

1987

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George Fox University Archives, "1987 Press Release" (1987). *Men's Track and Field*. 57.
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March 16, 1987

GFC TRACK ATHLETES SET SCHOOL RECORDS IN OREGON SMALL COLLEGE RELAYS

George Fox College athletes set two school relay records and several improved individual marks as the Bruins competed Saturday (March 14) in the Oregon Small College Relays in Salem.

A team of Adolphus Onua, Scott Cummins and Rod Eakin established a new hurdles relay school record when they were timed in a combined 47.3, lowering the previous record of 49.8 set in 1984 by a team of Rick Frisk, Keith Wigley and Mike Watkins.

A trio of Lady Bruins -- Denise Fox, Melanie Springer and Sue Woolsey -- had a combined throw of 298-0 in the javelin, bettering the previous school record of 286-9 set a year ago by Fox, Woolsey and Cheryl Funk.

In the non-team scoring affair held at Willamette University three Bruins set personal bests in their 440 segments of the mile relay. Randy Swigart was timed in 51.4, Cummins at 51.6 and Eakin at 52.7. Dave Mueller had a 53.4 as the team finished second overall at 3:29.1.

Newberg senior Mike Watts qualified for the NAIA District 2 track and field championships in his third event. Previously he qualified in the hammer and discus. Now he'll enter in the javelin. Limited by injury he threw three times, taking three steps each, and hurled the bar 173-5, topping the qualifying standard of 172-6.

Decathlete David Nickell, whose previous pole vault best was 10 feet, cleared 11 feet on the opening height.

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Eakin won the pole vault at 14-0, equaling his height in the first meet with GFC Coach Rich Allen crediting him with "three solid attempts at 14-6; he's going to make it."

Onua won his high hurdles heat at 15.2 and Cummins in 15.4. Entered in the same heat they might have lowered their times, Allen said.

"As a team, we had a very good effort," Allen said, "And effort has to be consistent so when the small things are right it all comes together."

The Bruins this weekend (Mar. 20) travel to Seattle for the Husky Track Classic at the University of Washington. "It's a great opportunity for us to be there," he said.



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March 9, 1987

NINE BRUINS QUALIFY FOR DISTRICT CHAMPIONSHIPS AS GFC OPENS 1987 TRACK SEASON

The George Fox College track Bruins may be short in numbers, but if they continue to produce as they did in their first test of the year, it's going to be a season to keep track coach Rich Allen smiling.

In their opening meet Saturday (Mar.7) in Gresham nine Bruins qualified for NAIA District 2 championship action and one of those qualified for national competition.

"It was as good a start as we've had in a long while," said Allen. "I felt we did very, very well."

The Bruins opened their season at the Linfield Icebreaker, moved to Mt. Hood Community College because of track repairs at Linfield. The non-team-scoring affair involved teams and individuals ranging from the University of Oregon and Oregon State to independent colleges, and six community colleges from Oregon, Washington and Idaho.

A half dozen Bruin men and three women exceeded district standards for championship competition, paced by the 141-7 effort of sophomore Denise Fox, Portland, in the javelin. Her throw easily topped the 118-9 district qualifying mark and earned her national-level qualifying, which is 138-9.

And, another Bruin, senior Adolphus Onua, Nigeria, missed the national standard by just a tenth of a second, running the high hurdles in 14.5. The district qualifying time is 16.0.

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Teammate Scott Cummins, a freshman from Riverside, Calif., was close behind at 15.0, beating every other district finisher in the race except for Onua. It was a finish that Allen called "one of the best first-meet marks for a freshmen we've ever had." It compared to GFC's previous best of 15-0 for a freshman, Rick Frisk, in 1980.

Cummins also was recorded in the intermediate hurdles at 58.4, although both Allen and another official had him at 57.3, which meets district qualifying.

Also qualifying for district finals were Dave Mueller, a Camas, Wash., junior, who timed the 100 in 11.3, equaling the standard; and Randy Swigart, a Sweet Home junior. He ran the 800 in 1:56.9, ahead of the 1:58.3 qualifying, and his personal best by more than three seconds.

La Grande freshman Rod Eakin in the pole vault drew the same praises from Allen as did Cummins. His 14-0 pole vault effort was his personal best by six inches and topped the district qualifying by a foot. "I don't know when a freshman last did that for us," he said. A later check of records shows long-time district title holder Dave McDonald is the only freshman to better that, with a 14-9 in 1968.

