

Harriers burn up track during California road trip

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Sports Writer

During Spring Break, the CCC track team headed south for a couple of pre-season meets and with some outstanding efforts throughout the whole team, brought home a first place trophy for the men and a second place for the women.

The first meet was the Linfield Ice Breaker held on March 3. From the men's team, the 400 meter relay team took first with a time of 42.5 seconds. In the long jump, the Cougars had a first place finish from Steve Miller who leaped 23'2", while Kyle Riggs jumped into third place with a soar of 23 feet even. Steve Miller also had a first place finish in the triple jump flying 47'3-1/2". Mike Heib tossed his way to a second place finish in the javelin with a throw of 202'10", which is a school record. Other finishers for the men were Dusty Moore, who took third in the 10,000, and David Bate flew to second place in the high jump with a jump of 6'5".

Erika Lorentson, for the women, placed second in the 100 meter hurdle with a time of 16.5 seconds. Chris Nylen heaved her way to fourth in the javelin with a toss of 134'1", while Angie Wright ran her way to a third place finish and a personal record of 10:42.9.

Their next stop was March 16, at the Willamette Open. Only

two women placed lower than fourth. Wright finished strong in the 1500 with a time of 4:55, which is also a personal best. The other woman was Jen Chandler with a fourth place in the discus with a toss of 109'3".

The men placed well, scoring a second place finish in the long jump by Kyle Riggs, who leaped 21'7-1/4". David Bate also took second in the high jump with a leap of 6'6". Randy Fishswam to a third place finish in the 400 meter hurdles with a time of 56.9 seconds. Other finishes saw Kevin Buse take fourth in the 800 and Jon Landis take fourth in the javelin.

The next meet was the University of Oregon Preview held on March 17. The Cougars were up against some tough competition, but still finished strong. Nav Larson finished first in the 400 meter dash with a time of 47.77, which was a meet record. Gabe Crane came through with a first place finish and broke his own school record from last year in the 400 meter hurdles with a time of 53.3 seconds. Steve Miller had another strong performance finishing second in both the long jump with a leap of 22'2-1/4", and triple jump of 45'8-1/2". The men's 1600 meter relay team (Gibson, Fish, Crane, Larson) took second with a time of 3:23.3.

For the women, Lorentson

was the strong leg for the team finishing third in the 100 meter hurdles in 15.9 seconds, and fifth in the 400 meter hurdles in 67.7 seconds. Other finishes saw Nylen finish seventh in the javelin tossing it 139'11", while in the same competition for the men, Mike Heib threw the javelin 200'1" winding up in a fourth place finish.

The next event was the Siskiyou Invitation held on March 24 by Weed College in California. This was the first competition of the year that points were kept. The Cougars showed why they were Northwest Champions last year hurdling their way to 9 meet and stadium records, a first place trophy for the men and a second place for the women.

Starting off for the mighty Cougars was Mike Heib taking first, soaring the javelin to an impressive 210'9". Nav Larson finished first in the 400 with a time of 48.5, and the 200, tearing up the track in 21.7 seconds. The men's 400 meter relay team of Parker, Miller, Gibson, and Larson took first with a time of 41.5. All four of these events were met in stadium records.

Bob McCrumb had a fine day finishing first in the 800 in 1:57.9 seconds and the 1500 in 4:01.5. David Bate jumped to a first place finish in the high jump leaping 6'8-3/4" over the bar. Crane finished first in the 400 meter

hurdles in 54 seconds flat, while Tim Beardall outran his competition in the 5000 meter run in 15:40.9.

Other finishes saw Dusty Moore take home a second and third place finish in the Steeple Chase and the 5000. Crane contributed a second place finish in

"This was definitely our best performance this year,"

the 100 meter hurdles flying in at 14.7 seconds. In the long jump, Miller and Riggs had the same leap of 23'1", but gave second place to Miller, which handed Riggs a third place finish. In the triple jump, Richie Taylor finished second with a jump of 44'11-1/4". While Parker finished second in the 100 meter hurdles dash, Gibson ran his way to a third place finish in the 400.

The men won their meet scoring 196 points, beating their nearest competition by 16 points.

