

2007 Regional Meet...

DIVISION I TRACK REGIONALS

Little Giants Fischer, Brown qualify to state

By KEVIN YANIK
Sports Writer

AMHERST — Fremont Ross senior Ashley Fischer only had one, maybe two chances to break Jaime Toeppe's school record in the 1600-meter run entering Friday's Division I regional finals.

Fischer can rest easy today.

She broke Toeppe's mark of 5 minutes, 4 seconds by one second, which placed her second and earned her a trip to the state meet next week. Ross junior

Deondray Brown will join her in Columbus, because he placed second in the 110-meter hurdles.

"I'm excited," said Fischer, who also raced the 800 Friday. "Making it to state in the mile was the goal before breaking the record, but that was awesome too. I wanted to break the school record. It was a goal. Now, it's amazing. Thank God. That's what I wanted."

Fischer actually led the first two laps of the 1600, but Magnificat freshman Madeline Chambers legged her out for a three-second victory.

Now, with her name to the Little Giants 1600 record, Fischer would like to break 5:00 next Saturday at states.

Ross coach Cathy Esposito thinks it can be done.



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"That would be monumental," she said. "It is. It's huge. Anybody would dream of that. It would definitely take her up there pretty well on the podium."

One of Brown's goals is clearly to reach the podium, too.

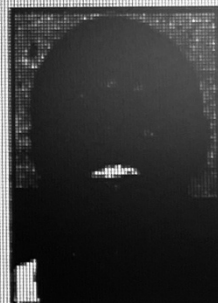
He missed it last season at states, when he finished fifth in his heat.

His times last season weren't as fast as some of his most recent races, though. And that includes his 110 hurdle sprint at regionals, where he set a personal record in 14.60.

"I think I did pretty well," Brown said. "Just that last hurdle, I didn't finish it strong. I hit the last hurdle. I was working on clearing them all week."

He'll continue to work toward his goals this week. Esposito has typical practices planned for Monday, Tuesday and Wednesday, and she'll take her runners to the pool Wednesday for another workout.

Fischer and Brown will then cool down on Thursday, before Brown runs his preliminary 110 hurdle sprint Friday at 2 p.m. Fischer won't race until Saturday.



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