Newberg senior Mike Watts was a double district qualifier, tossing the discus in a distance not available, but exceeding the 140-1 needed, and hurling the hammer 146-2 to top the 145-5 standard.

On the women's side senior jumper Sue Woolsey, Bellevue, Wash., needed a 4-11 to qualify for district's in the high jump and she cleared 5-0.

Marta Shields, a Eugene freshman, ran the 200 in 26.3 to pass the 27.2 standard.

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The Bruins this spring have what Allen calls a team "small in numbers, but with excitement and good potential."

The 13-member men's squad was without three competitors to start the season: Lake Oswego freshman Tim Conley, a sprinter, is out temporarily with a muscle imbalance that gives pain; Rogue River sophomore Tim Graham was sick; and Milwaukie freshman Ken Walker was missing with a knee problem.

The track Bruins continue their season this Saturday (Mar. 14), traveling to Seattle for the Huskie Track Classic at the University of Washington.



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March 30, 1987

NICKELL FINDS NICHE AS DECATHLETE; TRACK BRUINS TO HOST THREE-WAY MEET SATURDAY

George Fox College freshman David Nickell considers himself mainly a thrower for the track Bruins.

Friday and Saturday (Mar. 27-28) the 20-year-old proved he has a future as a collegiate decathlete.

Nickell, in his first-ever college decathlon, finished second among NAIA District 2 competitors in the Willamette University Decathlon. He topped five other district entrants from Western Oregon, Southern Oregon and Willamette and trailed only champion Mike Gilbert, from Northwest Nazarene.

Nickell set four personal records and won the javelin competition on his way to compiling 5,341 points.

"I was pleased to score over 5,000 points," said Nickell. "I felt pretty good; I was just trying to improve each mark."

Nickell tossed the javelin 172-2 for the victory, topping his previous best of 168-11, and just four inches shy of qualifying for district championships in the event.

Nickell also set a personal record of 11-6 in the pole vault, six inches higher than his previous best. He cleared the high jump bar at 5-8 1/4, compared to his previous best of 5-6. And, his 17.7 in the high hurdles was his first collegiate time in the distance, to set his personal mark.

The Stayton High product was third in the shot with a 34-5 1/2 heave. In other first-day competition Nickell ran the 100 in 12.2, long jumped 18-0 1/4, and was clocked in 56.67 in the 400.

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Saturday, in addition to the high hurdles, pole vault and javelin, he hurled the discus 114-11 and finished the day with a 5:16.4 in the 1,500 meters.

It was the second weekend in a row for Bruin freshmen to shine in track competition. The week before, in Seattle at the Husky Track and Field Classic, Marta Shields ran the 400-meter dash in 60.6 to qualify for national NAIA competition.

Shield's time far surpassed the district qualifying 73.3 and was more than three seconds faster than the 63.7 needed for national championship running. Earlier she had qualified for district in the 200 with a 26.3 clocking.

Teammate Kali Haverstock qualified for district in the 10,000 meter run, timed at 43:47.7, to meet the district standard of 43:57.8.

On the male side, GFC senior Adolphus Onua again raced the 110 high hurdles in 14.5, the second time this season. National qualifying is 14.4. Fellow Bruin Scott Cummins, was timed in 15.6. Both won their heats and both already had met district qualifying.

Newberg senior Mike Watts became a district qualifier for the third time: in the javelin with a 184-5 toss. The district standard is 172-6. He tossed the shot 45-10 1/2 for fifth. Earlier he had qualified for district competition in the discus and in the hammer.

Freshman Rod Eakin was second in the pole vault with a 13-5, five inches more than district qualifying. He already has a 14-0 this season.

This Saturday (April 4) the Bruins remain at home for the first time this season as they host Southern Oregon and Western Oregon with competition starting at 1 p.m. on Colcord Field.



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April 6, 1987

FRESHMEN LEAD TRACK BRUINS IN TRIANGULAR WITH WOSC, SOSC

With no disrespect for their "elders," it was the George Fox College freshmen who showed the way in the Bruins' three-way men's track meet Saturday (April 4) on Colcord Field.