The women were strong as well, proving they are no fluke breaking five meet and stadium records. The women fell short of Shasta which had 153 points to take first, while the Cougars finished with 96.

Jean-Maree Lillard had two

records of her own winning the discus, throwing it 135'5", which is also a school record, and tossing the shotput 41'6" for a first place finish. Angie Wright took first in the 5000 with a time of 18:48 which is a personal record. Erika Lorentson took first in the 100 meter hurdles 15 seconds, which is also a personal best. Chris Nylen wound out the meet in stadium records with a first place finish in the Javelin throwing it 141'3". Lorentson and Wright also took home first place finishes in the 400 (Lorentson) and in the 3000 for Wright.

Other finishers were Sonya Hult in the 5000 placing second with a time of 22:48.0 seconds. Nylen also brought home a second place finish in the shotput tossing the ball 38'4".

"This was definitely our best performance this year," commented Mike Hodges, CCC track coach.

Hodges feels that the men are definitely in the run for the state championship and maybe the Northwest Championship. The women have a chance for third, maybe fourth, because of strong competition from Mt. Hood and Clark.

"We are so strong because we have plenty of talented athletes that are hard workers and who want to win every time they set foot on the track," commented Hodges.

Women defeat Mt Hood for first time in 10 years

by Dan A. Fulton
Sports Writer

The Clackamas Cougars track team came home from Mt. Hood Community College with two victories, giving the women their first victory over Mt. Hood since 1979.

The win made the men's team 11-0 against community college teams and the women 10-1. The men were impressive scoring 119 points to Mt. Hood's 64.

Mike Heib broke his own school record from last week in the javelin by tossing a whopping 222'2", which is the longest throw in Northwest Community College competition. Nav Larson pulled out a pair of first place finishes in the 100 and 200. The 100 was ran in 11 seconds flat and the 200 in 21.9. Steve Miller also brought home two victories. In the long jump, 23'1-1/2" gave Miller the first place finish as well as 46'1-1/4" in the triple jump. Dusty Moore took first in the 3000m Steeple Chase with a time of 9:44.1. Gabe Crane followed everyone's footsteps by bringing home two victories: the 100 meter hurdles with a time of 15 seconds, and the 400 meter hurdles in 54.9 seconds.

Bob McCrumb ran his way to a first place finish in 1:58 flat, while Tim Beardall struck gold in the 1500 with a personal record of 4:02.5. McCrumb and Beardall virtually tied in the 5,000 with exact times of 16:54.2.

Other finishes found the men's 400 and 1600m relay team taking first place. In the 400, the team

strided in 42.5 and in the 1600, the team finished easily in first with 3:25.9. Mike Paulson and Mark Paulson took third and fourth in the 1500 behind Beardall and McCrumb to sweep the competition.

The Cougars saw teammate Joe Bartly vault to the top taking second in the Pole Vault with a spring of 12'1".

The women showed that they want a piece of first place at the end of the year by beating Mt. Hood for the first time since 1979. The final scores read CCC 65, Mt. Hood 51.

"This was a significant step for our program," commented Mike Hodges, CCC track coach. "We scored in every category except for jumping, which is a real strong performance."

Jean-Maree Lillard had a field day bringing home two first place victories and two new school records. Lillard tossed the shotput 44'8-3/4" which beat the last school record set in 1979 by 2'7-3/4". Lillard set a school record in the discus flinging it 136'10".

Angie Wright had her own day as well bursting Mt. Hood's bubble for three first place showings. Wright scored in the 1500 with a time of 5:04.3, the 800, with a time of 2:28.1, which is a personal record, and the 3,000 with a time of 10:57.4. Erika Lorentson was the other big gun of the day taking first in the 100m hurdles with a time of 14.9 seconds (personal best), and a first place vic-

tory in the 400 meter relay with a time of 69.8. Cris Nylen scored a first place victory in the javelin with a toss of 133'9". The women's 400 and 1600 relay team followed the men's footsteps and brought

home two more first place finishes. The women ran the 400 in 55 seconds flat and the 1600 in 5:05.8.

After the meet the team captains were picked for the Cougars.

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