

**STATE CROSS COUNTRY
INDIVIDUAL CHAMPIONS**



Class AAAAA
Ryan Eichner
Shaw. Miss. South



Class AAAA
Bob Lowen
Hays



Class AAA
Gary Baldwin
Clay Center



Class 2-1A
Chris Perez
Lakin

Site: Wamego High School
Date: Saturday, November 7, 1970
Champions: Class 5A - Wichita-Southeast
Class 4A - Hays
Class 3A - Phillipsburg
Class 2-1A - Oakley

Individual Winners

Class 5A: 1. R. Eichner, Shawnee Mission-South, 9:29.4; 2. R. Smith, Wichita-East, 9:44; 3. B. Ream, Wichita-Southeast, 9:47; 4. G. TenEyck, Wichita-Southeast, 9:54; 5. J. Wommack, Shawnee Mission-West, 9:57; 6. B. Filener, Wichita-Southeast, 9:58; 7. J. Everett, Topeka, 9:59; 8. H. Hays, Wichita-Southeast, 10:01; 9. M. Thompson, Shawnee Mission-North, 10:01; 10. B. Aitken, Wichita-West, 10:02.

Class 4A: 1. B. Lowen, Hays, 10:14.2; 2. B. Baker, El Dorado, 10:21; 3. T. May, Hays, 10:22; 4. B. Cowdin, Topeka-Highland Park, 10:23; 5. R. J. Harris, El Dorado, 10:24; 6. D. Meierhoff, Emporia, 10:25; 7. S. Dalley, Olathe, 10:27; 8. C. Warren, Derby, 10:28; 9. R. Ward, Topeka-Washburn Rural, 10:30; 10. R. Tyler, Topeka-West, 10:31.

Class 3A: 1. G. Baldwin, Clay Center, 10:02.4; 2. D. Carroll, Chapman, 10:03; 3. R. Petzold, Phillipsburg, 10:11; 4. D. Groen, Phillipsburg, 10:14; 5. J. Gillaspie, Council Grove, 10:15; 6. B. Higgins, Lyons, 10:16; 7. P. Koehn, Buhler, 10:17; 8. D. Kuhlman, Goodland, 10:19; 9. M. Jordan, Russell, 10:19; 10. R. Robison, Altamont-Labette Co., 10:20.

Class 2-1A: 1. C. Perez, Lakin, 9:49.9; 2. S. Tichenor, Paradise, 10:03; 3. P. Robinson, St. John, 10:04; 4. J. Heskett, Oakley, 10:13; 5. D. Cappleman, Effingham-Atchison Co. Comm., 10:23; 6. T. Tylor, Elkhart, 10:30; 7. J. Blazer, St. John, 10:33; 8. L. Barnett, Perry--Perry-Lecompton, 10:34; 9. S. Gilkerson, Oakley, 10:35; 10. F. Hockersmith, Oakley, 10:36.

Team Scores

Class 5A: 1. Wichita-Southeast, 36; 2. Shawnee Mission-South, 91; 3. Shawnee Mission-West, 111; 4. Wichita-East, 111; 5. Wichita-South, 121; 6. Wichita-West, 131; 7. Shawnee Mission-North, 174; 8. Shawnee Mission-City-Washington, 212; 9. Wichita-North, 230; 10. Shawnee Mission-City-Wyandotte, 246; 11. Lawrence, 264.

Class 4A: 1. Hays, 72; 2. Topeka-West, 107; 3. Emporia, 108; 4. Garden City, 120; 5. Emporia, 120; 6. Arkansas City, 197; 7. Salina-Central, 204; 8. Emporia, 206; 9. Kansas City-Argentine, 213; 10. Topeka-West, 215; 11. Newton, 224; 12. Pittsburg, 224.

Class 3A: 1. Phillipsburg, 66; 2. Clay Center, 66; 3. Abilene, 125; 4. Tie, Wellington and Wakeenaw, 148; 5. Chapman, 148; 6. Buhler, 177; 7. Altamont-County, 194; 8. Anthony-Chaparral, 197; 9. Colby, 215; 10. Ottawa, 241.

