

Track team prepares for tough test at Southern Regionals

✓ The Cougars travel to Roseburg to face the area's best teams.

by Jesse Sowa
Sports Editor

The Clackamas Track and Field team prepared for the upcoming Southern Regional Championships with a strong showing at the Clackamas Invitational last Saturday.

The Cougars geared up for what will be a very challenging test this Friday and Saturday when they travel to Roseburg to face some stiff competition.

For the men, Corey Brizendine remained undefeated this year in the javelin with a winning throw of 198-8. Jim Hagemann placed third in the same event at 183-5. Brizendine and Hagemann have the first and third best throws, respectively, in the Northwest Athletic Association of Community Colleges (NWAACC) this year.

Jim Miller won the shot put with a toss of 46-3. Miller also took second in the discus at 142-8. Miller placed third in the hammer toss 145-8.

Craig Connors placed second in the pole vault after clearing 15-6. Carl Crowe returned after a one-month injury to clear 15 feet in the pole vault and take fifth. Brian Clement took sixth in the vault, also clearing 15 feet.

Quinton Robinson won the 400-meter dash in 49.91. Robinson also placed second at

200 meters in 23.2. Scott Bills took first at 800 meters in 1:59.64.

The men's 400-meter relay team took first in 43.51. The 1600-meter relay team placed second in 3:27.02.

Will Haskins took the 1500 title in a time of 4:02.95. Brent Roeger (4:03.22) placed second and Dean Rowell (4:09.67) fifth in the same event. Jon Gotchall made a big improvement in taking second in the 3000-meter steeplechase in 10:41.

Mike Thompson took first in the 400-meter hurdles with a strong kick at the end. Thompson placed second in the 110-meter high hurdles in 15.66.

"He's worked hard, and he's earned his success and certainly deserves it," said Clackamas Track Coach Mike Hodges of his top-notch hurdler.

On the women's side, Marea Crowe won at 400 meters in 60.94. Kathy Shuey (61.86) and April Lohrey (63.16) placed second and fourth, respectively, in the same race.

Kami Sisk won the 100-meter hurdles in 17.01. Sisk also took fourth in the 100-meter dash in 13.29. Christie Wells took sixth at 100 meters in 13.5.

The Clackamas women dominated the 1500-meter field. Wendy Johnson won in 4:57.47. Jaime Fairchild placed second in

5:02.95. Rebecca Graham took fourth in an NWAACC-qualifying time of 5:07.55, and Heidi Babcock finished sixth in 5:22.8.

Shilah Merrill put in a strong performance at 5000 meters and finished in a 60-second personal record time of 22:12. Misty Forgey won the high jump at 4-10.

The women's 400-meter relay team placed first in 50.66, while the 1600-meter team also won in a time of 4:16.67.

Hodges says that his athletes were slightly held back in the meet in order to keep them fresh for the regional meet this weekend.

Jamie Jansen placed third in the decathlon with 6049 points at the NWAACC Multi-event Championships held at Mt. Hood CC on May 1-2. Jansen's results included: 100 meters-11.63 (725 points), long jump-21-3.75 (693), shot put-33-4.5 (496), high jump-5-6 (528), 400 meters-52.19 (716), 110-meter high hurdles-16.19 (711), discus-103-7 (496), pole vault-11-9.75 (509), javelin-156-11 (557), and the 1500 meters-4:50 (618).

Melissa Abramson competed in the heptathlon at the multi-event championships, but had to pull out of the competition after four events because of a pulled hamstring in the 200-meter race.



photo by Jon Roberts

Corey Brizendine won the javelin on Saturday at the Clackamas Invitational with a toss of 198-8. Brizendine remains undefeated in the javelin this season.

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