

## Track faces tough hurdles at Regionals



Dasha Wakefield looks to lead the women to the Southern Region title on Friday and Saturday.

**J.J. PEARSON**  
Staff Writer

The track team will be vying for the Southern Region title against the rest of the division this weekend, May 10 and 11, at 1 p.m. Friday in our own backyard. The Cougars are optimistic about their chances.

"We're going to have to win with a team effort," said Head Coach Jack Kegg. "We have the top person in each event. And we have a great supporting cast that will give us the extra points we'll need to win the team title."

The best women athletes in the conference include Clackamas' Kari Rissmiller, Dasha Wakefield, Sara Rowse, Tiana Setser, and Elisabeth Malsey.

Rowse and Wakefield are the top two vaulters in the conference and are "significantly better than anyone," said Kegg. Wakefield also will compete in the high jump, 100-meter hurdles, and the javelin.

Rowse is the leading hammer thrower in the conference, and Rissmiller is one of the best long distance runners in the NWAACC. Setser is the top athlete in the triple jump and is second to Malsey in the long jump on the Cougars team.

But if you add up the numbers, Mt. Hood is the team to beat on the women's side, and Clark is a very tough opponent to challenge the top spot. Clark's Sheila Perletti and Crystal Dennis will face Rissmiller in the long distance runs.

"We have good individuals, but we may not have enough athletes to contend for the women's title," said Kegg.

Mt. Hood's men's long distance crew won the Southern Region

championship this past fall. Danny Dobra is the defending cross-country champion and is probably the favorite in all the long distance runs.

"We're going to have to wear him down by putting a fresh guy on him in every race," said Kegg. "We'll be using all the tactics we can to slow him down."

Clackamas' Isaac Frederick is the fastest guy in the NWAACC this year in the 200-meter dash and is the favorite heading in to the weekend. Andre Williams, Rusty Pruden and Kyle Holland are some of the best 800 runners in the conference and are going to have to control the race if one of them wants to win. Pruden is also a tremendous runner in the 1500 and should challenge for first place.

The best match-up is in the men's hammer throw, where the second- and third-ranked junior college throwers in the country will highlight the meet, and Clark's Ryan Bruhn and Clackamas' Paul Etter will strut their stuff. It is nearly a guarantee one of them will walk away as the winner.

Corey Swim is "pretty important to the team," said Kegg, because he competes in the long jump, triple jump, javelin, and high jump and places high in each event. And the Cougars are strong in the pole vault with the top five men and the two best women in the conference, which should lead them to first place after the first day.

To reach J.J. Pearson e-mail doublejay@hotmail.com or drop by B-104.

### LINFIELD INVITATIONAL MAY 4

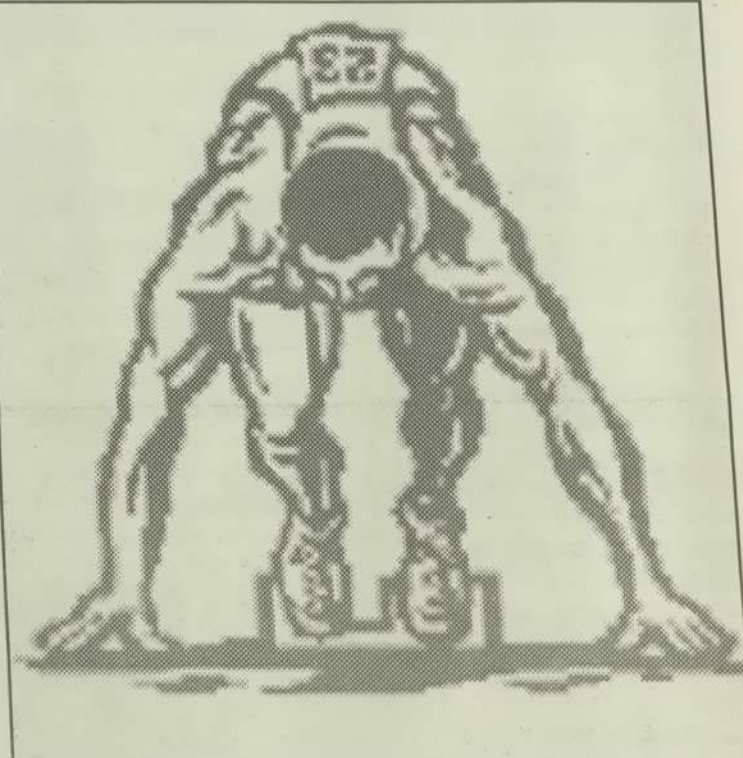
#### WOMEN

100-1, Shemi (PSU) 2, Taylor (PSU) 400-1, Moore (Linfield) 2, Gunderson (PSU) 3, Yancoskie (CCC) 800-1, Rodgers (PSU) 2, Smith (UP) 1500-1, Rissmiller (CCC) 2, Rodgers (PSU) 5000-1, Goeres (GFU) 2, Metzner (UP) 3, Neal (CCC) 100HUR-1, Boatright (GFU) 2, Wakefield (CCC) 400HUR-1, Vandagriff (Chemeketa) 2, Tiffany (Chemeketa) HJ-1, Leineweber (Willamette) 2, Gunderson (PSU) 4, Evers (CCC) PV-1, Wakefield (CCC) 2, Rowse (CCC) LJ-1, Baron (GFU) 2, Setser (CCC) TJ-1, Setser (CCC) Hammer-1, Fuhrmann (PU) 3, Rowse (CCC)

#### MEN

400-1, Gioanni (Linfield) 2, Robinson (PSU) 3, Schaffroth (CCC) 1500-1, Rolin (UP) 6, Brohlin (CCC) 400HUR-1, Fipps (Linfield) 2, Beardsley (GFU) 3, Dean (CCC) HJ-1, Schooler (L&C) 2, Yeager (GFU) 3, Swim (CCC) PV-1, Dean (CCC) 2, Cummings (Will Strider) 3, Hodgen (CCC) LJ-1, Robinson (GFU) 3, Walker (CCC) 4, Knez (CCC) TJ-1, Sideris (PSU) 2, Wadlow (GFU) 3, Groff (CCC) SHOT-1, Matheney (Unattached) 5, Howlett (CCC) Hammer-1, Barley (Unattached) 4, Howlett (CCC) Javelin-1, Olson

**It doesn't get any better than this!**



# COUGAR CAFE

Hrs: Mon.-Thurs.-7a.m.-6:30p.m.; Fri.-7a.m.-2p.m.; Sat.-8:30a.m.-10:30a.m.

<b>Wednesday-</b>	Budget:	Tofu meat loaf w/ mashed potatoes
	Special:	Yankee pot roast w/ potatoes & vegetables
	Grill:	Grilled Bratwurst w/ sauerkraut & french fries
<b>Thursday-</b>	Budget:	Provencal pasta salad
	Special:	Roasted game hen w/ cranberry pilaf & vegetables
	Grill:	Hot roast beef sandwich w/ potatoes & gravy
<b>Friday-</b>	Budget:	Bean burrito bar
	Special:	Chicken burrito bar
	Grill:	Chicken quesadilla

Special  
Cheese  
Tortellini w/  
sauteed  
vegetables &  
marinara  
sauce  
\$4.00  
3-6:30 pm  
M-TH



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#### PRIOR LEARNING ASSESSMENT (PLA)

##### INFORMATION MEETING:

Wednesday evening, May 8th, 6:30-8:00  
Room 200, BP John Administration Building  
Register for this free event by calling 503.699.6260.

#### US News & World Report 2002

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