Class 2-1A: 1. Oakley, 40; 2. Lakin, 107; 3. Johnson, 113; 4. Johnson, 114; 5. Tie, Salina-Sacred Heart and Ellinwood, 116; 6. Centralia, 157; 7. Riley County, 207; 8. Highland, 218; 9. Bonner Savior of the World, 229; 10. Salina-St. John's, 258; 11. Neodesha, 301.



**MID-AMERICAN CROSS COUNTRY CLINIC
December 12, 1970**

The Fourth Annual Mid-American Cross Country Clinic will be held at Putsch's Pantry, 83rd and Shawnee Mission, Kansas, on December 12. The clinic is scheduled to begin at 8:00 a.m. and conclude at 4:00 p.m.

The following speakers and the topics they will discuss are as follows:

- Dr. Wayne Osness, Kansas University:**
The physiology of running--What happens?
Fatigue! Mental or physical
Experiments at the University of Kansas
Interval training--good or bad
New research in physiology in relation to cross country
- Coach Harvey Greer, Kansas University:**
What high school coaches can do in physiology
exercise
Big Eight & NCAA rules on recruiting high school cross country and track and field athletes
Present conditions regarding the enforcement of university team policies with the current collegiate atmosphere
What the high school coach can do to assist the university coach in recruiting
Illegal and legal recruiting methods
What should be done when an illegal method of recruiting has been employed
Comments on high school association eligibility rules and regulations
Scholarships and how to remain eligible
Selected high school cross country coaches will serve on a panel discussion.

The cost of the clinic will be \$5.00 which includes the noon meal, speakers' fees and clinic notes. For contact Mr. Verlyn J. Schmidt, cross country coach at Shawnee Mission-South High School, 107th Street, for additional information and a registration blank.

STATE CROSS COUNTRY CHAMPIONS
 WICHITA-SOUTHEAST - HAYS
 PHILLIPSBURG - OAKLEY

CLASS AAAAA



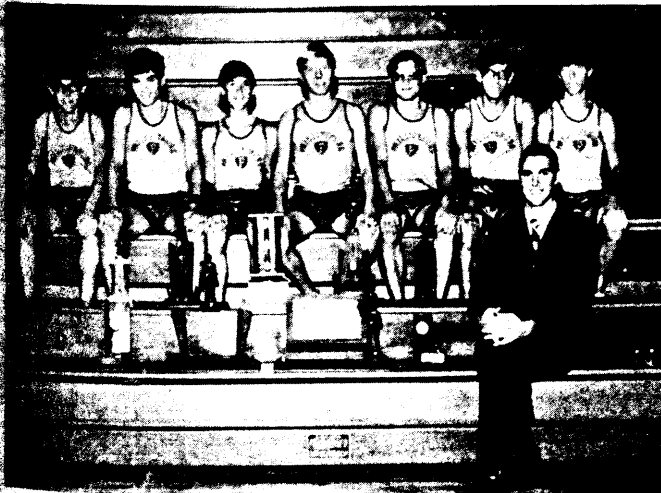
Wichita-Southeast High School
 Kneeling: Gary TenEyck
 Back row, l. to r.: Kent Adrian, Hal Hays, Bob Ream,
 Coach Chuck Hatter, Bill Filener, Bill Page, Jerry
 Smith

CLASS AAAA



Hays High School
 Front row, l. to r.: Steve Lowen, Bob Lowen, Jerry
 Green, Dick Turney
 Back row, l. to r.: Steve Clark, Tony May, Mark
 Massaglia, Stan Bieker

CLASS AAA



Phillipsburg High School
 Front row: Coach Gary Schultz
 Back row, l. to r.: Tom Kreller, Jim McClellan, Ronnie
 Petzold, Daryl Groen, Dennis Elliott, Richard Hansen,
 Jack Looney

CLASS 2-1A



Oakley High School
 Back row, l. to r.: Danny George, James Bloom, Floyd
 Hockersmith, Stan Clark
 Front row, l. to r.: Allen Mendenhall, Stan Gilkerson,
 Joe Heskett, Roger Fischer, Coach Darrell Clement