

2004 Fremont Invitational...

FREMONT TRACK INVITATIONAL



BRENDA GUTSCHALK clears the pole vault bar during the Fremont Track Invitational on Saturday. The St. Joseph Central Catholic junior cleared 8 feet to establish a new meet record. It was one of three meet marks broken.

News-Messenger photos/Jennifer Young-Bower

Broken record

Messina eclipses Streaks standard; 3 set meet marks

By **MATTHEW HORN**
Sports Writer

St. Joseph Central Catholic thrower A.J. Messina added 5 to 10 feet to his shot put and discus distances after the regular season ended last season.

But he couldn't advance out of the regional finals.

Saturday may have been just what Messina needed to again augment his distances and get past regionals this year.

Messina broke the school record to win the shot put with a throw of 50 feet, 3½ inches and finished second in the discus at the Fremont Track Invitational.

Now, Messina has the Crimson Streaks' discus record on his radar.

"I let everything go on Saturday," said Messina, who broke Andy Szakovitz's five-year record of 48-7½. "I was glad I was able to break the school record in the shot. I have to add 10 more feet in the discus. I still hope to do it this year."

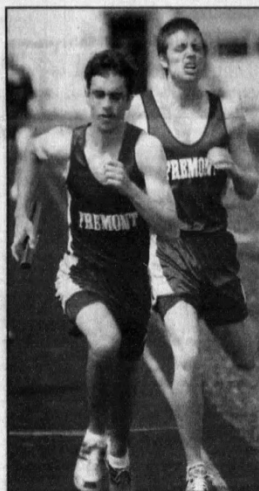
"I got my form back. The biggest thing was throwing 50. We'll see where that takes me."

In addition to Messina's school mark, area athletes also established three meet records.

Adam Wilhelm won the 400-meter dash



MESSINA



FREMONT ROSS'S Nathan Bowen, back, completes a baton pass to Jay Ohms during the 3,200-meter relay on Saturday. The Little Giants finished second in the event and won the meet.

in record time (48.72) and the Ross team of Wilhelm, Tim Burris, Jordan Edwards and Tamar Wells set the mark in the 1,600 relay (3:26.94).

SJCC's Brenda Gutschalk broke the meet's pole vault record at 8 feet.

The Fremont Ross boys finished first while Clyde was fourth and SJCC fifth.

Clyde edged out SJCC by four points for first on the girls side. The Little Gi-

ants scored a season-best 82 points for fourth.

Despite competing in only the two throwing events, Messina has consistently been one of SJCC's top scorers this season.

"He gets us 16-20 points," Streak coach Paul Grahl said. "He maximizes his two events and always places well and scores well for the team."

Messina hopes his work ethic rubs off on the kids in other events.

"I work hard in my events," Messina said. "We have a really young team. I try to work as hard as I can. And if they see me succeed, they work harder."

Fremont Ross's Rob Durnwald beat Messina for the discus title.

"Durnwald and I are friends," Messina said. "It was fun to battle with each other. Competition brings out the best in me."

The Clyde girls won five events to capture the title.

"The best thing I saw was that every part of the team came together," Clyde coach Melanie Overmyer said. "There wasn't a bad performance out there, and it was great for them to see they can do it."

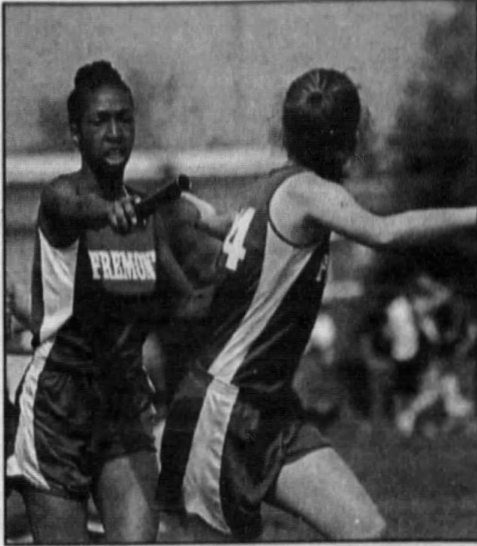
Meghan Gill won the 300 hurdles and high jump. Stephanie Meyer won the 100 and the Fliers took the 3,200- and 6,400-meter relays.

Jared Martin won the 110 and 300 hurdles and high jump for the Clyde boys.

"Division I has better competition usually," he said. "Beating better people means more than beating weaker opponents."

Charles Jones won the 100 preliminaries but slipped to third in the finals for Ross.

See **ROSS BOYS, CLYDE GIRLS, B2**



News-Messenger/Jennifer Young-Bower

SHANEE BULGER passes the baton to Alyssa Bowerman during the 3,200-meter relay at the Fremont Track Invitational on Saturday. The Little Giants finished second in the event. Bowerman won the 3,200 as Ross had its best outing of the season.

Ross boys, Clyde girls win the Fremont invite

Continued From B1

"I was very disappointed with third," Jones said. "I beat some pretty good competition and felt good coming into the finals, but my block start felt horrible."