Coach Rich Allen's baby Bruins scored more than half of his team's 39 points.

But the Bruins, young and old, were generous hosts, as Western Oregon State ran away with the meet with 104 points followed by Southern Oregon with 56.

Western's Wolves, predicted to be among the contenders in this year's NAIA District 2 title chase, piled up 12 firsts, 9 seconds and 8 thirds to dominate. SOSC and George Fox were much closer: the Raiders with five firsts and four second finishes while GFC had three first places and six seconds. The Bruins came up with just a lone third finish, however, while Southern had eight.

"This may be the most talented bunch of freshmen we've had in a while," Allen said. "We don't have a lot of bodies, but I'm pleased with the way they're coming on."

"I'm really proud of them. Our freshmen did very, very well this week, Allen said. "It's really exciting."

Freshman David Nickell, who the week before came in second among district decathlon competitors in a Willamette test, qualified for the district championships in the javelin with a 190-6 toss.

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Last week he just missed the district standard of 172-6 when he threw a 172-2 in the decathlon competition. This week Nickell, from Stayton, made sure he had it-- and won the event. Another freshman, Rod Eakin, won the pole vault with a 14-0 effort, despite being sick. In reality, says Allen, the effort was really closer to 15-0 with Eakin, from LaGrande, clearing the bar easily by nearly a foot. Eakin took time out of the pole vault to run the hurdles, then because of illness, did not resume the pole vault for the day.

Senior Adolphus Onua captured the 110 high hurdles at 14.6, a tenth-second off two previous times, and just two-tenths second off national qualifying.

His freshman teammate, Scott Cummins, clocked the event in 15.0 to give the Bruins first and second.

Recovering from back problems, another freshman, Tim Conley, ran the 400 in 50.7 for a second place. That drew praise from Allen for Conley's comeback and good showing with limited action earlier.

It wasn't just a freshman show, however. Senior mainstay Mike Watts, Newberg, singlehandedly gave George Fox six points. He was second in the hammer with a 146-9, third in the discus with a 142-1, and fourth in the javelin at 176-2. All distances exceed district qualifying -- and he's met the standards before.

Sweet Home junior Randy Swigart surprised himself in the 800 meters and with 100 meters to go was ahead of the pack. But not used to that first-place position, "he just tied up," Allen said. His 1:58.5 finish was fourth, two-tenths second out of first. "It's a problem he'll be able to solve; it was a position too new to him and this is a big plus," said Allen.

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George Fox finished second in both relays: Dave Mueller, Cummins, Eakin and Onua at 43.9 in the 400 behind Western Oregon at 42.7, and Tim Graham, Swigart, Onua and Conley at 3:26.9 in the 1,600, also behind Western, at 3:23.9.

On the women's side, George Fox's Denise Fox took her first shot throws of the year in competition -- and qualified for district.

Fox's 35-11 1/2 toss was good for second and exceeded the district standard by nearly a foot.

She also gave the Lady Bruins a second in the javelin at 134-8, also exceeding district qualifying at 118-9. But the Portland product still has a way to go to reach her national qualifying best of 149-11 last spring. "She's just getting ready to pop loose and fling the thing," Allen predicts.

Eugene freshman Marta Shields gave GFC a first in the 400 with a 1:00.6, just missing her 60.0 time the week before. She was second in the 200 at 26.3, easily ahead of district-qualifying 27.2.

Another GFC second came in the high jump with senior Sue Woolsey, Bellevue, Wash., going over at 5-0. The district goal to meet is 4-11.

Michelle Lang and Kali Haverstock finished three-four in the 3,000 meters at 11:33.4 and 11:47.8, respectively.

Freshman Melanie Springer gave the Lady Bruins a pair of fourths with a 5:17 in the 1,500 meters and 2:28.8 in the 800. The short-staffed Lady Bruins fell in the triangular with 22 points to 53 for Southern Oregon and 62 for Western.

Next up for the Bruins is the second in a series of three home meets in a row. Saturday (April 11) George Fox hosts Lewis & Clark in a duo meet starting at 1 p.m. Bruin alumni also will be competing.



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April 13, 1987

TRACK BRUINS BEAT LEWIS & CLARK; WATTS HURLS NATIONAL-QUALIFYING DISCUS TOSS

Using a George Fox College dual track meet win over Lewis & Clark College as his base, Newberg senior Mike Watts has positioned himself to become something unusual: an All-American in two events.

