

2002 Fremont Invitational...



News-Messenger photos/Doug Hise

TYRUS HAMILTON, right, of Fremont Ross crosses the finish line for a victory in the 400-meter relay Saturday at Ross High School. Hamilton won two individual events to lead the Little Giants to a team title.

Twin trophies for Ross

Boys, girls win together for first time since '85

By **TIMOTHY R. WOLFRUM**
Sports editor

The Fremont Ross boys and girls track-and-field teams forged through a strong head wind Saturday to sweep the Fremont Invitational for the first time since 1985.

The Little Giants boys got two individual victories from senior sprinter Tyrus Hamilton and earned revenge against rival Sandusky, which defeated Ross at the Sandusky Relays a week earlier.

The Ross girls pulled off a surprising victory, edging out Toledo Central Catholic to win the seven-team event behind distance runner Stacy Hall, a junior who also won two events.

The two teams expended so much energy running against a 15-mile-per-hour wind that blew down the backstretch all day they only made it halfway around the track on the victory lap.

"They got hyped up because it

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was home, and all their friends were here," Ross head coach Cathy Esposito said of both teams.

"The girls have been improving. You expect those things when you're improving. They're starting to get it. They're a young team, and it's just taken them a little longer to get started. I'm proud of them."

Hamilton won the 100- and 200-meter dashes and anchored the winning 400 relay team for Ross. The Little Giants won the meet with 147.5 points, outdistancing second-place Clyde (96.5) and Sandusky (85) by a wide margin. St. Joe Central Catholic finished sixth with 38 points.

Hamilton claimed the 100 dash in 11.5 seconds and the 200 dash in 23.47 seconds.

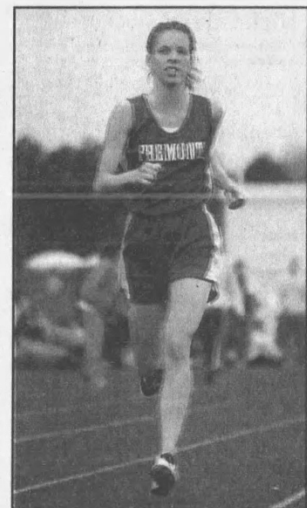
"I'm getting to my prime," Hamilton said. "I figured as I got strong and the season progressed, I would improve. It was just a matter of time."

"I always love coming in as the underdog. I've been an underdog all my life. The only thing I'm looking for is respect, and I'm out to earn it."

Said Esposito of Hamilton, "There's no doubt he's peaking. His 100 and 200, he's running faster than I've ever seen him run. He's reaping the rewards of all the hard work he has put in."

The 400 relay team of Eric Edwards, Bo Martin, Torrey Lewis and Hamilton was assembled the day before the meet at practice but performed its handoffs flawlessly. The relay came through with the team's best time of the season and won in 44.0 seconds.

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STACY HALL of Fremont Ross leads on the way to a 1,600-meter run championship Saturday at Ross.

Little Giants sweep own invite; Clyde boys settle for 2nd place

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The most impressive display of athleticism came from Ross freshman Adam Wilhelm, who won the 400 dash in a meet-record 50.49 seconds. Wilhelm had never run the race in high school, and, because he was a late addition to the lineup, ran in the first — and slower — of two heats.

"I wanted to see what he could do in that race, and he did just what I thought he could do," Esposito said. "A lot of what we talk to the kids about is you have to run for the clock. He's definitely a 400 runner."

Ross also got first places from Bo Hudson in the long jump and Richy Teeters in the pole vault. Hudson turned in a jump of 20-4.5, and Teeters vaulted 12-0.

The Clyde boys got victories from its 6,400 relay team and David Skeel in the shot put on its way to second place. The relay team of Cliff Moore, Max Gressman, Kyle Gettys and Brett MacDonald set a meet record by running a 19:52.34. Skeel tossed the shot 48-6.75.

It was a frustrating day for Flier sprinting star Justin Martin. He finished second in three events, twice by the narrowest of margins. Hamilton edged him out by two-hundredths of a second in the 200 dash, and Wilhelm beat him by eight-hundredths of a second in the 400 after Martin easily won the second heat.

"Justin had a big day," said Clyde head coach Mike Martin, Justin's father. "He had prelims and finals in the 100 and 200 plus the 400 and 4-by-4. That's a lot of running, especially with the competition we had today. It's a good gauge of where we are heading into the conference and district meets."

