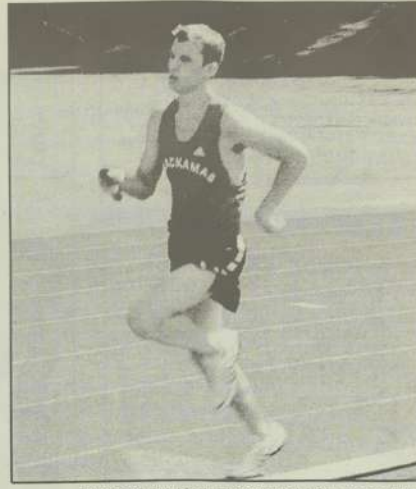


Clackamas records continue to fall



PHOTOS BY JOHN THORBURN / Clackamas Print

Four Clackamas track athletes run, lead and win the men's 4x800 relay last Saturday at the Mt. Hood Relays in Gresham. The four Cougars won the race handily—recording their fastest times of the season.

MANDY GOOD
Sports Editor

The Clackamas track team is moving well into their season—competing last Saturday in the Mt Hood Relays.

The men and women's teams took home third place rankings, competing with all of the teams in the Northwest Athletic Association of Community Colleges [NWAACC] at the meet.

"We had some minor injuries so we did pretty well, for not running everyone," explained Head Coach Jack Kegg. "Krystal Schneider in the women's discus threw her personal best and the #3 all-time best at Clackamas; we asked a lot of David Lemen—in the men's pole vault, David was first and Shawn Trimble was second, David won the long jump, second in the high hurdles, seventh in the discus, and fourth in the high jump so he did a great deal for us."

According to Coach Kegg, Lemen, who is a sophomore and

a returning All-American, is the #1 decathlete in the nation. As a freshman, Lemen was the NWAACC champion in the decathlon and pole vault.

"Our men's four by eight hundred won and that is the second year in a row that we have won that relay, so we are going to try and make that our tradition right now. Our women were second in that same relay," Kegg noted. "People have improved—we were pretty solid all the way through. All four of the guys in the four by eight got the fastest times all year. The women have been the same way. They have all improved so we are making good progress in that direction, we are going the right way."

According to Kegg, it is going to be Mt Hood, Spokane and Clackamas that are going to be in the run for the NWAACC championship. Kegg believes that if his team beats Mt. Hood in its dual meet this weekend, the squad will be halfway there.

"With our distance runners

on our men's side winning the four by eight and the four by mile, it's a good indicator for us that we are probably the dominant program in the middle distances, we know that we have the fastest 5k runner in the conference and a couple of the best steeplechasers, so we are looking good on that side," said Kegg.

The short relay runners are holding the leading time in the conference for the men.

Although the sprinters did not run in the meet, the team is still the dominant school in the sprints.

According to Kegg, the team continues to improve every week.

"We are three weeks away from the NWACC multi-event championships, we have a little while to make one more large jump of improvement, we have a good group who is experienced. On the women's side we have a group that is young but they are talented and so they are showing improvement in different event areas," Kegg concluded with confidence.



JOHN THORBURN / Clackamas Print

Sophomore track star David Lemen winds up in the discus at the Mt. Hood Relays meet last Saturday in Gresham. Lemen, who finished seventh in the discus, won the pole vault and the long jump, took second in the high hurdles and fourth in the high jump.

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