

Fredrick, Vergera qualify for NWAACC Championship meet

Men's track defeats all comers at CCC Invitational

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Staff Writer

While hosting the Cougar Invitational last Saturday, the CCC men's and women's track teams ran great relays, finishing in the top five of the meet. The men took first, the women fourth.

Clackamas won all four relays, two each for men and women. The times are the fastest this year for Clackamas except for the women's 4x100, which is the second fastest.

According to Head Track Coach Jack Kegg, these were solid efforts by the team.

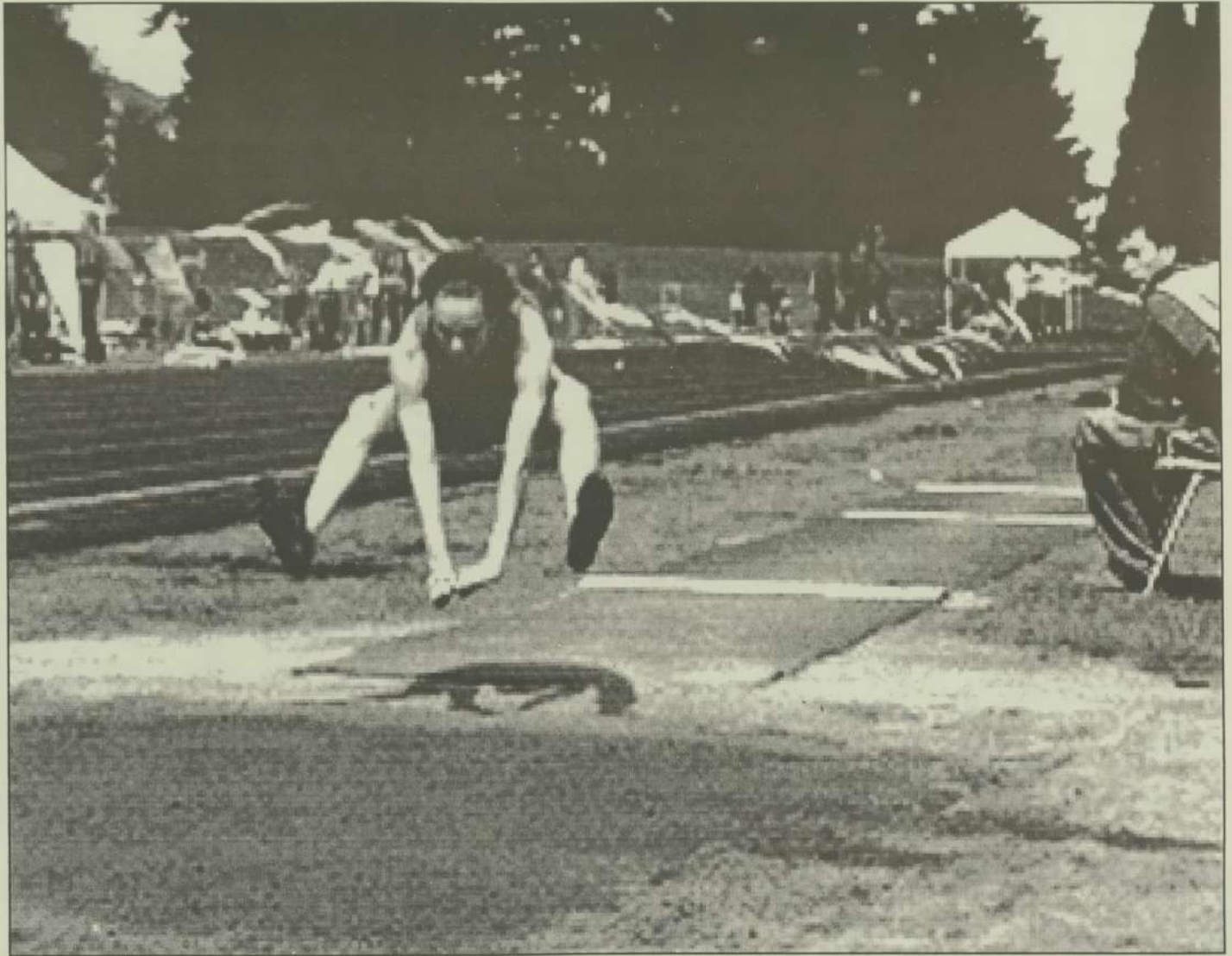
"We're starting to find out who is going to be on those teams and getting our line up nailed down," he said. "So they are starting to respond to that and run together."

Both mile relay teams are doing well with the men's mile relay undefeated, and the women 20 seconds faster than the rest of the conference.

Even though the relay is a team effort, the best runs of the weekend came from the anchor legs of Becky Holliday for the women, and Travis King for the men.

"Both anchor legs, men's and women's, ran incredible closers," said Kegg. "The whole team ran well, but the anchors were amazing"

Holliday ran the fastest time for a woman at Clackamas, beating a former teammate who ran the anchor leg for Western Oregon. Travis King ran a 47.1 second relay leg, which is the fastest relay leg that Clackamas has had since Kegg has coached here. King held



Long-jumper Nicole Austin comes in for a landing on an attempt during Saturday's Clackamas Invitational track meet. Austin's efforts helped the Cougar women finish fourth during the annual event.

MIKE POLLOCK / Clackamas Print

off Lane Community College, who was the fastest team in the conference before this weekend.

The relays weren't the only area that Clackamas excelled in. In field events, Krystal Schneider took second in shot put and won the discus.

Cory Loeb1 won the shot put with a new personal best of 50'4". This was his first time ever to throw over 50 feet, and he did it twice during the weekend. Loeb1 also broke the old school record that he set in discus and beat his per-

sonal best in the hammer throw. It was a "pretty solid competition for him," said Kegg. "He had a great day."

Isaac Fredrick won the long jump with an NWAACC qualifying mark of 22'5". This was the best long jump that Clackamas has had this year. Ned Vergara ran his best time in the 400 intermediate hurdles, qualifying for the NWAACC Championships and placing third in the race. Trevor Dodge ran a season's

best in the 15 with a time of 3:59; the first time under four minutes for the year.

This was a really good meet for the Cougars to win, especially because it was at home.

"It's always good to run strong at home. We really focused on our relays this weekend," said Kegg. "The thing we started out to try and do was dominate and not let someone beat us at home in the relays."



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Cougar field athlete Cory Loeb1 lets the javelin fly during the Clackamas Invitational track meet held Saturday at the CCC track. Loeb1 set personal bests in the shot put and hammer throw, and broke his own school record in the discus, helping the Cougar men finish first in the annual event.

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