"Any time you have wind in your face, you're not going to have your best performances. We just wanted to get through the meet without any more injuries than we already have. We'll take it easy next week and get ready for the conference."

St. Joe got its lone victory of the day from the 3,200 relay team of Adam Miller, Mike Zimmerman, Dan Chudzinski and Jeremy Velliquette. The relay finished in 8:19.78, a season-best time, and won by more than 10 seconds.

"We ran fast times today, so it was good to face this kind of competition," St. Joe head coach Jamie Gilbert said. "We've got some room to grow still, but the times are definitely coming down."

Velliquette finished second in the 800 run for the Crimson Streaks.

In the girls meet, Hall won the 1,600 and 3,200 runs, but the Little Giants used their depth to eke out a 128-119 victory over Central Catholic and win their own invitational for the third consecutive year. Clyde finished fourth with 66 points, and St. Joe was sixth with 41 points.

The Lady Irish had more first places (4-3) and third places (4-2) and tied Ross with six second places. But Ross won the points title with more lower places.

Hall took the 1,600 in 5:31.19 and the 3,200 run in 12:15.72. She said the wind didn't hinder her efforts.

"It was tougher in the two mile. It wasn't as bad during the mile, but it got worse," Hall said. "It means a lot because it's at home and everyone's here and going into the GLLs and district. I hope I peak starting next week."

Said Esposito, "She had a nice day. I kind of figured she would do that looking at the times coming in. I just had this feeling it would be good for us after Thursday's meet. The distance teams were flat Thursday, but they really responded well today."

Ross's other victory came from Rachel Ruiz, who won the 300 hurdles in 50.44 seconds.

"She's tough and very consistent," Esposito said of Ruiz. "When you put her in a race, you're going to get at least as good as she did last time and usually better."

Clyde got strong performances from Emily Hart and Andrea Myers on its way to fourth place. Hart won the high jump with a 5-0 and led off for the winning 1,600 relay team.

"Emily had a good day," Clyde head coach Melanie Overmyer said. "She's doing a great job as a freshman. She's really started to step it up at the end of the year."



News-Messenger/Doug Hise

LINDSEY SMITH, front, of St. Joe and Clyde's Andrea Myers battle for first place Saturday during 800-meter run at the Fremont Invitational. The two runners switched places for the finish. Myers won, and Smith finished second to record the St. Joe girls' best finish.

We hope that continues for the next couple of weeks."

The 1,600 relay also included Teresa Mendoza, Myers and Heather Hoot. It won in 4:19.79.

Myers won the 800 run in 2:31.20, outdistancing St. Joe's best finisher, Lindsey Smith, by 1.55 seconds.

"She just knows how to run the 800, it seems," Overmyer said of

Myers. "She just stays in the top pack and wins it at the end. She doesn't like to get beat in that race, which is good to see."

Ross competes in the Great Lakes League meet on Wednesday and Friday at Whitmer. St. Joe competes in the Midland Athletic League meet Saturday in Fostoria. Clyde hosts Edison on Tuesday.

Track & Field

High School Boys

Fremont Ross Invitational Team Scores

Fremont Ross	147.5
Clyde	96.5
Sandusky	85
Central Catholic	79
St. Wendelin	56
St. Joe	38
Tiffin Calvert	25

Results

4x1600 relay: 1. Clyde 19:52.34; 2. Ross 20:04.00; 3. C.C. 20:37.21; 4. SJCC 21:08; 5. Calvert 22:26.13; 6. Sand. 24:00.41

4x800: 1. SJCC 8:19.78; 2. Ross 8:30.00; 3. C.C. 8:36.00; 4. Clyde 8:48; 5. Sand. 9:15.25; 6. Calvert 10:08.00

110 hurdles: 1. Patrick Weber (SW) 16.18; 2. Brett Hoffman (C) 16.30; 3. Jared Martin (C) 16.93; 4. Sylvester McSwain (Sand.) 17.22; 5. Erin Martens (C.C.) 17.85; 6. Richey Teeters (R) 18.56

100 dash: 1. Tyrus Hamilton (R) 11.50; 2. Martin (C) 11.60; 3. Nate Matthews (S) 11.87; 4. Marc Baugher (C) 12.00; 5. Eric Edwards (R) 12.03; 6. Ron Pickens (S) 12.22

