

2005 Fremont Invitational...



News-Messenger/Diane Cebula

**ELON SIMMS**, center, takes the last hurdle for Fremont Ross as Clyde's Jared Martin heads for the finish during the 110-meter hurdles at the Fremont Invitational Saturday. The Little Giants won the boys competition while the Ross girls took second.

# Little Giants win invite

By **RYAN AUTULLO**

News-Messenger correspondent

The two trophies Cathy Esposito received during the award ceremonies at the Fremont Track Invitational Saturday could have served as relay batons.

Upon being handed the awards, the Little Giant coach hustled up the steps to the track's press box and quickly put them in a location for all spectators to admire.

"Right in the window," she said, smiling.

Esposito wasn't shy about displaying her excitement.

In typical fashion, the Little Giant boys won the invitational and the girls were runners-up.

Sandusky won the girls championship with 182 points. Clyde was third in the boys field, while the girls were fourth. St. Joseph Central Catholic was fifth in both meets.

The Ross girls showed improvement from a last-place finish at Friday's Palmer Relays at Defiance.

"I am so excited for these girls," Esposito said. "It's amazing how much they've grown this season."

Ashley Fischer led the way for the rejuvenated girls squad.

The sophomore won titles in the 800, 1,600, 3,200 and was a member of the winning 3,200 relay team.

"Today, we all really stepped it up so much," she said. "Every girl was just awesome."

Fischer set a personal record in the 800 and won by more than a combined 35 seconds in the 1,600 and 3,200.

"That was just amazing," Esposito said. "It was quite an effort in this heat for a distance runner to run this many events with that many victories. She has improved a lot this year."

The Little Giants' Derek Hill, like Fischer, dominated the distance events in the boys meet.

Hill was victorious in the 1,600, 3,200 and as a member of the 6,400 relay.

Hill lapped four runners in the 3,200 on the way to winning the event by more than 17 seconds over Toledo Central Catholic's Chris Finn.

"Normally I like staying behind whoever is in first a little bit," Hill said, "but (Finn) did it today. I love running on our home track...I kind of know how to run on it now."

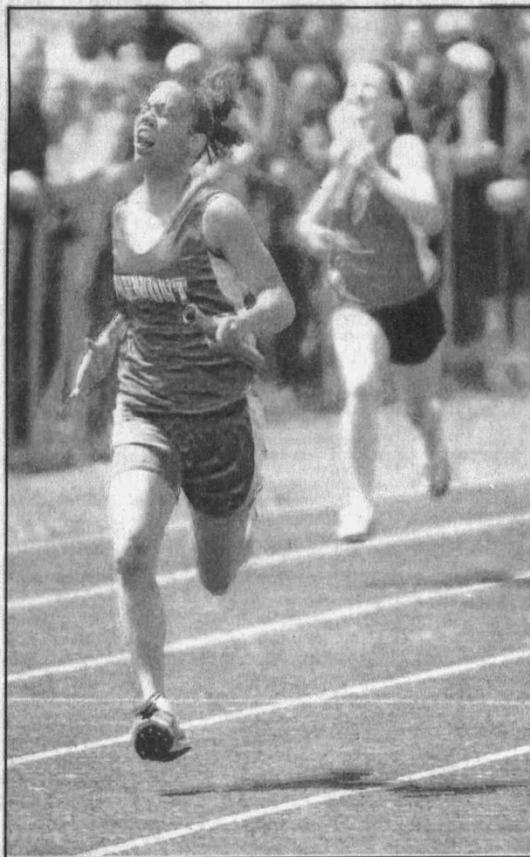
Elon Simms of Ross crushed the meet record in the 800 by nearly six seconds. He also anchored the Little Giants' winning 800 and 1,600 relays.

Simms, a senior, did not compete in the 800 prior to this year.

Adam Wilhelm joined Simms on both winning relays and also took the 200 and 400 titles.

"It feels good to go out and win all my events," Wilhelm said. "It's kind of nice to be in front of your home crowd, in front of your friends and family, and winning."

