

1996 Great Lakes League Meet...

# Ross girls defend GLL title



News-Messenger/Brian Dhalin

News-Messenger reports

Fremont Ross girls repeated as Great Lakes League Champions, scoring 113 points outdistancing runner up Oregon Clay by 38 points.

The Ross boys scored 115½ points good enough for second. Whitmer won the boys meet with 128 points.

Repeating as individual GLL champions for Ross were the 4x800 relay team of Alison Kelly, Molly O'Conner, Jami Toeppe and Lindsay Frontz, Tonya Elder in the 100 hurdles in 15.5 seconds, Shannon Heidelberg in the long jump with a leap of 15 feet 5¼ inches and Marcy Reinbolt with a 12.8 in the 100 dash.

"Marcy Reinbolt put in an ironman performance," Ross coach John Elder said. "She ran the 200 for the first time all year and finished second, then came back and anchored the 4x400 relay and physically dove across the finish line to win it."

In the GLL, two points are awarded for each league dual meet win, and a 24-21-18-15-12-9-6 point system is used in the championship meet for first through eighth place respectively.

"After losing our first two dual meets, the girls had to win the championships in order to win the League outright," Elder said.

The boys came away winning two events. Demetrius Simms captured the long jump, clearing 20-9¾ and the 4x100 relay team of Kenny Morisette, Harry Liggins, Simms and Jerry Bates finished in 44.6.

"Last year we were happy with second," Elder said. "This year we are disappointed."

# Track & Field

## High School Boys

### GLL meet

TOLEDO—Following are the team standings and Fremont Ross performances from the Great Lakes League meet held Saturday at Toledo Whitmer High School.

#### TEAM STANDINGS

1, Whiter .....	128
2, Ross .....	115½
3, Findlay .....	68
4, Napoleon .....	65
5, Bedford .....	44
6, Fostoria .....	31
7, Clay .....	24
8, Northview .....	20½

#### (Ross finishers)

##### Field events

Shot put: 2-Brandon Willer 53-3, 4-Chris Shull 47-10; Discus: 2-Willer 145-8, 6-Mike Byerly 128-7; High jump: 3-Rashad Brown 5-10; Long jump: 1-Demetrius Simms 20-9¾, 3-Kenny Morisette 19-3/4.

##### Track events

4x800 relay: 3-Ross (Kurt Snyder, Clint Hill, Jeremiah Wagner, Jeremiah Smith) 8:25; 110 hurdles: 2-Johnny Aldridge 15.7, 4-Justin Conklin 15.8; 100: Jerry Bates 11.1; 1600: 4-Smith 4:46; 4x100 relay: 1-Ross (Morisette, Harry Liggins, Simms, Bates) 44.6; 400: 3-Brown 52.1.

300 hurdles: 2-Jason Strayer 41.7, 4-Conklin 42.9; 800: 4-Hill 2:04; 3200: 5-Wagner 10:39; 4x400 relay: 3-Ross (Aldridge, Liggins, Hill, Brown) 3:33.

## High School Girls

### GLL meet

TOLEDO—Following are the team standings and Fremont Ross performances from the Great Lakes League meet held Saturday at Toledo Whitmer High School.

#### TEAM STANDINGS

1, Ross .....	113
2, Clay .....	75
3, Whitmer .....	73
4, Findlay .....	66
5, Napoleon .....	54
6, Bedford .....	52
7, Northview .....	33
8, Fostoria .....	30

#### (Ross finishers)

##### Field events

Shot put: 2-Michelle Salas 34-11½, 5-April Brenamen 33-9; Discus: 6-Tirzah Hale 101-9; High jump: 6-Christy Linder 4-6; Long jump: 1-Shannon Heidelberg 15-5¼, 3-Linder 15-11½.

##### Track events

4x800 relay: 1-Ross (Alison Kelly, Molly O'Conner, Jami Toeppe, Lindsay Frontz) 10:15.1; 100 hurdles: 1-Tonya Elder 15.5; 100: 1-Marcy Reinbolt 12.8; 4x200 relay: 6-Ross (Joyce Heidelberg, Sara Thiessen, Elder, Shannon Heidelberg) 1:55; 1600: 4-Kelly 5:42, 5-Kristyn Warner 5:44; 4x100 relay: 2-Ross (Shannon Heidelberg, Elder, Linder, Reinbolt) 52.8; 400: 5-Katie Roth 1:05, 6-Thiessen 1:06.

300 hurdles: 3-Elder 50.6; 800: 6-Toeppe 2:32; 200: 2-Reinbolt 27.1; 3200: 2-Frontz 12:18, 4-Warner 12:31; 4x400 relay: 1-Ross (Roth, Thiessen, Linder, Reinbolt) 4:21.2.