

Pac-10 rivalry meets bring end to regular season competition

Regular season meets wrap up around the Pacific-10 Conference with conference foes duking it out in play

By Jon Roetman
Sports Reporter

This season's Big Meet produced a big performance from the California men's track and field team.

The Golden Bears snapped a three-year losing streak to Stanford on Saturday with a 96-66 victory in the annual battle of Bay Area rivals.

California dominated many events, most notably the long jump, where senior Vincent Ibia (first, 23 feet, 11 3/4 inches), sophomore Brandon Williams (second, 23-1 3/4) and senior Bruce Giron (third, 23-0) swept the event.

The Golden Bears won 11 of 19 total events.

"It was a wonderful day to stop the streak on the men's side," California head coach Chris Huffins said. "Our program is moving rapidly towards the forefront of West Coast track and field."

Several other Bears produced promising marks with the Pacific-10 Conference Championships just two weeks away. Junior Rhuben Williams set personal records in the hammer (first, 205-2) and the shot put (first, 64-9 3/4), while senior Nick Mazur ran a personal best in the 100-meter dash at 10.54 seconds.

Giron also won the 400-meter hurdles with a time of 52.71 seconds, more than 1.5 seconds behind the conference leading time ran by Oregon's Brandon Holliday (51.08) at the Oregon Twilight.

One bright moment for Stanford was Stanley Wilson's performance in the 100. A defensive back on the Cardinal football team, Wilson had been limited in his training because of football commitments. Despite this conflict, the junior ran an NCAA Regional qualifying time of 10.49.

"Stanley Wilson did an outstanding job," Stanford men's head coach Robert Weir said. "We did the best we could but it was just not enough. It's a great rivalry and a great tradition."

Other Stanford athletes who met the NCAA Regional qualifying standard included Jason Goff in the javelin (217-10), Nick Sebes in the 400 (46.74) and Solomon Welch in the triple jump (50-5 1/4).

Bruins bash the Trojans

UCLA dominated USC to the tune of a 111-52 victory Saturday in the 72nd annual dual meet between southern California rivals.

The Bruins' 59-point margin of victory was the largest for UCLA since the use of traditional scoring (5-3-1 individual events, 5-0 relay events) since 1992.

UCLA's day included 12 event winners, 13 personal best and 22 regional qualifying performances. They also swept five events.

Senior Dan Ames and sophomore Chad Galbreath were both multiple event winners for the Bruins. Ames took home first place in the hammer, with a personal best throw of 212-2, and the shot put (64-7 3/4).

Galbreath won the steeplechase (9:46.92) and the 5,000 (15:16.94).

Kings of the desert

Arizona State earned state bragging rights Saturday, defeating Arizona and Northern Arizona in the annual "Dual in the Desert" in Tucson.

The Sun Devils defeated the Wildcats, 104-96, and the Lumberjacks, 130-60.

Despite the loss, Arizona had one of its top meets of the season, recording 28 conference qualifying marks and 22 NCAA Regional qualifiers.

Senior Matt Wagner was impressive with the javelin for the Wildcats, winning the event with a throw of 225-2. Freshman Daniel Cook won the 110 hurdles (14.79) and also finished third in the 400 hurdles (55.94).

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given the speed needed to run 100 meters in between 10 and 13 seconds.

Attempt to run 5,000 meters, or a little more than three miles, in a test of endurance and finish in around 14 to 17 minutes.

But what is the toughest overall track and field event to excel at, considering all factors?

This question was asked by ESPN.com's Page 2, which pertains to all sports. They asked eight sports "experts," including three journalists and one current athlete, baseball player and former football player Brian Jordan.

Why only one current athlete was asked to participate, who knows.

Of all the track and field events, they listed the pole vault as the most difficult and ranked it 16th overall when considering all sports. They cited its power, flexibility and nerve as the three main attributes.

In the spirit of the track and field season, I asked several members of the Oregon women's track and field team at the Oregon Twilight meet Saturday this very same question.

Many of the athletes mentioned the triple jump, high jump and the javelin as some of the hardest to succeed in. However, the general consensus and the first event that came to mind of most was the pole vault.

Take a shot at running full speed

on the runway with an enormous pole in your hands and propel yourself over a bar that sits 12 to 18 feet high. Then prepare for the landing from up above straight back

"I'll jump on the pole vault bandwagon. I'd give it a try — but I think that's the toughest."

Jill Hoxmeier
Oregon thrower

onto the ground.

Pole vaulters Kirsten Larwin and Emily Enders both agreed to this assessment, trying not to be favorably biased toward their own event.

Freshman Enders pointed out the intricacies that go into the event.

"I have to say the pole vault just because it's so technical," Enders said. "Everything you do, there's a perfect way to do it and we're all striving to get that. I think there's 11 things you have to think about in the 30 seconds it takes to do a vault. It's much more a mental challenge than a physical challenge."

Senior Larwin concurred, also mentioning the discus as another event she felt was difficult.

"The pole vault and the discus are the two most technically frustrating, complicated, millions-of-aspects events that I can think of,"

Larwin said. "One thing can go wrong and it's done. I think a lot of people will agree — it's not just the pole vaulters."

Larwin proved to be right.

Junior Rachael Kriz, a high jumper and a javelin thrower, said almost all the field events were hard to excel in.

"All of (the events) have their own difficulties," Kriz said. "It's hard to pick one from another, but I think pole vaulting is especially difficult."

Senior Jill Hoxmeier, a thrower who competes in the hammer and discus, also agreed with her teammates, but says she has no fear whatsoever if she were to be asked to compete in the pole vault.

"I'll jump on the pole vault bandwagon," Hoxmeier said. "I'd give it a try — but I think that's the toughest."

The issue of depending on a bent pole to boost yourself into the sky and avoid coming into contact with the bar is enough to scare most people off.

First-year Duck and junior Bree Fuqua said it best when she was asked the toughest track and field event overall.

"I would say the pole vault just because it seems a little scary to me," Fuqua said.

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SOFTBALL

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pitched a one-hitter in the second game, facing the minimum number of batters with the help of a double play.

"For us it's going to be a chance for us to get some extra games in, for people to get some innings that they haven't been getting, but mostly it's just a start to the end of our season," Nyhus said.

The Ducks are coming off a 1-2 weekend to close their eight-game

homestand. So far Oregon is 3-3, including wins against No. 1 Arizona and No. 7 Washington.

Friday, Oregon lost to No. 3 UCLA, 2-0, on a pair of home runs in the fourth inning.

The Ducks had an offensive outpour Saturday with a 10-2, five-inning victory against then-No. 7 Washington. Shortstop Breanne Sabol hit a three-run home run in the midst of a seven-run second inning.

Oregon lost Sunday's game 1-0 in eight innings off a home run by Husky Sarah Hyatt. The Ducks

won the series with Washington, 2-1, taking back-to-back series' against the Huskies for the first time in program history.

"We had a pretty lethargic weekend," Nyhus said. "We need to come out and use the Portland State games as extra innings for us to come out and be competitive and play the way we know we can."

Nyhus became the fifth Duck since 1976 to win 20 games in a season with Saturday's victory.

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RUBES by Leigh Rubin



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