



Photos by John Thorburn

Clackamas sprinter Sarah Robertson eyes the finish line, sets herself in the starting block and explodes ahead to a victory in the 100m dash last Saturday at the annual Clackamas Open invitational meet.

Cougars open floodgates, roll to records

JOHN THORBURN
Sports Editor

The Clackamas track and field team found out just how good it really is this past weekend.

After back-to-back weeks of competition against Southern Region frontrunner Mt. Hood Community College, the Cougars got a break from the Saints to take on all comers at the annual Clackamas Open invitational meet.

The result was unbelievable.

Facing competitors from the University of Oregon, Clark College, Lane Community College and other state schools that have elite track programs, Clackamas literally blew by everyone, setting nearly 20 personal records and entering dozens of new qualifying marks into the Northwest Athletic Association of Community Colleges [NWAACC] championships.

In women's competition, Sarah Robertson continued her assault on the Northwest in the sprint events. She improved her time in the 200m dash to 26.7 seconds

to move into the #4 spot in the conference.

Robertson, currently sitting at #2 in the 100m dash, won the event in 13.2 seconds.

Michaela Foeller improved her personal best time in the 200m by almost one second to 27.5. She finished fifth in the event. Foeller also improved her personal best mark in the long jump by one foot. Her leap of 15'11/2" was good for sixth place.

Stephanie Costanza placed second [5:05.0] in the 1,500m and third [11:03.08] in the 3,000m race to lead Clackamas.

"Stephanie had a great day," noted Clackamas Head Coach Jack Kegg. "Her 1,500 and her 3,000 are her fastest times she has ran this year. Both times are conference qualifiers so that was a really good double.

"Lorna Defreest had a great day. Her shot put [39' 9 1/4"] put her on our Top 10 list for all-time. That's a personal record for her.

She also made the Top 10 list in the hammer throw [131' 6"]. All six of her throws in that event were better than her old personal record."

"We've shown the conference that we're a tough squad."

Jack Kegg
Head Coach

In the javelin, the top three competitors from the NWAACC were on hand to try and better the other in what is turning out to be a see-saw battle for the top throw.

Trina Rogers set the new standard this season in the Northwest with her personal best throw of 148' 10" for the event winner. Jennifer Gardner took second at 143' 1" while Clark's Karisa Makaiwi, currently at #3 in the conference, finished fourth behind an unattached competitor from the University of Oregon.

In the men's competition, the 800m run highlighted the afternoon as three of the five Clackamas competitors recorded personal records.

"We had an incredible day in the 800," noted Kegg. "That was

probably our best event the entire day."

Erik Anderson [1:56.25], David Lee [1:56.98] and Ken Wood [1:58.7] each improved their personal bests while Jason Fryberg remained steady in the #6 spot in the NWAACC.

Anderson sits as the #2 runner in the Northwest in the 800 while Lee moved to #3. Wood qualified as the #8 spot for the NWAACC championships. Anderson also is at #2 in the 400m intermediate hurdles. He won the event in 54.36 seconds.

"Erik ran the toughest double that you can run in track and field," said Kegg. "He ran a personal best time in the 800 then the next event is the intermediate hurdles and he qualifies as the #2 competitor in each of those events. Nobody else does that. Those other two guys that are ahead of him ran those events fresh."

In the 1,500m run, Fryberg, Paul Kezes and Ahrlin Bauman finished 1, 2, 3 with Fryberg and Kezes recording personal records.

Bauman is #3 in the NWAACC,

while Fryberg and Kezes moved into the 4, 5 spots.

"Alex Mametiev recorded a personal best in the 5,000m run and with the heat the way it was on Saturday, that was very good," added Kegg.

Corey Loebl qualified for the conference championships with a personal best throw of 135' 8" in the discus.

Brian Rohrer, one of the college's most diverse athletes as a decathlete, recorded personal bests in the 110m high hurdles [16.8] and the pole vault [16' 1"].

"Brian moved up on our Top 10 list in the pole vault," noted Kegg, "and that mark and Trina's [Rogers] javelin throw are both qualifiers for the U.S. Junior National Championships. That's pretty significant.

"It was an awesome day for us. We entered a total of 38 new qualifying standards into the NWAACC meet. We had great competition in the meet and we had great weather. Competing at home always plays a factor in how well you do but we've shown the conference that we're a tough squad."

Portland talented but lacks playoff maturity

The Portland Trailblazers took a small step into a bigger pond on Monday night.

By wrapping up the fourth Pacific Division title in team history against the Denver Nuggets on Monday, the Blazers secured at least the number two seed in the Western conference for the playoffs

Now only one goal remains to be accomplished by the Blazers in the regular season—catch the Utah Jazz.

Portland is one game behind the Jazz for best record in the NBA, and must have a better record at season's end in order to clinch home court advantage throughout the playoffs.

In the big picture, this would be a bigger step towards the ultimate

goal of winning the Western Conference title than just winning the division would.

Don't get me wrong; give the Blazers their due. They have worked hard all season long and winning the division is the payoff for their work.

But the Blazers put these regular season honors in perspective and remember that these accomplishments are just a step towards their ultimate goal of a championship, if they are to accomplish it.

Far too often in the past, the Blazers have been content with just making the playoffs, which has led to a string of first round flame out's.

But this team has developed the team maturity and an understanding of each other that the previous Blazers squads lacked.

It seems every game, a different player steps up to lead the team. Portland's advantage over the opposition is their team depth. This

is a squad that has quality players 12 men deep. They can match up with any team in the league.

But there is an element of maturity the play of the veteran championship teams have that the Blazers lack.

The veteran teams, like Utah and Houston, have constant ball movement on the court. But Portland's play, as of late, has been dead, full of about as much ball movement as a Douglas fir tree.

Portland's offense has relied more on one on one jumpshots and points off rebounding lately, instead of the constant team movement they had on offense when they beat Utah and Houston earlier in the season.

Portland seems to be playing like a team that is content with themselves lately, an attitude that won't get them too far in the playoffs.

At home, however, these problems seem to disappear. The Blazers feed off the crowd, playing

with a level of intensity above what they display on the road.

This point is shown in the fact that [excluding the loss to the Clippers on April 11] Portland has only one loss at home [to Utah on March 12].

If the Blazers can draw home

court advantage for the playoffs, their chances of winning the Western conference go up by a considerable margin.

Of the few teams that could stand in the way of Portland in the

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JAMES KHOSRAVI

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