Watts climaxed a rain-dampened Saturday (April 11) meet on the Bruins' Colcord Field with a national-qualifying 151-5 discus toss. It gave the Bruins five points in the final event of the day and an 84-64 win over the Pioneers.

Although GFC track coach Rich Allen went into the meet thinking his team could win its first duo match of the year, it wasn't until after the 10th of 19 events that George Fox pulled equal with the visitors, 38-38.

Ahead 43-42 after the next event, the 100 dash, the Bruins produced a sweep in the javelin -- led by Watts -- to pull out to a 52-42 edge as GFC went on to win by 20.

The Bruins won 11 events, took second in eight and captured five third finishes. The Pioneers were first eight times, came in second five times and had the same number of third finishes.

It was Watts who garnered the attention when he unleashed three consecutive throws over his previous best of 148-11 in the discus: the winning 151-5, a 151-4 and a 149-11. The national qualifying mark is 150.

That means Watts, already an NAIA All-American in the javelin, will enter national competition in the discus, which he now says really may be his better event.

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Watts finished fifth in the nation in 1983 with a 207-11 javelin toss. This year he's been hampered by an elbow problem, then pulled groin muscle and has a season javelin best of 185, still short of the 205-national qualifying, but well ahead of the 172-6 for district competition.

Watts, who has qualified for the district in discus, javelin and hammer, is still saving his efforts in the javelin, not yet using a full approach, trying to protect his injuries to keep them from getting worse.

But he unleashed his full form in the discus. "I was kind of relaxed," Watts said. He also said he didn't throw as hard as possible, but emphasized form. "The form does it," he said.

And Watts also may have got some help from circumstances that kept him from competing in first two events: hammer and shot. Watts, a physical education teaching major, spent much of the day taking the Oregon-mandated CBEST teaching test in Portland. He arrived back in Newberg in time for the javelin and discus -- and won both.

Watts, originally from Woodland, Wash., says the ability to concentrate on just two events Saturday "may have helped a little bit." "Sometimes it's hard to throw in all events and still concentrate -- you really have to concentrate."

"This wasn't just a fluke," Watts assures. The three tosses show that, he says, and now his goal is 160 feet. "I feel I'm just getting ready to pop the big one."

Although the only double winner, Watts had his 10 point contribution topped by the 12.5 points earned by junior Dave Mueller in six events.

Mueller, from Camas, Wash., won the 100 in 11.96, was second in the long jump at

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19-4, and was third in the javelin at 147-1 (giving GFC the sweep) and in the 200 at 24.63. He also led off both relays as GFC took the 400 meters in 44.2 then the 1,600 at 3:31.74.

Freshman Pat Leeper, Castle Rock, Wash., contributed 11 points to the Bruin win as he captured the high jump at 5-6 and finished second in the 400 intermediate hurdles at 1:07.07 and second in the triple jump at 40-3.

Another freshman, Scott Cummins of Riverside, Calif., gave GFC 9.25 points as he won the 400 intermediate hurdles at 58:19, finished second in the high hurdles at 15.39 and ran a leg of the 1,600 meter relay.

Freshman decathlete Dave Nickell, Stayton, aided the Bruins with nine points on a trio of seconds. He had a 5-6 high jump (the same as Leeper but on more tries), followed Watts in the javelin at 160-7, and threw the shot 36-9.

Other firsts for GFC: Dave Elkins in the hammer throw at 135-11, Adolphus Onua in the 110 high hurdles, Tim Conley in the 400 meters at 50.97, and Randy Swigart in the 5,000 meters at 18:30.07.

Conley, a Lake Oswego freshman, also added a second in the 200 with a 23.56 finish. He ran a leg of the winning 1,600-meter relay, along with Onua, a senior from Nigeria, and freshman Rod Eakin, La Grande. Both who ran both relays.

On the women's side, the Lady Bruins were outnumbered by Lewis & Clark and fell 77-38.

Denise Fox, a Portland sophomore, won the javelin at 135, far exceeding district qualifying 118-9. She also was second in the shot at 34 feet.

