



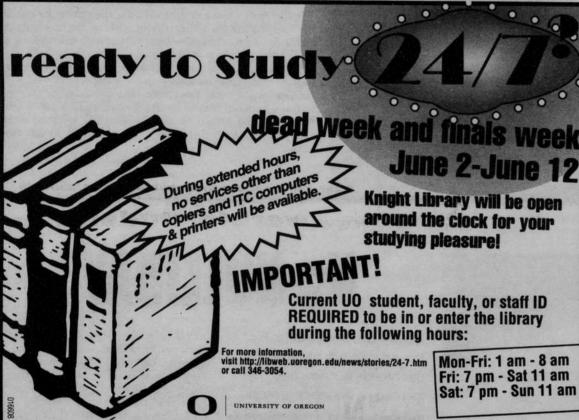
Adam Amato Emerale

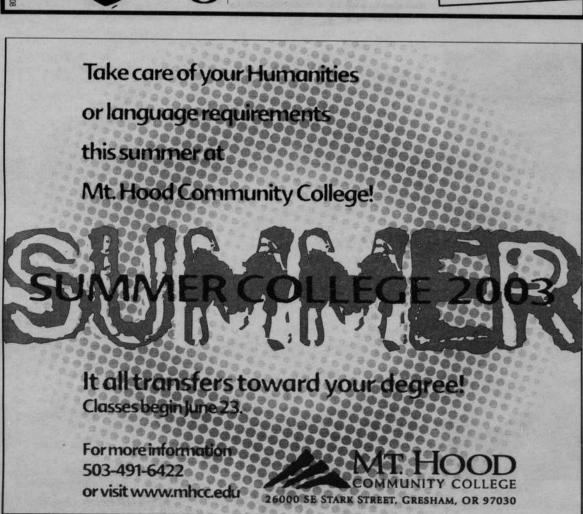
Oregon runners Laura Harmon (13) and Magdalena Sandoval (35) will make the trip to Stanford for regionals this weekend, Harmon in the 1,500 and Sandoval in the 5,000.

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Women's

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Roslyn Lundeen and Elisa Crumley enter the meet seeded fifth and eighth, respectively.

eighth, respectively.

"My body is starting to peak, and the training is starting to wind down, and I'm excited for regionals," Lundeen said.

The two have faced adversity and injury all season long, and neither one has been able to crest the 160-foot mark and reach full potential.

"It's been a constant uphill climb so far this year," Lundeen said. "It's been a shift, and we're definitely getting to that time of the season where it's time to just go for it."

On the track, senior Eri Macdonald paces the Ducks with a top-three ranking in the 800 meters. The three-time Pac-10 scorer was .04 seconds from an NCAA invite last season and looks to not be denied this time.

"It's definitely something I can do to get in the top five; I just have to get myself in the race and run it," Macdonald said.

"If she's ever gonna do it, this is the time," Oregon head coach Tom Heinonen said. "Eri on paper can make it. In reality, she got to race better than she has in the past five years."

Heinonen's other distance runners will compete in the 5,000 meters, scheduled for 8:30 p.m. Redshirt senior Carrie Zografos is wrapping up her Duck career while redshirt sophomore Magdalena Sandoval and freshman Nicole Feest are just getting started.

"Magdalena and Nicole had such horrible experiences in the 10,000 meters (at Pac-10s) that they're both going to try and pace the race early and race it late." Heinonen said.

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Oregon's other all-stars, seniors
Mary Etter, Amanda Brown and Jordan Sauvage, will begin to wrap up
their careers as Ducks. Etter ranks
highest at fifth and will look to make
her fourth-straight NCAA Championships appearance.

The action begins at noon today with the women's javelin and concludes Saturday evening as the Ducks make their final statements to go to nationals.

Contact the sports reporter at jessethomas@dailyemerald.com.

Men's

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Woods and Flaherty are two of 13 Oregon athletes or relay teams ranked between sixth and 15th in the west region heading into this weekend's meet. Seven Ducks, including Parker, are ranked in the top five of their event and nine are ranked 16th or worse. That 6-15 group will be key for Oregon this weekend.

Short-hurdler Terry Ellis, who sits

Short-hurdler Terry Ellis, who sits at sixth heading into today's 110-meter hurdle prelims, described the 6-15 predicament best.

"I like being the underdog," Ellis said. "That's a position I'd like to be in. I know if I have to beat one person, I'm going to beat one person."

Then, of course, there are those Ducks who don't have to worry about hitting top five because they're almost guaranteed to be there. Senior Adam Kriz has a firm hold of the West lead in the hammer, freshman Eric Mitchum came in fast and has only gotten faster in the 110 hurdles; he sits second in

the region. In the javelin, Adam Jenkins has been solid all year, and John Stiegeler is primed for a big mark. And Foluso Akinradewo is ranked fifth in the triple jump but has been one of the most consistent Ducks all season.

Still, if the Ducks want to make a splash at the NCAA Championships, they'll have to jump into the pond full-on at the West Regionals.

"Before Pac-10s it was really about team unity, bonding, scrapping for every single point you can get," Woods said. "Now it's about getting yourself into NCAAs. Now the score takes on the individual factor; take care of yourself, let the chips fall where they may.

"When you get to the national meets, people will lay down, and people will come out of nowhere."

The Ducks are hoping those athletes who "come out of nowhere" are all wearing the green and yellow of Oregon.

Contact the sports editor at peterhockaday@dailyemerald.com.



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