Wilhelm added a win in the 200 and surpassed Elon Simms' 400 meet record from last season. Simms did not compete on Saturday.

Burris won the 800 and long jump, and Jay Ohms captured the 1,600.

Aaron Lewis won the pole vault for SJCC.

The Crimson Streak girls entered the final event — the 1,600 relay — trailing Clyde by two points. They, however, finished one spot back of the Fliers in the event.

SJCC's 136 points at the meet represented the highest total of the season by 38 points and Ross's total was its best by 47.

Haley Beier won the long jump for the Streaks.

SJCC freshman Molly Wise anchors the 1,600 and 800 relays and has been one of the girls most steady performers. She finished second in the 400 on Saturday.

"Even though I'm a freshman, I still have to be a leader," Wise said. "It's good to start now."

"The MALs are this Saturday, and I think the girls can win. I want to get under 1:00 in the 400 — that's my goal."

Alyssa Bowerman won the 3,200 and Ashley Fischer the 1,600 for Ross.

"The girls were unbelievable," Giant coach Cathy Esposito said. "That was their best performance all season."

Track & Field

High School Boys

Fremont Invitational

Team Standings

1. Ross	158
2. Central Catholic	140
3. Sandusky	104.5
4. Clyde	93.5
5. SJCC	46
6. St. Wendelin	7
100 — 1. Jaycen Rollosen (S) 11.05, 3. Charles Jones (R) 11.29, 4. Jared Martin (C) 11.32, 7. Brandon Cummins (C) 11.75.	
200 — 1. Adam Wilhelm (R) 22.40, 4. Andy Sherman (C) 23.77, 6. Charles Jones (R) 24.33.	
400 — 1. Adam Wilhelm (R) 48.72, 2. Erick Birkholz (C) 51.73, 3. Jordan Edwards (R) 51.78.	
800 — 1. Tim Burris (R) 2:03.95, 4. Austin Young (R) 2:08.58, 6. Jeremy Liska (C) 2:17.63, 7. Drew Dudley (SJ) 2:22.07, 9. Kyle Stierwalt (SJ) 2:26.90.	
1600 — 1. Jay Ohms (R) 4:39.75, 3. Nathan Bowen (R) 4:57.05, 4. Tyler Martinez (C) 4:58.15, 7. Nick Komorek (SJ) 5:15.19, 8. Jon Hart (SJ) 5:17.56.	
3200 — 1. Kevin Spalding (CC) 9:53.33, 3. Derek Hill (R) 10:18.36, 4. Billy Pierykowski (SJ) 10:50.49, 5. Michael Flores (R) 10:54.36, 7. Tyler Martinez (C) 11:03.34, 8. Brian Setzler (SJ) 11:44.18.	
110 hurdles — 1. Jared Martin (C) 14.42, 4. Cory Wetzel (C) 16.15, 6. Adam Shearn (R) 17.02, 8. Julius Salgado (R) 17.86.	
300 hurdles — 1. Jared Martin (C) 39.92, 4. Adam Shearn (R) 42.99, 5. Julius Salgado (R) 43.43, 6. Cory Wetzel (C) 44.52, 9. Alex Zilles (SJ) 49.82, 10. Brad Gabel (SJ) 50.82.	
400 relay — 1. Sandusky 43.37, 3. Ross 45.29, 4. Clyde 45.32.	
800 relay — 1. Sandusky 1:30.36, 2. Ross 1:32.16, 4. Clyde 1:33.40, 5. SJCC 1:42.04.	
1600 relay — 1. Ross 3:26.94, 4. Clyde 3:40.60, 5. SJCC 4:04.52.	
3200 relay — 1. Central Catholic 8:14.89, 2. Ross 8:26.83, 4. SJCC 9:01.70, 5. Clyde 9:20.46.	
6400 relay — 1. CC 18:39.62, 2. Ross 18:56.98, 3. SJCC 22:01.30, 4. Clyde 23:53.44.	
High jump — 1. Jared Martin (C) 5-10, 2. Tim Burris (R) 5-10, 4. Nick Tea (C) 5-6, 7. Myles Porter (R) 5-6, 8. Michael Blohm (SJ) 5-2.	
Pole vault — 1. Aaron Lewis (SJCC) 11-6, 5. Jacob Roope (C) 10-0, 7. Josh Bowen (R) 9-6, 8. Adam Shearn (R) 9-0.	
Long jump — 1. Tim Burris (R) 19-7, 4. Erick Birkholz (C) 18-10.5, 6. Brandon Cummins (C) 17-8, 8. Michael Blohm (SJ) 16-6.75.	
Shot put — 1. AJ Messina (SJ) 50-3.5, 2. Matt Guhn (C) 47-7.5, 4. Robert Zucker (R) 45-8, 5. Rob Durnwald (R) 44-2.5, 7. Jake Selvey (C) 42-3.5, 12. Alan Binsack (SJ) 34-4.	
Discus — 1. Rob Durnwald (R) 147-4, 2. Messina (SJ) 146-10, 3. Jorge Perez (R) 146-7, 6. Matt Guhn (C) 120-9, 10. Jake Selvey (C) 102-7, 12. Corey Hessick (SJ) 92-1.	