Michelle Lang, a Westport, Wash., freshman won the 400 intermediate hurdles at

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1:22.0. The Lady Bruins swept the 3,000 meters with Diane Peterson, an Entiat, Wash., freshman first at 11:59.38, followed by teammate Kali Haverstock at 12:06.24 and Lang, with no time recorded.

Two Lady Bruins captured two seconds each. Marta Shields, a Eugene freshman, timed the 400 meters at 1:02.09 and the 200 meters at 27.44. Albany freshman Melanie Springer gave her team six points with a 5:24.07 in the 1,500 meters and a 2:30.6 in the 800 meters.

Senior Sue Woolsey was second in the high jump at 5-0.

This Saturday (April 18) George Fox wraps up its home season -- and stays at home for the third consecutive week -- in hosting the University of Puget Sound starting at 1 p.m.



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April 20, 1987

TRACK BRUINS UPEND NCAA UNIVERSITY OF PUGET SOUND

On paper, George Fox College track coach Rich Allen figured his Bruins were a dozen-point underdog to visiting NCAA University of Puget Sound.

But Saturday (April 20) the Bruins used that estimation as a challenge -- and came out with a surprising 30-point win over the Loggers.

George Fox individuals set 14 season bests and nine personal records in the rainy afternoon. They won 10 of the 18 first places, claimed twice as many second places with 10, and were third 6 times to 7 for the Loggers.

"Based on previous times and marks, I figured we were down 12 points to them," Allen said after the 89-59 victory. "The entire team competed very well," he said. "I'm extremely pleased with them."

The veteran coach has it figured that despite the difference in the sizes of the schools and competition levels, they were similar. "We're very much alike -- both have some holes, but there strengths are our strengths," he said.

"I thought if our strengths beat them in their strengths, then the scoring gap would widen in a hurry," Allen said. And that's what happened.

Although it was workhorses Mike Watts and David Nickell who added the bulk of the Bruin points -- 16 each to combine for a third of the point production -- it was a freshman who nearly stole the show.

Tim Conley added 7.5 points, but he did it by setting two personal records in the 200 and 400 that were both NAIA District 2 qualifying marks.

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But even more spectacular was a come-from-behind run to close the meet and give GFC a final win in the 1,600-meter relay.

Conley's teammates had given him a substantial lead in going into the final leg of the relay, but at the quarter turn he lost it to UPS's Tracy Daugherty. But Conley reserved a kick that overtook his competitor coming around the final turn and the Lake Oswego product clocked his lap in 49.3 for a Bruin win that had the crowd give its strongest reaction of the day.

George Fox took it at the wire: 3:24.4 to 3:34.6.

His earlier 400 time was 49.7, for a second finish behind Daugherty's 49.4. Conley ran the 200 in 22.4, also second, but topping the district standard of 22.9.

"Conley's just a good athlete; he has very good ability and its really amazing that he can do it, coming off a bad back," Allen said.

Watts, a Newberg senior, and Nickell, a Stayton freshman, each had double wins and two second finishes.

Watts took the shot at 42-1 1/2 and the discus at 137-6. Nickell followed in both: 39-10 1/2 in the shot and 123-3 in the discus for a personal best. Watts finished second in the hammer at 147-2 and in the javelin at 173-7, following Nickell's winning 178 throw. Nickel also won the pole vault at 11-0.

Senior Adolphus Onua gave George Fox two first finishes when he clocked the 110 high hurdles in 14.5 (the third time this year at that time) and then won the 100 dash at 10.9. Onua and junior Dave Mueller, who finished second at 11.1, both set season bests with their times, both exceeding the district qualifying mark of 11.3. Onua also ran a leg of the 1,600 relay.

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Ten points were contributed by Mueller, who won the long jump on a 20-1 effort that was just his second time out in the event.

Mueller, from Camas, Wash., also was third in the javelin at 142-2 to give the Bruins a sweep of the event, and was third in the 200 at 23.4.

Freshman Scott Cummins won the intermediate hurdles in 56.2 to top the district qualifying time of 57.3. He had exceeded it once before, but the time was not officially recorded, so this became his qualifying event. Cummins has yet to be beaten in a close race this season. He and freshman Rod Eakin followed Onua in the high hurdles to give the Bruins their first sweep of the afternoon. Cummins, from Riverside, Calif., timed it in 15.2 and Eakin, from La Grande, in 16.3.