1600 run: 1. Josh Souder (SW) 4:26.94; 2. Kyle Gettys (C) 4:32.37; 3. Jake Schultz (C.C.) 4:38.17; 4. Jeremy Wysocki (C.C.) 4:44.10; 5. Jay Ohms (R) 4:44.71; 6. Adam Miller (SJCC) 4:45.74

4x100 relay: 1. Ross 44.00; 2. Sandusky 44.47; 3. Calvert 45.71; 4. C.C. 45.90; 5. Clyde 45.95; 6. SJCC 51.72

400 dash: 1. Adam Wilhelm (R) 50.49; 2. Martin (C) 50.57; 3. Chad Pearson (S) 51.22; 4. Brian Quinn (C.C.) 51.50; 5. Nick Shank (TC) 51.86; 6. Bo Martin (R) 52.50

300 hurdles: 1. Weber (SW) 40.48; 2. Martin (C) 42.39; 3. Elon Simms (R) 43.47; 4. Robert Winkler (C) 44.78; 5. Martens (C.C.) 45.68; 6. Shearn (R) 50.34

800 run: 1. Souder (SW) 2:01.99; 2. Jeremy Velliquette (SJCC) 2:04.81; 3. Ted Jobe (C.C.) 2:07.16; 4. Matt Salas (R) 2:08.13; 5. Mike Zimmerman (SJCC) 2:09.13; 6. Jordan Schultz (C.C.) 2:09.97

200 dash: 1. Hamilton (R) 23.47; 2. Martin (C) 23.49; 3. Wilhelm (R) 23.70; 4. Pearson (S) 23.94; 5. Andre Parr (C.C.) 24.07; 6. Jermaine Knight (S) 24.19

3200 run: 1. Jeremy Wysocki (C.C.) 10:17.56; 2. Schultz (C.C.) 10:17.57; 3. Dan Chudzinski (SJCC) 10:18.59; 4. Brad Harman (SJCC) 10:19.16; 5. Ohms (R) 10:37.43; 6. Nathan Bowen (R) 10:52.05

4x400 relay: 1. C.C. 3:31.89; 2. Sandusky 3:32.97; 3. Clyde 3:33.47; 4. Calvert 3:36.37; 5. Ross 3:42.50; 6. SJCC 3:44.39

High Jump: 1. Matthews (S) 6-02; 2. Rickie Rusher (C.C.) 6-0; 3. Eric Swartz (TC) 5-10; 4. Bo Hudson (R) 5-10; 5. Myles Porter (R) 5-6; 6. Martin (C) 5-6

Long Jump: 1. Hudon (R) 20-04.50; 2. Steve Wooten (S) 19-04.50; 3. Martin (R) 18-07.75; 4. Duwayne Hush (C) 18-0; 5. David Clinton (S) 17-07.50; 6. Cook (C) 17-05.25

Shot Put: 1. David Skeel (C) 48-06.75; 2. Bobby Crawford (R) 48-04.25; 3. Joe Kaiser (R) 45-05.50; 4. Stuart Hensley (SW) 44-09.75; 5. Aaron Cox (S) 44-09.50; 6. Bryon Burch (S) 40-11.0

Discus: 1. Derrick Grohe (S) 135-10.75; 2. Chris Kayser (R) 135-05.0; 3. Jon Emerine (SW) 128-03.25; 4. Kaiser (R) 125-03; 5. Burch (S) 123-05; 6. AJ Messina (SJCC) 117-08.75

Pole Vault: 1. Teeters (R) 12-; 2. Robert Stein (S) 11-06; 3. John Culbertson (R) 11-06; 4. Charlie Frankart (SW) 11-0; 5. Keith Reiter (SW) 11-0; 6. Eric Lyons (S) 11-0.

