

2006 State meet...

HIGH SCHOOL TRACK CHAMPIONSHIPS

SJCC's Wise savoring first trip

Ross sending two hurdlers to meet

By **MATTHEW HORN**
Sports Writer

St. Joseph Central Catholic's Molly Wise admits she had no concept of what it meant to be in the regional finals as a freshman.

As a junior, she certainly knows what it means to advance to the state tournament.

Wise finished second in the 400 at Division III regionals to earn her first trip to Columbus.

"When I was a freshman I didn't realize what it meant to be in the regional final," she said. "Last year was an off year and I came back stronger. Our workouts were different this year with more ab workouts and different kinds of running. That had an impact on the season."

Wise will be joined in Columbus by Crimson Streak teammate Aaron Lewis. The senior finished second in the pole vault at regionals.

Fremont Ross will send a boy in each Division I hurdle event in sophomore De-



File Photo by Charlie Longton/News-Messenger

FREMONT ROSS'S DEONDRAY Brown runs the 110 meter hurdles in the district meet in Tiffin. Brown qualified for the state track meet in that event.

ondray Brown (110s) and Julius Salgado (300s).

And Old Fort senior Justin Lee (Division III) qualified for state in his first season on the varsity track team with a second-

place finish in the high jump.

Brown was surprised by reaching state as only a sophomore but would like

See **ROSS**, B2

Ross hurdlers headed to state

Continued From B1

to make it a habit. Brown said a lower than desired finish at the Greater Buckeye Conference Meet at Lima served to push him.

"It made me try harder," he said.

Brown said his talents fit the event as he is both fast and agile — a combination conducive to hurdling.

Salgado advanced to state and helped a vaunted 1,600 relay finish sixth in the finals.

"I'm proud he's going back," Brown said. "It's nice to share it with Julius."

"I'm excited. I'm anxious to run."

Wise said her most exciting race of the season came at the Dick Schultz Invitational around the midpoint when she broke a minute for the first time.

"That was the most exciting," she said. "That's when I gained the most confidence and after that I kept getting better."

Wise's best time was a 58.01 for first at districts.

Wise said the 400 presents unique challenges.

"It's a hard event," she said. "I guess I don't really enjoy it that much but it's my strongest point in track. It's grown on me. It's a sprint but at the same time you have to have endurance and pace yourself. It's hard to pace yourself and know when to kick. At the end it's how bad you want it. I think it's a hard race to run."

Wise said state was near the top of her list of goals.

"Really high," she said. "It's always

been a goal. First it was to break a minute. Then it was to go to state. I'm glad I finally get to go."

"I'm really excited. I haven't got to the nervous point yet. Right now I'm just really excited. I'll be nervous when I get there."

Wise was seventh at regionals in the 400 as a freshman. She is very excited Lewis earned himself a trip as a senior.

"I think it's great," she said. "He's done amazing with the school record and then beating his own record. I think it's awesome for him to make it down as a senior."

Wise — who also plays basketball — often stands out for her impressive quickness. She said it's a gift.

"I'm just lucky," she said. "I'm naturally a quick person. I work at the sports and it comes."

Wise also said it's somewhat challenging to know that she will have another opportunity to reach Columbus but not take it for granted. Especially when exams fall in the days leading to state.

"I try not to think about next year and focus on this year," she said. "I do hope to do as well and be as strong next year. I'll look forward to next year but right now I have to focus on Friday and hopefully Saturday."

"It's hard to focus on anything else because it keeps coming up in my mind."

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In Division I, Ross senior Julius Salgado fell in his heat of the 300 hurdles Friday and failed to advance.

"He had four more hurdles to go and that was just the end," said Ross track coach Cathy Esposito.

Sophomore Deondray Brown was fifth in his heat and failed to advance to the finals of the 110 hurdles. Esposito noted that he was less than a second away from qualifying, and had a really nice race.

"It definitely gave him a taste of what he could go for later on," she said.