

Cougars prepare for championships

Track team

CHRISTINA MUELLER
Feature Editor

Last weekend at the Western Oregon Open the track team performed well and managed to set a few records. The meet was not scored but it was still good practice.

On the men's team, Travis Armstrong is one step closer to his goal after placing second in the 5000-meter run. Armstrong's time of 14:48.85 placed him second in the race. This put him on the all-time list as number eight. His time was a nine-second personal record. Armstrong now holds school records in four out of five distance events; he is the first person in Clackamas history to accomplish this.

Bill Hurford, competing unattached, placed first in the pole vault with a height of 16'4".

Also in that event was Bill Jones. He placed second with a height of 15'8.25".

Eli Townsend placed fourth in the pole vault at a height of 15'.

Next in the event was Vasili Tsirimiagos who placed sixth with a height of 14'6" and set a personal record.

In the javelin, Heath Fisher placed first with a distance of 189'9". His distance was a personal record and replaced his previous number six all-time



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The track team will host the Clackamas Invitational. It will begin Saturday at 11 a.m.

record with an improved score.

In the men's 1500, Andy Bradley placed second with a time of 4:01.95.

In the hammer, Shawn Davis came in sixth place with a distance of 175'6". Davis also placed fifth in the shot put with a distance of 45'33.75".

Bradley placed second in the 1500 meter with a time of 4:01.95.

In the men's 400 meter, Dante Betha placed third with a time of 50.09. Betha also placed second in the 200 meter with a time of 22.35.

On the women's side, Kristi

Chamberlen placed sixth in the shot put with a distance of 38'4.75". In the discus, she placed seventh with a distance of 116'6". In the hammer, Chamberlen placed fourth with a distance of 115'9".

In the high jump, Jaimee Brown placed second with a height of 5'.25".

Tristan Sharp placed third in the javelin with a distance of 135'4".

In the 3000-meter run, Jennifer Rea placed second with a time of 10:57.08.

Mishe Simantel placed fourth in the 3000 with a time of 11:20.24.

In the 1500-meter run, Kendel White placed second and made seventh place on the Clackamas all-time list with a time of 4:47.99.

Rebecca Graham placed sixth in the 1500 with a time of 4:57.42.

Brown placed sixth in the 400-meter run with a time of 1:02.82.

In the 100 meter, Amanda Bradley placed fourth with a time of 13.34.

White placed second in the 800 meter with a time of 2:21.65.

In the 400-meter hurdles, Rebecca Graham placed third with a time of 1:10.17.

In the 5000-meter run, Rea placed second with a time of 18:41.63.

Simantel placed third in the 5000 with a time of 20:15.76.

"Our performances are really coming to the peak that we want them at for the end of the season," Hodges said. "Our athletes are right where we want them to be and I'm very pleased with them."

On Saturday, Clackamas will host the Clackamas Open beginning at 11 a.m.

After Saturday's meet there will be two championship meets left: the Southern Region Championships in Gresham on May 9 and 10 and the NWAACC Championships.

The Cougars will host the NWAACC championships on May 22 and 23.

Clackamas is in a three-way tie for second place in the Southern Division.



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Suyama-powered Cougars return to fundamentals

JOHN THORBURN
Assistant Sports Editor

The baseball team is going back to the basics.

After falling to Lane Community College in a doubleheader on Saturday by a combined score of 30-8, Clackamas Head Coach Robin Robinson felt the need to work on the team's fundamentals.

"Right now we just need to get back to the basics," said Robinson. "We have to get back to the fundamentals of playing good baseball. On Monday, we played a wiffle-ball game in the gym for practice to let the guys have some fun."

In the opening game of the afternoon, left-handed pitcher Ryan Mann [2-2] took the loss for the Cougars 18-7. Ryan Suyama led Clackamas by driving in three RBIs.

The Cougars fell in the nightcap 12-1 with Jeff Williamson [3-1] taking his first loss of the season.

On Friday, Mann drove in the win-

ning run in the bottom of the seventh inning in the second half of a doubleheader against SWOCC. Chris Bentley [3-2] was credited with the win.

Suyama has been the bright spot for the Cougars [7-7] as of late, providing the team with reliable firepower.

On Friday, the 6'1" shortstop was 3-5 with three RBIs and two triples in the opening game against SWOCC. He then went 2-4 at the plate in the second game while scoring the game-winning run.

On Saturday, Suyama hit 4-7 with three RBIs in two games against Lane.

"He's had the hot bat lately," said Robinson. "Ryan's been hitting the ball real well for us."

Clackamas finds themselves in a three-way tie for second place in the Southern Division with six games scheduled against Linn-Benton and Mt. Hood. The Cougars are in a deadlock with both teams.

The Mt. Hood Saints will play Clackamas on campus at 1 p.m. tomorrow.

Baseball

MAY 3
at LBCC 1:00

MAY 4
vs. SOSC (9 innings) 1:00

MAY 6
at Lane (9 innings) 1:00

MAY 10
vs. Chemeketa 1:00

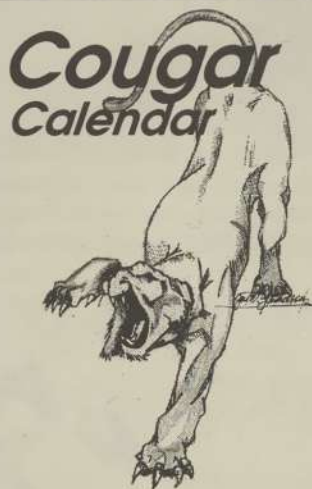
MAY 13
at Mt Hood (9 innings) 3:00

MAY 15
at SWOCC 1:00

May 22-26
NWAACC Championship
Tournament
at Lower Columbia
TBA

Bold=home games

*ALL GAMES DOUBLEHEADERS EXCEPT AS NOTED



Track

MAY 3
Clackamas Invitational

MAY 9-10
Southern Region Championships
at Gresham

MAY 22-23
NWAACC Championships

Softball

MAY 1
vs. South Puget Sound 3:00

MAY 2
at Mt. Hood 3:00

MAY 3
vs. Green River 12:00

MAY 6
at Grays Harbor College
TBA

MAY 10-11
Division Play-offs
TBA

MAY 16-17
NWAACC Championships
at Irv Lind Stadium
TBA

Bold=home games

*ALL GAMES DOUBLEHEADERS EXCEPT AS NOTED

VOLUNTEER OPPORTUNITIES

❖ The Volunteer Center seeks volunteers to help organize the 5th Annual Human Race, held in August. Proceeds from the event benefit hundreds of nonprofit organizations in our community. Call Kris Hudson 222-1355.

❖ Clackamas Service Center, which provides emergency services for low or no-income people in north and west Clackamas County, needs daytime helpers for reception and/or light clerical work, organizing the clothing room and interviewing clients for eligibility for services. The Center also has openings for members of their Board of Directors.

❖ Camp Fire Teen Parent Program--Mt. Hood seeks adult mentors to work with teen parents in a friendship relationship. Volunteers are also needed to do child care while teens are in a peer support group (minimum age 12). Also, you can help out by supplying treats for the meetings. Transportation, mailings and special event assistance also welcome. Call Anne Dueltgen 656-2530 ext. 17.

❖ Volunteer tutors needed. Energetic people needed to tutor adults in reading and writing approximately two hours a week. Contact Joe Vanzutphen at ext. 2724.