High School Girls

Fremont Ross Invitational Team Scores

Fremont Ross	128
Central Catholic	119
Tiffin Calvert	69
Clyde	66
Sandusky	63
St. Joe	41
St. Wendelin	31

Results

4x1600 relay: 1. C.C. 24:59.0; 2. Ross 25.16.25; 3. SJCC 26.28.00

4x800 relay: 1. C.C. 10:26.14; 2. Calvert 10:39.06; 3. SJCC 10:47; 4. Ross 10:56

100 hurdles: 1. Lori Johnson (C.C.) 16.50; 2. Nicole Sangregory (R) 17.55; 3. Erika Jay (SJCC) 17.60; 4. Christine Meade (C) 17.90; 5. Andrea Stetler (C) 17.90; 6. Amanda Dowdy (C.C.) 17.96

100 dash: 1. Tamala Parryman (S) 12.75; 2. Adrienne Robertson (R) 13.56; 3. Joan Brooks (C.C.) 13.60; 4. Delana Johnson (R) 13.70; 5. Brittany Walker (S) 13.79; 6. Cara Fry (SW) 13.89

4x200 relay: 1. Sandusky 1:48.50; 2. Ross 1:50.02; 3. C.C. 1:51.25; 4. Clyde 1:54.66; 5. SJCC 1:54; 6. Calvert 2:12.86

1600 run: 1. Stacy Hall (R) 5:31.19; 2. Yarberry (C.C.) 5:38.91; 3. Jolene Faeth (SW) 5:39.27; 4. Megan Fogg (S) 5:50.10; 5. Jessica Merrill (SJCC) 5:52.45; 6. Megan Neeley (R) 5:57.15

4x100 relay: 1. C.C. 49.70; 2. Sandusky 50.30; 3. Ross 51.32; 4. SJCC 52.30; 5. Calvert 52.62; 6. Clyde 53.75

400 dash: 1. Laurie Ehrenfried (TC) 1:01.28; 2. Sierra Sanchez (C.C.) 1:02.85; 3. Heather Hoot (C) 1:02.94; 4. Sharee Russell (S) 1:03.22; 5. Kylee Baker (R) 1:05.45; 6. Lori Rice (R) 1:07.21

300 hurdles: 1. Rachel Ruiz (R) 50.44; 2. Dowdy (C.C.) 51.04; 3. Meade (C) 51.88; 4. Angie Gruss (TC) 53.35; 5. Andrea Stetler (C) 54.80; 6. Sangregory (R) 55.53

800 run: 1. Andrea Myers (C) 2:31.20; 2. Lindsey Smith (SJCC) 2:32.75; Julie Ehrenfried (TC) 2:36.18; Shana Frontz (R) 2:38.35; 5. Megan Neeley (R) 2:42.60; 6. Whitney Robinson (C.C.) 2:42.69

200 dash: 1. Perryman (S) 26.13; 2. Bryson (C.C.) 26.75; 3. Ashley Deats (TC) 27.32; 4. Tia Simms (R) 28.14; 5. Melissa Tucker (SJCC) 28.18; 6. Kiea Irons (R) 28.21

3200 run: 1. Hall (R) 12:15.72; 2. Jolene Faeth (SW) 12:32.31; 3. Polzin (C.C.) 12:41.99; 4. Wendy Farrell (R) 12:53.51; 5. Jessica Ewald (TC) 13:06.50; 6. Rachel Spalding (C.C.) 13:28.10

4x400 relay: 1. Clyde 4:19.79; 2. C.C. 4:26.09; 3. Calvert 4:28.64; 4. Ross 4:30.59; 5. SJCC 4:32.34; 6. Sandusky 4:38.53

High Jump: 1. Emily Hart (C) 5-0; Irons (R) 4-10; 3. Stetler (C) 4-10; 4. Gallagher (C.C.) 4-8; 5. Sara Gutschalk (SJCC) 4-8; 6. Emmy Hart (S) 4-6

Long Jump: 1. Ehrenfried (TC) 14-08.75; Channon Craig (C.C.) 14-07.25; 3. Robertson (R) 14-03.25; 4. Tracey Schultz (TC) 13-10.50; 5. Emily Grayson (R) 13-08.75; 6. Echo Vargas (C) 13-07.75

Shot Put: 1. Crystal Lane (S) 34-07.50; 2. Stephanie Kayser (R) 32-11.00; 3. Preston (C.C.) 31-06.25; 4. Amy Gadd (C) 30-00; 5. Katie Cahill (TC) 28-05.0; 6. Keisa White (S) 28-03.25

Discus: 1. Kristel Kujawa (SW) 101-03.50; 2. Cahill (TC) 98-02.00; 3. Frankart (SW) 94-01.50; 4. Karrie Wilhelm (R) 93-11.0; 5. Sheila Traylor (S) 90-07.50; 6. Preston (C.C.) 88-11.75.