George Fox's other first came in the 1,500 meters with Randy Swigart, a junior from Sweet Home, Ore., finishing in 4:12.1. He was second in the 800 meters at 1:59.4.

Freshman Pat Leeper produced seven points with a second finish in the high jump at 5-8, a second in the triple jump at 39-7 1/4, and a third in the intermediates at 1:03.4

For the Lady Bruins, Marta Shields was a double winner, but those were the only first they collected, falling 89-23.

Shields, a freshman from Eugene, won the 400 meters at 1:00.7 and the 200 at 26.7, winning by a tenth-second. She's topped district-qualifying in both.

Denise Fox, a Portland sophomore, finished second in the shot at 33-4 and in the javelin at 129-7. Senior Sue Woolsey was second in the high jump at 5-2, tying the first place winner in height, but on more attempts.

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Freshman Melanie Springer was just six-tenths second out of first in the 800 meters, finish at 2:21.6. Michelle Lang, a Westport, Wash., freshman, was third in the 3,000 meters at 11:46.7.

Saturday (April 25) the Bruins meet Linfield College, Portland State and Chemeketa in a 1 p.m. meet in Newberg.

Monday and Tuesday (April 20-21) two Bruins compete in the NAIA District 2 decathlon championships in Ashland. Scheduled to compete are Nickell and Eakin.



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April 23, 1987

GFC FRESHMAN DAVID NICKELL FINISHES THIRD IN NAIA DISTRICT 2 CHAMPIONSHIPS

George Fox College's David Nickell wasn't totally pleased with his performance in the NAIA District 2 decathlon championships.

Afterall, he'd only set personal records in seven of the 10 events in the April 20-21 finals in Ashland. He thought he should have done even better.

The standout from Stayton proved he's the Bruins' hope for a future champion in the decathlon when, as a freshman, he compiled 5,940 points for a third place finish among 15 competitors.

Still, a pleased Bruin Coach Rich Allen reported his young athlete wished he could have earned even more personal records and was disappointed with himself that he didn't.

"He performed exceptionally well," Allen said. "The decathlon is his thing; he's solid," Allen said. "It looks good for the future."

Nickell set personal bests in every event the first day and was first among all competitors in the discus on the second day. Nickell had a 115-toss in the event, but, ironically perhaps, it was not a personal best. He set those in the hurdles and pole vault.

The first day Nickell recorded a 11.9 100-meter dash, a 20-4 1/4 long jump (fourth overall), a 41-8 3/4 shot put (second best), a 5-10 1/2 high jump and a 55.7 in the 400 meters. That left him sixth in overall standings.

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David Nickell
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The second day he made a greater gain than any competitor, rising to third on his winning discus toss, on a 17.7 high hurdles run, an 11-7 pole vault, a second place 116-2 javelin effort, and a 4:52.0 1,500 run.

Nickell was under 500 points only in the pole vault and that was being appealed. He and other observers said Nickell really successfully cleared 12 feet.

Bruin freshman Rod Eakin, La Grande, pulled a hamstring in the opening event (the 100) and was forced to withdraw from competition. Bothered by a pull earlier in the week he had warmed up, thought it felt better, but felt pain about 20 meters into the race and was forced to stop.



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April 27, 1987

BRUIN TRACK INDIVIDUALS SHINE, BUT GFC 'OUT-DEPTHEd' BY LINFIELD

George Fox College won the attention with individuals, but Linfield College won with numbers in a four-way track and field meet Saturday (April 25) at George Fox College.

The two Yamhill County schools tied in first place finishes with George Fox senior Adolphus Onua setting a national-qualifying mark in the high hurdles and Newberg senior Mike Watts singlehandedly capturing three throwing events.

But the visiting Wildcats were too great in number of individual competitors. While the two schools were nearly equal in second place finishes (GFC with six and Linfield with seven) the Wildcats picked up 17 third and fourth finishes to just four for GFC.

That left the Bruins on the short end of a final 82-60 score. The two county schools picked up all but five of the first finishes, leaving four for Chemeketa, which finished with 33 points and one for Portland State University, which ended with 25.

"We were out-depted," said GFC track coach Rich Allen. "They just had too many bodies, but I thought our individuals did really well."

