

Nate Golden heads out of the blocks in a recent track practice.

Track teams prepare for state

Roseann Wentworth Copy Editor

During an Open Invitational at University of Oregon in Eugene Saturday, the men's and women's Clackamas track teams made it a day to truly improve personal lifetime records.

In the men's discus, first place finisher Jim Allen hurled his lifetime best to 154'4" as did John Nelson, who came in second with 139 feet.

The girls' discus throwers didn't want to be left out. Jennifer Chandler and Pam Pember broke

their lifetime bests. Chandler threw an outstanding 110'6" while Pember threw 102 feet, respectively.

Allen showed off his throwing strength in the shot-put heaving it 44'8" to second place. For the women, Chris Nylen tossed a great distance of 38'1", enough to land her in third place in the shot and chucked the javelin 137'11", again for third.

In other field events, Reese Campbell of the men's team reached his seasonal best in the High Jump with 6'6-3/4" as did Cathy Robarge in the Women's Long Jump, flying to 15'11-1/2". Greg Hess held out for 5th place in the Men's Pole Vault with 14'6".

Both men's and women's track events proved fruitful for most everyone competing for Clacka-

In the Men's 200m dash, Todd Gibson tied with his lifetime best of 21.9, while in the women's 200, Cathy Robarge hit her seasonal best with 27 seconds flat.

In the 400m, Todd Gibson grabbed first place with a time of 49.2 and Tim Nickel placed 4th in the 800m with 1:56.8, a personal all-time best.

Mets, Athletics to meet in 1989 World Series

Sports Grid

Mark A. Borrelli

The 1989 baseball season is upon us and already there are some baseball teams making some surprising noise. The Texas Rangers can no longer be called the "strangers." Their off-season moves are proving to be valuable, at least for now. How about them Atlanta Braves? Are they playing some respectable ball now, or what? The Braves have some decent young talent that has taken them from terrible to average.

Although these teams are off to a good start, don't look for a pennant in their very near future. Both teams have some undeniable talent, but the Braves are far too young and the Rangers will be out of contention by August. So, without further ado, I give you my picks for the 1989 season. I'm not a professional, so don't bet the house on me, or the ring, or the bat.. OK Pete.

National League East: Everyone and their mama will be

betting on the New York Mets to win this division easily. This is probably a pretty good bet, but I wouldn't say that they are a sure thing. They should get challenged by the Chicago Cubs and the Pittsburgh Pirates. The Cubs have a plethora of young talent and if their pitching can come through, they could prove challenging. The Pirates are blessed with some power: Andy VanSlyke, Bobby Bonilla and Barry Bonds. They also have some pretty decent pitching, but a key injury to prime starter, VanSlyke could hurt them. They also lost ace reliever Jim Gott. That will hurt them also. Here is the probable order of the N.L. East finishers:

1. New York Mets 2. Chicago Cubs

3. Pittsburgh Pirates 4.St. Louis Cardinals

5. Monteal Expos 6. Philadelphia Phillies

National League West:

Los Angeles will not, I repeat, will not repeat in the west. Their luck of a year ago is gone. Gibson's attitude this year will not win them a trip to Knott's Berry Farm. The

only team in this division that has pennant talent is Cincinnati. The Padres are young and talented, but underline the word young. The Dodgers will finish third, if that. I don't care if Gibson does have a great attitude and if Mickey Hatcher always hustles, they don't have that much talent all around. They have one pitcher and some old veterans who they brought in to try to help them repeat victory. The Dodgers are getting old. Look for them to be back at their old ways of dodging balls. The Braves are good, they have some pretty good young talent, but are a few years away from challenging for the whole year. Here is the finish order for the N.L west:

1. Cincinnati Reds

2. San Diego Padres 3. Los Angeles Dodgers

4. San Francisco Giants

5. Houston Astros

6. Atlanta Braves

American League East:

This could be the weakest division in baseball this year. The New York Yankees are weak almost everywhere. The loss of Dave Winfield certainly didn't help. The Toronto Blue Jays (as much as I hate to admit it) are probably the best team in the east. They certainly have the power with George Bell, Fred McGriff and Jesse Barfield. If they get any pitching at all, they will walk away with this division. The only other decent team is the Milwaukee Brewers. Any team that has to do with Brew gets my attention, but not my respect. They have solid hitting, but not enough pitching to contend. It shouldn't take more than a .500 record to win this division.

1. Toronto Bluejays

2. Milwaukee Brewers 3. Boston Red Sox

4. New York Yankees

5. Clevland Indians

6. Detroit Tigers 7. Baltimore Orioles

American League West: This could be one of the strongest divisions in baseball this year. With the turn around of the Texas

Rangers, the N.L. West has four fairly strong teams: Oakland, Minnesota, Texas and Kansas City. Seattle, California and the Chicago White Sox will also be strong,

but will not be in contention this

year, although the M's could finish .500. They were lucky enough not to trade Mark Langston, and rookie center fielder Ken Griffey

Jr. is a future all-star.

1. Oakland Athletics

2. Minnesota Twins

3. Texas Rangers 4. Kansas City Royals

5. Seattle Mariners

6. California Angels 7. Chicago White Sox

Unless something drastic happens, like Jose Canseco, Mark McGwire and Bob Welch all getting hurt at once or thrown in jail, we can expect to see the A's in the World Series again. This time, they should be facing the New York Mets. Take the A's to win the series in 6 games.

Post season Awards: Rookies of the year: Jerome Walton National Ken Griffey Jr. American

Darryl Strawberry National Jose Canseco American Cy Young: Rick Sutcliffe National Roger Clemens American

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