

2005 Regional...

Durnwald places 6th for Ross

News-Messenger reports

Fremont Ross senior Robert Durnwald earned a spot on the podium Thursday in Amherst during a Division I regional track meet.

Durnwald finished sixth in the discus at 153-feet, 10-inches.

The top four finishers in each event qualify for next weekend's state meet in Columbus.

"It was a good performance for him," Ross coach Cathy Esposito said of Durnwald's regional showing. "It was his senior year and he got to stand on the podium. That was awesome."

The Little Giants' boys 3,200-meter relay team of Austin Young, Brandon McDonald, David Guardiola and Nathan Bowen finished 14th in a time of 8 minutes, 22.86 seconds.

The meet continues Saturday. Ross is currently in 15th in the boys team standings. Brunswick is leading the boys while Avon Lake is at the top of the girls standings.

"It was a good showing," Esposito said of the first day of the meet. "Everything looks really good."

Adam Wilhelm and Elon Simms will each compete in four events for the Little Giants Saturday. Wilhelm will run in the 200 and 400, as well as the 800 relay (with Simms, Julius Salgado and Andre Velez) and the 1,600 relay (with Simms, Young and Salgado).

Simms is also competing in the 110 hurdles and 800.

"Elon is going to have a tough race in the 800," Esposito said. "He's going to be tested, but I think he'll be able to do it."

Bowen and Derek Hill will be competing in the 1,600 Saturday.

Salgado just missed qualifying for the 300 hurdles final Thursday.

"He had it right on the line," Esposito said.

Tia Simms finished 14th for Ross in the girls 400 Thursday.

Track & Field

High School Boys

Division I Regionals at Amherst Ross Results

3200 relay — 14. Austin Young, Brandon McDonald, David Guardiola, Nathan Bowen 8:22.86

Discus — 6. Robert Durnwald 153-10

"That was a huge goal for us throughout the season."

— Fremont Ross coach Cathy Esposito on her team's 2nd-place regional finish

Little Giants qualify five for state

News-Messenger reports

Last season at this time Elon Simms of Fremont Ross was nursing an injury.

This year he and Adam Wilhelm led the Little Giants to their first ever second-place Division I regional finish Saturday as Ross scored 49 points to finish 25 behind Cleveland St. Ignatius.

St. Ignatius became the only team

to finish ahead of the Little Giant boys at any meet this season as they qualified for Columbus in six events. Wilhelm won the 200-meter dash (21.88 seconds) and 400 (48.81), and Simms finished second in the 800 (1:53.08) and third in the 110 hurdles (14.92).

"That was a huge goal for us throughout the season," Little Giant coach Cathy Esposito said of a top-

two regional finish. "It was a phenomenal experience. Their overall record (101-1) is amazing. Everything they worked for as a team they achieved. It's nice to see them achieve their goals. We're very pleased with what happened (Saturday). It was historic. And the fact we're taking so many kids (to Columbus) — we have a chance to finish in the top three down there —

which was another goal."

The top four finishers in each event at Saturday's Amherst meet advance to state.

Simms, Wilhelm, Julius Salgado and Andre Velez finished fourth in the 800 relay (1:30.34), and Wilhelm, Simms, Salgado and Austin Young were third in the 1,600 relay (3:20.93).

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Ross sending five to state track meet

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Wilhelm qualified for state in the 200 and 400 last year and placed in each. Salgado and Young replaced Jordan Edwards and Tim Burris on a 1,600 relay that also qualified.

Simms was hobbled in the Little Giants' 1,600 relay in Columbus last year.

"It's nice to see him healthy and so successful in an event he just started halfway through the season," Esposito said of the 800. "We knew he could be successful — the person has to want to do it — and it's worked out. He blew away the school record (1:55.1) in the 800 (Saturday).

"The 800 is one of the most competitive events in the state. There is so much talent in that event. For him to walk in and be so successful is pretty amazing. He's just a talented athlete."

Esposito said Wilhelm and Simms benefited from last year's experience in Columbus.

"They realized this year that not only are they ultimate athletes but we have depth that could help us win a state championship," Esposito said. "They realized how important the relays would be for us. The two relays were our big scorers. They saw that there is no I in team."

"There's more of a team concept to go along with the double regional champion we had. Adam was announced as the double winner sprinter. He blew them away in both opens. He's pretty amazing."

Esposito said that qualifying in the 800 relay was a bit of a surprise but not to un-

derestimate the entry in Columbus.

"The (800 relay going) to state was a really nice surprise," she said. "We had been struggling with handoffs. We've been putting that together all year basically. We'll see how they do at state."

"Austin and Julius were stronger this week with less events to run. Julius has two events and Austin has one which is a big help because before they were loaded up. I think they'll add a new dimension being so rested. They're go-getters. They'll kill themselves to win a race. They try to do everything they can for Adam and Elon in those relays."

Young, Branddon McDonald, David Guardiola and Nathan Bowen finished 14th in the 3,200 relay, and Bowen was eighth in the 1,600 for Ross Saturday.

Esposito plans to score at least 40 points at state and said a top-three finish is within the realm of possibilities.

"If we score 40 points we're top three — the key is qualifying to the finals," Esposito said.

Each of the Little Giants' entries in Columbus is seeded high.

"We'll work hard the first two days this week, Wednesday will be an easy handoff day and Thursday we'll leave for state," Esposito said. "We're seeded pretty high so it's looking very good to be top three in the state. That would be awesome."

"I believe Adam will win the state in the 200 and 400. Elon will have a tough road but is very much a contender for the top three in his opens. And a top four finish for the (1,600 relay) is possible."

Track & Field

High School Boys

Division I Regionals

at Amherst

Ross Results

110 hurdles — 3. Elon Simms 14.92
800 relay — 4. (Julius Salgado, Andre Velez, Elon Simms, Adam Wilhelm)
1:30.34
1600 run — 8. Nathan Bowen 4:30.82,
13. Derek Hill 4:36.72
400 — 1. Adam Wilhelm 48.81
800 — 2. Elon Simms 1:53.08
200 — 1. Adam Wilhelm 21.88
1600 relay — 3. (Austin Young, Julius Salgado, Adam Wilhelm, Elon Simms)
3:20.93