High School Girls

Fremont Invitational

Team Standings

1. Clyde	140
2. SJCC	136
3. Sandusky	131
4. Ross	82
5. St. Wendelin	51
100 — 1. Stephanie Meyer (C) 13.0, 4. Melissa Tucker (SJ) 13.56, 5. Emily Grayson (R) 13.60, 6. Haley Beier (SJ) 13.86, 7. Lakesha Jones (R) 14.27.	
200 — 1. Brianna Patterson (S) 26.61, 3. Stephanie Meyer (C) 27.51, 5. Arica Vogel (C) 28.54, 6. Kali Dudley (SJ) 28.80, 7. Haley Beier (SJ) 28.82, 8. Jones (R) 30.38.	
400 — 1. Patterson (S) 58.22, 2. Molly Wise (SJ) 1:02.66, 3. Jenny Kusmer (SJ) 1:05.37, 5. Lindsay Dabrunz (R) 1:07.10, 6. Jenna Branski (C) 1:08.90, 8. Shanee Bulger (R) 1:10.57.	
800 — 1. Pauline Claramunt (SW) 2:39.01, 2. Mandy Smith (SJ) 2:43.35, 3. Alicia Williams (C) 2:44.38, 4. Nena Garcia (C) 2:47.62, 5. Jessica Merrill (SJ) 2:54.88, 7. Bulger (R) 3:00.46, 8. Ashley Bowerman (R) 3:10.87.	
1600 — 1. Ashley Fischer (R) 5:45.51, 2. Alyssa Bowerman (R) 5:57.89, 3. Antonia Alcalá (SJ) 6:08.87, 4. Becky Pearce (C) 6:13.11, 5. Jessica Merrill (SJ) 6:23.09, 6. Jenna Leichty (C) 6:27.02.	
3200 — 1. Alyssa Bowerman (R) 12:35.56, 2. Sarah Stierwalt (SJ) 12:40.39, 3. Jenny Knisely (SJ) 13:12.20, 4. Becky Pearce (C) 13:49.70, 5. Elizabeth Muñoz (R) 14:36.82.	
100 hurdles — 1. Dania Irby (S) 16.23, 2. Brianna Bradfield (C) 16.87, 3. Erika Jay (SJ) 17.09, 6. Allison Adams (R) 18.23, 8. Emily Bolton (C) 18.60.	
300 hurdles — 1. Meghan Gill (C) 49.19, 3. Allison Adams (R) 50.86, 5. Jay (SJ) 53.36, 6. Bolton (C) 54.13, 8. Katie Wise (SJ) 55.23.	
400 relay — 1. Sandusky 52.46, 2. SJCC 53.39, 3. Clyde 54.13, 4. Ross 54.36.	
800 relay — 1. Sandusky 1:48.11, 2. SJ 1:51.51, 3. Clyde 1:56.66, 4. Ross 1:57.39.	
1600 relay — 1. Sandusky 4:18.90, 2. Clyde 4:20.34, 3. SJCC 4:21.04, 4. Ross 4:24.45.	
3200 relay — 1. Clyde 10:45.62, 2. Ross 10:48.99, 3. SJCC 10:57.62.	
6400 relay — 1. Clyde 24:57.66, 2. Ross 25:10.27, 3. SJCC 25:36.07.	
High jump — 1. Meghan Gill (C) 5-0, 3. Kali Dudley (SJ) 4-6, 4. Brittany Shetzer (C) 4-6, 6. Brenda Gutschalk (SJ) 4-4.	
Pole vault — 1. Gutschalk (SJ) 8-0, 2. Brianna Bradfield (C) 7-6, 4. Amy Price (R) 7-0, 4. Katie Leibold (C) 7-0.	
Long jump — 1. Haley Beier (SJ) 15-4, 3. Brenda Gutschalk (SJ) 14-3.5, 4. Stephanie Meyer (C) 14-3, 5. Andrea Avers (C) 14-0.75, 8. Amy Price 11-10.5.	
Shot put — 1. Crystal Lane (S) 34-5, 2. Lesley Payne (C) 33-4.5, 3. Stephanie Kayser (R) 32-7.5, 4. Betsy Quick (R) 32-3, 6. Brittney Luc (SJ) 30-3, 7. Emily Overmyer (SJ) 28-7, 9. Kaley Willer (C) 26-3.5.	
Discus — 1. Abbie Frankart (SW) 105-5, 2. Brittney Luc (SJ) 101-1, 4. Lollie Vargas (C) 90-7, 5. Betsy Quick (R) 90-1, 7. Stephanie Kayser (R) 89-5, 8. Lesley Payne (C) 86-0, 8. Emily Overmyer (SJ) 86-0.	

