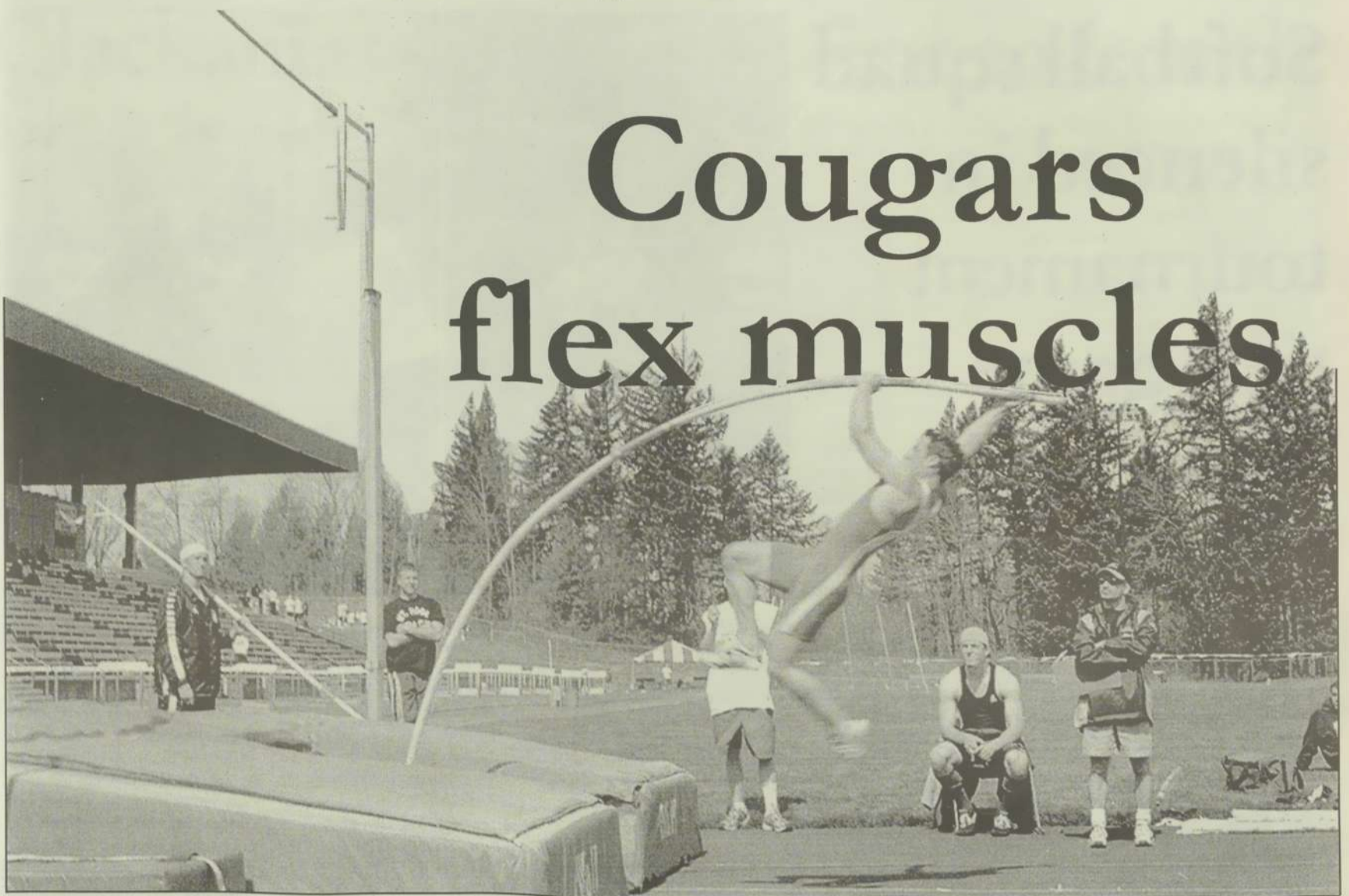


# Cougars flex muscles



JOHN THORBURN / Clackamas Print

The Cougars took on Mt. Hood in the annual Rose Cup Duel. The Clackamas men lost in team scores, but the women's team defeated the Saints.

**MANDY GOOD**  
Sports Editor

The Cougar track team competed for the second year in a row in the Rose Cup Duel meet against Mt Hood on Saturday April 15.

The annual competition pits the two Portland-area community colleges that offer track and field against each other.

The Clackamas women defeated Mt. Hood 103-67.

The young team, which has only one sophomore, is showing their strength as the season is reaching it's mid point.

The men defeated Mt. Hood in the majority of the track events, winning in the 100, 200, 400, 800, 1500, 5k and hurdles.

The men's squad came up a little short when it came to the points, however,

due to the fact that Mt. Hood had more competitors at the meet. When the scores of the meet were added up, the Clackamas men were defeated by 11 points with the score of 90-101.

"Brian Hoyt's 48.30 in the 400 is the fastest time in the conference right now; he was number two before, so he has made a very significant mark," explained Head Coach Jack Kegg. "He's a freshman and he was third in state out of Sandy High School and ran

49.33. He is running about a second faster now than he has ever run. He is a really hard worker and he has done anything that I have ever asked of him and he has a lot of talent. I would have to look [Hoyt's 48.30 time] up but I know it's on our top ten and I think that it's 6th or 7th."

According to Kegg, there is no magic in track and field. Kegg attributes the success of Hoyt to his natural talent and determination.

Sophomore Eric Anderson is also showing Hoyt the ropes of college track and showing him how to work hard.

In addition, Krystal Schneider threw a personal best in the shot put (40'6.5) and in the discus (135'5").

"Krystal has moved up to the number three spot in the all time discus, and her shot is probably ninth, so she is doing well," said Kegg.

There were only two people that won the same events this year that won in the duel meet last year. Both of the people were from Clackamas.

"Trina Rogers in the javelin (140'2") and Stephanie Costanzo was a repeat winner in the 3k; that 10'43 was a personal record for her and that is probably just off our top ten list so they had

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Jack Kegg  
Head Coach



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Sophomore David Lemen is steadily improving week after week. Lemen, a sophomore and 1998 NWAACC Decathlon champion, is making a bid to win his second multi-event championship as well as qualify for national recognition. The track star could challenge Dan O'Brien's conference record in points scored at the championships—O'Brien went to compete at the Olympics in 1992.

some good repeating marks. I think that we probably have the most talented team in the conference," explained Kegg.

The Cougars have five weeks left in the season until Northwest Athletic Association of Community Colleges [NWAACC].

The squad is allowed to take 25 men and 25 woman who have qualified for the meet throughout the season.

With half of the season left, the men have already qualified 20 competitors out of 26 and the woman have qualified 20 out of 24.

The team continues to progress and shows no difficulty in qualifying people of NWAACC.

This weekend, the Cougars host the annual Clackamas Open. The Saturday events are the last home meet before hosting the NWAACC Championships May 25-26.