

2010 DISTRICT TOURNAMENT

TRACK AND FIELD

Undefeated Ross heads to districts

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Sports writer

FREMONT — It's safe to say that Fremont Ross's Justin Hines has cleared every hurdle that has come his way this spring.

That's because the Little Giants' senior hurdler and sprinter has been a mainstay at the top of the results page meet in and meet out — helping the Ross boys to their version of a perfect season.

Hines was the Greater Buckeye Conference champion in three events this past weekend helping the Ross boys move to 11-0 as a team as they took top team honors. He won the 110 meter hurdles, the 300 hurdles and was part of the winning 4x100 relay with senior teammates Darien Spann and Aaron Spencer, and sophomore Skylar Reffner.

"I've just been working hard, staying focused and making sure I get my work in every day," Hines said. "You have to get your timing down in the hurdles and you have to have good technique and make sure you can be quick between the jumps."

Hines won the 110 hurdles by more than a second and was nearly a full second ahead in the 300 as well. It was his first time earning

honors at the league meet, but he has his eyes on Columbus, as do many high school track athletes this week.

Ross will compete in the Division I districts Thursday and Saturday in Tiffin. While there, Hines wants to make sure he'll be staying busy at the regional meet.

"I think I'll get to regionals in all four of my races and hopefully to state too," Hines said.

Spann, his teammate on the 4x100 and 4x200, also hopes to be going south in June. Spann was apart of the GBC winning 4x400 relay and was second in both the long jump and 4x200. He was a regional qualifier in the long jump and 4x200 last spring.

"The main goal for the whole year has been getting to state," Spann said. "I've worked out all summer just thinking about getting down there — it's always been in my head."

Like the other seniors, Spann has taken on the challenge of heading the boys perfect effort, but knows he can't poke fun at classmates for achieving something they didn't.

"It wasn't really a plan to go 10-0, it just kind of happened to work out



Dean Silva | Submitted photo

Ross' Justin Hines hands the baton off to Darien Spann in the 4 x 200 relay at the Greater Buckeye Conference track meet Friday at Findlay.

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that way," Spann said. "I can't poke fun at anyone on the football team or anything about it though because I was on the basketball team and we won four games."

Joining Hines on the GBC podium for individual events were Josh Ballenger (shot put) and senior Kris Esparza, who won the 3,200.

"I'll probably be able to make it farther in my two-mile, so I concentrated on that a lot this year," said Esparza, who also runs the 1,600 and was on the winning 4x800 team.

Esparza was the third-leg of the 4x800 anchored by senior Andy Leemaster, who loves to compete every meet with his relay squad.

"I've been with all those guys for a while now," Leemaster said. "We ran cross country together and it's been a fast event for us."

On the girls side for Ross, junior Ellen Silva was GBC champion in the 4x400 and pole vault, and junior Carlea Harper was first in both the 100 and 400 and 4x400 with Silva, freshman Sarah Gray and Alesha Overmyer. The Little Giants finished second to Napoleon.

"I'm excited about the girls team," Little Giants coach Laramie Spurlock said. "With the exception of a few kids, pretty much everyone that is scoring points for us will be back and they're working hard and getting stronger."



Dean Silva | Submitted photo
Ross's Andy Leemaster runs in the 4x800 at the Sandusky Invitational on April 30.

vision III district meet at Eastwood High School in Luckey.

"It went really well for the girls," SJCC coach Paul Grahl said. "I knew going in it would be us and Seneca East. It actually came down to the last event, the long jump, and Lindsay Weickert and Kelsey Burkin were still in for us and Kelsey came through and won it."

Burkin won on her last attempt, jumping 16 feet, 4½ inches. It was one of four overall titles for the sophomore. She also set a new MAL meet record in winning the



Dean Silva | Submitted photo

Ross hurdler Justin Hines clears a hurdle during Saturday's 110-meter hurdle final at the Division I track meet at Tiffin Columbian. Hines won a pair of district titles.

TRACK AND FIELD
DIVISION I DISTRICT MEET

Ross gets pair of hurdle wins from Hines

News-Messenger report

Justin Hines captured district titles in the 110 hurdles (14.32 seconds) and 300 hurdles (39.46) as Fremont Ross's boys track team beat Lima Senior by 17 points to earn an overall team title.



HINES

Darien Spann, Jacob Berryman, Andy Leemaster and Lane Owen took a district crown in the 1,600 relay at 3:29.33 while Josh Ballenger won the discus (160 feet, 6 inches).



REFNER

The top four finishers in each event made regionals.

Spann, Skylar Reffner, Aaron Spencer and Hines were second in the 400 relay (43.11) while Owen, Berryman, Kris Esparza and Leemaster were second in the 3,200 relay (8:10.98).

Spann was second in the long jump (22) and Owen was second in the 400 (51.21). Reffner was third in the 100 (11.15), and Reffner, Spann, Hines and Owen were third in the 800 relay (1:31.50).

Ballenger was fourth in the shot put (49-11).

Leemaster (800), Esparza (3,200) and Shanquise Mills (high jump) each finished fifth to narrowly miss moving on.

ROSS'S SILVA, HARPER DISTRICT CHAMPS

Ellen Silva won a district crown in the pole vault clearing 10 feet, 9 inches to advance to regionals for Ross. Stephanie Swint tied for third at 9-3.

Carlea Harper earned a district championship in the 400 at 58.77 seconds while Sarah Gray was fourth at 1:02.28. Harper was also third in the 100 at 12.59.

Silva, Gray, Alesha Overmyer and Christy Wolesslagel were third in the 1,600 relay while Essence Price was fourth in the 300 hurdles at 48.55 for the Little Giants. Silva, Harper, Price and Gray were also fourth in the 800 relay at 1:48.13.

Overmyer was fifth in the 800 to narrowly miss moving on.

Ross's girls finished third as Perrysburg won the event as a team.