Watts piled up 18 points in winning the discus with a personal record toss of 153-1 that beats the national NAIA qualifying standard of 150-0. He also won the javelin with a 181-8 heave and captured the shot competition with a 43-10 effort. He was second in the hammer with a personal record throw of 151-1 1/2.

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GFC Track 'Out-Depthed'

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Onua three times earlier this year clocked the 110-hurdles in 14.5, a tenth-second off national qualifying. This time he clipped four-tenths seconds off his season best to record a 14.1. That time won him the NAIA District 2 title in 1985, a year when he set records with a 13.7. He has not lost a race this year.

Freshman Tim Conley won the 400 meters at 51.0 and was second in the 200 at 22.6 on his way to giving GFC 10 1/2 points. The Lake Oswego product and Onua both ran legs of the relay events, both won by the Bruins.

George Fox nipped Portland State 43.6 to 43.9 to win the 400 relay in a season-best time, then easily passed Linfield in the 1,600 relay, winning 3:29.2 to the Wildcats 3:38.5.

Also running both relays was freshman Tim Cummins, who secured 8 1/2 points on his relay contributions and for finishing second in the 110 hurdles (behind Onua) at 14.6. Cummins, from Riverside, Calif., was second in the intermediate hurdles at 55.8. Both hurdles times were personal records.

The fourth Bruin in the 400 relay was junior Dave Mueller, who gave GFC a third in the long jump at 19-10 1/4. The fourth Bruin in the long relay was junior Randy Swigart, Sweet Home, who gave the Bruins a third in the 800 at 1:59.9.

GFC's final third came in the pole vault with freshman David Nickell at 12-0.

George Fox's Lady Bruins won four events in compiling 32 points in their competition to finish second, ahead of Chemeketa with 28 and Portland State at 26, but behind Linfield with 57.

Freshman Marta Shields, Eugene, was again a double winner, capturing the 200 at 26.3 and the 400 at 1:00.8. North Bend, Ore., freshman Kali Haverstock raced the

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10,000 meters in 42:36.2, taking a minute off her previous best and qualifying for district championships.

The Lady Bruin 1,600-meter relay team timed the distance in 4:21.6 for a first place. GFC second place finishes came from Portland sophomore Denise Fox, who tossed the shot 32-9 1/2, and from senior Sue Woolsey, Bellevue, Wash., who went 5-2 in the high jump, same as the first place winner, but on more tries.

Third finishes were earned by freshman Melanie Springer, Albany, who set a personal record of 1:01.8 in the 400 to qualify for district championships, and by Fox, who had a 134-0 javelin throw.

Elaine Haworth, a freshman from Fresno, Calif., was fourth in the 200 at 27.8.

The Bruins take the weekend off this week devoting practice time to preparing for the NAIA District 2 championships May 8-9, scheduled for Linfield College.

The Saturday meet also was scheduled for McMinnville, but was moved to Newberg because Linfield's track is being repaired.

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GFC'S MIKE WATTS TO COMPETE IN NCCAA NATIONAL TRACK CHAMPIONSHIPS

George Fox College NAIA track All-American Mike Watts will try to become an All-American in another jurisdiction as he competes Friday and Saturday (May 1-2) in the National Christian College Athletic Associations track and field championships.

He will compete in four throwing events in the national finals at Marion College in Marion, Ind.

An NAIA All-American in the javelin as a freshman, Watts will compete in the discus, javelin, shot and hammer.

He will be accompanied by GFC track coach Rich Allen.



sports news

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TRACK BRUINS BEAT LEWIS & CLARK; WATTS HURLS NATIONAL-QUALIFYING DISCUS TOSS

Using a George Fox College dual track meet win over Lewis & Clark College as his base, Newberg senior Mike Watts has positioned himself to become something unusual: an All-American in two events.

Watts climaxed a rain-dampened Saturday (April 11) meet on the Bruins' Colcord Field with a national-qualifying 151-5 discus toss. It gave the Bruins five points in the final event of the day and an 84-64 win over the Pioneers.

Although GFC track coach Rich Allen went into the meet thinking his team could win its first duo match of the year, it wasn't until after the 10th of 19 events that George Fox pulled equal with the visitors, 38-38.

Ahead 43-42 after the next event, the 100 dash, the Bruins produced a sweep in the javelin -- led by Watts -- to pull out to a 52-42 edge as GFC went on to win by 20.

