from front) could be a threat in the Pac-10 200 this weekend.

Kent

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including his father. He was held out during basketball season so he could develop as a basketball player, but he still practiced with the team.

Track season has been a nip-and-tuck affair for Kent. He competed in the long jump twice, the 200 once and the 100 once all season.

But that's not a bad thing unless you're a fan who missed seeing Kent in action this year.

"In other sports you practice, practice, practice until you're in pain," Kent said. "In track, pain is a good indication of when you need to stop. You're not necessarily trying to put in a lot of hours, but more so, just quality hours."

Ernie Kent agrees that spotty training is the best training for his son, who joined the track team months after most of the other Duck athletes did.

"I'm not a track coach, but I know athletes, and I think I would've done it the exact same way in terms of making him a specialty guy as opposed to trying to do too much with him," Ernie Kent said. "I've been very impressed with (Coach Smith)."

The slow training period has been necessary for Jordan Kent because of his transition from high school to college. Kent dominated Oregon high school athletics like Shaq would

Kent file

Born: Jordan Russell Kent on July 24, 1984 in Dhahran, Saudi Arabia

Before Oregon: Won seven Oregon 4A individual track titles in three years at Churchill High. Also led Churchill to 4A title in basketball in junior season.

Oregon: Redshirted basketball season and competed intermittently in track. Qualified and will run 100 and 200 at Pac-10 Championships.

dominate a YMCA team. He won a total of seven state 4A track titles, three in the 400, two in the 200 and one each in the long jump and 100. He added a 4A basketball title.

But Division I athletics isn't filled with cupcakes and ballerinas. Especially in the Pac-10, which is noted for its strength in both basketball and track.

"You've got to realize that you're not going to be a star; you're not going to win every race like you did in high school," Kent said. "It teaches you to be patient and a lot smarter."

Except that, well, Kent sort of *has* won every race this year. Admittedly, you could count those races on less than one hand, but he did win the 200 at the recent Oregon Twilight and the 100 at the Oregon Invitational. The only event he didn't win this year was the Invitational long jump, when he tweaked his groin in the middle of the competition and finished third. Kent said he won't com-

pete in the long jump this weekend but might compete at the NCAA Regional meet, where a re-injury would n't affect his team's performance.

"The main goal is to get the team a Pac-10 title, and more than trying to spread myself thin, I want to do the best I can in each event," Kent said. "I've got to find an equilibrium where I can do the most events but still not wear myself out. That's the challenge."

Kent, forever humble, said he doesn't expect to make the NCAA Championships in any event, though the regional format should benefit true competitors like him.

Kent, working off the assumption his season will end early, said he'll take a week and a half off after track ends before he picks up a basketball again.

Five bucks says he's on a basketball court within two days.

Contact the sports editor at peterhockaday@dailyemerald.com.

Softball

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second on the play. Poore followed with a single to load the bases.

Bergstrom reached base on a

third error by the Penn State shortstop. Vidlund scored on the play to give Oregon a 10-4 lead.

"I'm proud of our team and especially (Vidlund)," Arendsen said. "She had a huge hit and really stepped up in the circle when she had to."

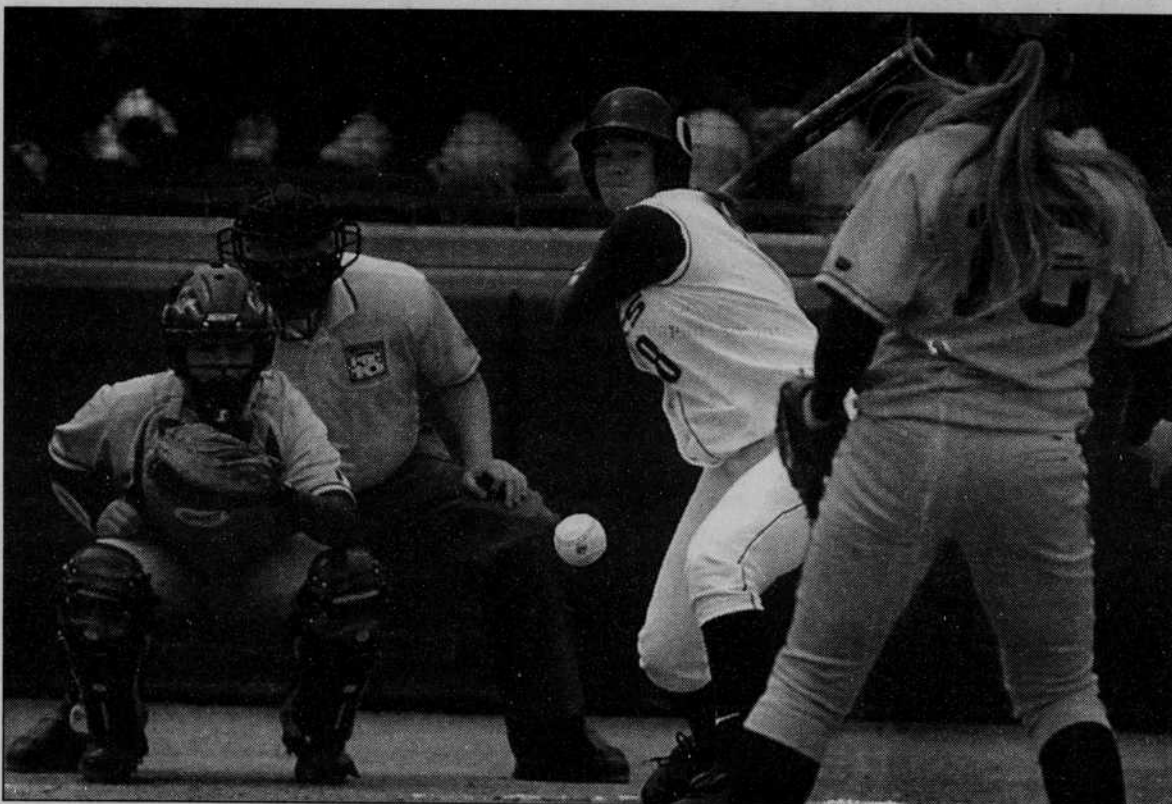
Vidlund earned the save for Oregon despite giving up four runs in the top of the seventh. She struck out Penn State's go-ahead run for the last out of the game.

"I felt when they hit the three-run home run, it kind of took a little wind out of our sails," Penn State head coach Robin Petrini said. "Most teams would have pulled in the pup tent, and we fought right back. We got down to them having to get the last batter out."

Pitcher Amy Harris started the game for Oregon. She was relieved by Meashintubby in the second after giving up two runs. Vidlund came in during the sixth inning for Meashintubby. Meashintubby earned the win.

"(Harris) had the freshman jitters," Arendsen said. "We know we have a deep pitching staff, and she was struggling with her command."

The win was the first time Oregon has opened regionals with a win since a 3-2 win over Califor-



Mark McCambridge Emerald

Andrea Vidlund (8) earned the save in Oregon's 10-8 win over Penn State in the first game of the NCAA Tournament.

nia in 1994.

"This team hasn't been (to regionals) in three years, but this is the same type of game we've been

playing all season," Arendsen said. "We like them close."

Oregon plays Oklahoma State at 2 p.m. Friday. The No. 2-seeded

Cowgirls beat Boston 1-0 Thursday.

Contact the sports reporter at mindirice@dailyemerald.com.

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