The Bruins won 11 events, took second in eight and captured five third finishes. The Pioneers were first eight times, came in second five times and had the same number of third finishes.

It was Watts who garnered the attention when he unleashed three consecutive throws over his previous best of 148-11 in the discus: the winning 151-5, a 151-4 and a 149-11. The national qualifying mark is 150.

That means Watts, already an NAIA All-American in the javelin, will enter national competition in the discus, which he now says really may be his better event.

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Watts finished fifth in the nation in 1983 with a 207-11 javelin toss. This year he's been hampered by an elbow problem, then pulled groin muscle and has a season javelin best of 185, still short of the 205-national qualifying, but well ahead of the 172-6 for district competition.

Watts, who has qualified for the district in discus, javelin and hammer, is still saving his efforts in the javelin, not yet using a full approach, trying to protect his injuries to keep them from getting worse.

But he unleashed his full form in the discus. "I was kind of relaxed," Watts said. He also said he didn't throw as hard as possible, but emphasized form. "The form does it," he said.

And Watts also may have got some help from circumstances that kept him from competing in first two events: hammer and shot. Watts, a physical education teaching major, spent much of the day taking the Oregon-mandated CBEST teaching test in Portland. He arrived back in Newberg in time for the javelin and discus -- and won both.

Watts, originally from Woodland, Wash., says the ability to concentrate on just two events Saturday "may have helped a little bit." "Sometimes it's hard to throw in all events and still concentrate -- you really have to concentrate."

"This wasn't just a fluke," Watts assures. The three tosses show that, he says, and now his goal is 160 feet. "I feel I'm just getting ready to pop the big one."

Although the only double winner, Watts had his 10 point contribution topped by the 12.5 points earned by junior Dave Mueller in six events.

Mueller, from Camas, Wash., won the 100 in 11.96, was second in the long jump at

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19-4, and was third in the javelin at 147-1 (giving GFC the sweep) and in the 200 at 24.63. He also led off both relays as GFC took the 400 meters in 44.2 then the 1,600 at 3:31.74.

Freshman Pat Leeper, Castle Rock, Wash., contributed 11 points to the Bruin win as he captured the high jump at 5-6 and finished second in the 400 intermediate hurdles at 1:07.07 and second in the triple jump at 40-3.

Another freshman, Scott Cummins of Riverside, Calif., gave GFC 9.25 points as he won the 400 intermediate hurdles at 58:19, finished second in the high hurdles at 15.39 and ran a leg of the 1,600 meter relay.

Freshman decathlete Dave Nickell, Stayton, aided the Bruins with nine points on a trio of seconds. He had a 5-6 high jump (the same as Leeper but on more tries), followed Watts in the javelin at 160-7, and threw the shot 36-9.

Other firsts for GFC: Dave Elkins in the hammer throw at 135-11, Adolphus Onua in the 110 high hurdles, Tim Conley in the 400 meters at 50.97, and Randy Swigart in the 5,000 meters at 18:30.07.

Conley, a Lake Oswego freshman, also added a second in the 200 with a 23.56 finish. He ran a leg of the winning 1,600-meter relay, along with Onua, a senior from Nigeria, and freshman Rod Eakin, La Grande. Both who ran both relays.

On the women's side, the Lady Bruins were outnumbered by Lewis & Clark and fell 77-38.

Denise Fox, a Portland sophomore, won the javelin at 135, far exceeding district qualifying 118-9. She also was second in the shot at 34 feet.

Michelle Lang, a Westport, Wash., freshman won the 400 intermediate hurdles at

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1:22.0. The Lady Bruins swept the 3,000 meters with Diane Peterson, an Entiat, Wash., freshman first at 11:59.38, followed by teammate Kali Haverstock at 12:06.24 and Lang, with no time recorded.

Two Lady Bruins captured two seconds each. Marta Shields, a Eugene freshman, timed the 400 meters at 1:02.09 and the 200 meters at 27.44. Albany freshman Melanie Springer gave her team six points with a 5:24.07 in the 1,500 meters and a 2:30.6 in the 800 meters.

Senior Sue Woolsey was second in the high jump at 5-0.

This Saturday (April 18) George Fox wraps up its home season -- and stays at home for the third consecutive week -- in hosting the University of Puget Sound starting at 1 p.m.