See **ROSS**, B2



News-Messenger/Diane Cebula

**COLLEEN RUCKER** of Fremont Ross heads to the finish line for a victory in the 800-meter relay Saturday at the Ross Invitational.

# Ross boys track takes invite win

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Added Simms: "We knew coming in today we were pretty much going to win. We did really good. I'm really impressed."

Simms' only loss on the day came in the 110 hurdle race to Clyde standout Jared Martin. Martin also broke the meet record in the 300 hurdles — an event he finished runner-up in at state last year — with a time of 38.56.

"On the third hurdle, I actually went over with the wrong leg," Martin said. "Take out that (mistake) and maybe I would have got in the 37s."

SJCC received individual titles out of pole vaulter Aaron Lewis and discus thrower Emily Overmyer.

SJCC, along with Fostoria St. Wendelin, was the smallest school in the six-team field.

"Not too bad overall running against this competition," Crimson Streak coach Paul Grahl said. "I think sometimes our kids get a little intimidated. We had a good day. I wish it could have been better."

"(Emily) is looking really strong going into conference," he continued. "She's throwing somewhere around 20 feet farther than last year. She's really hit the weight room and really worked at it."

Ross will also host Friday's Greater Buckeye Conference meet.

"They don't like to lose and they don't like it when they don't PR," Esposito said about the boys team. "Their dominance doesn't motivate them as much as when we have a clock in our hand."

## Track & Field

### High School Boys

#### Fremont Invitational

Team Standings	
1. Fremont Ross.....	195
2. Toledo C.C.....	133
3. Clyde.....	116
4. Sandusky.....	90
5. SJCC.....	45
6. St. Wendelin.....	25

**Area results**  
100m — 3. Tyron Lemley (R) 11.91, 4. Andy Sherman (C) 12.04, 5. Aaron Lewis (SJ) 12.24.

200m — 1. Adam Wilhelm (R) 22.45, 5. Andy Sherman (C) 24.05, 6. Anthony Zimmerman (R) 24.47.

400m — 1. Wilhelm (R) 49.19, 2. Erik Birkholz (C) 51.72, 3. Ryan Crudup (R) 53.09, 5. Kyle Mayle (SJ) 55.60, 6. Cory Wilhelm (SJ) 57.99.

800m — 1. Elon Simms (R) 1:55.90, 3. Austin Young (R) 2:07.50, 7. Jake Rader (C) 2:13.40, 8. Drew Dudley (SJ) 2:13.60.

1600m — 1. Derek Hill (R) 4:34.25, 3. Nathan Bowen (R) 4:55.49, 5. Kyle Stierwiel (SJ) 4:59.70, 7. Derek Sponseller (SJ) 5:09.15.

3200m — 1. Hill (R) 9:58.15, 3. Bowen (R) 10:54.54, 8. Justin Cook (C) 12:28.30.

110 hurdles — 1. Jared Martin (C) 14.49, 2. Simms (R) 14.80, 3. Andrew Adams (SJ) 15.90, 4. Cory Wetzel (C) 16.07.

300 hurdles — 1. Martin (C) 38.56, 3. Julius Salgado (R) 41.79, 5. Adam Shearn (R) 42.88, 6. Adams (SJ) 42.97, 7. Cory Wetzel (C) 43.3.

400 relay — 2. Clyde 44.99, 4. Ross 46.35, 5. SJCC 47.12.

800 relay — 1. Ross 1:30.71, 4. Clyde 1:34.69, 5. SJCC 1:39.59.

1600 relay — 1. Ross 3:24.97, 3. Clyde 3:37.33, 5. SJCC 3:56.85.

3200 relay — 1. Ross 8:22.57, 3. SJCC 8:49.54, 5. Clyde 9:24.11.

6400 relay — 1. Ross 20:34.82, 4. Clyde 23:49.01.

400 shuttle hurdle — 1. Clyde 1:02.07, 2. Ross 1:04.70.

High jump — 1. Nick Tea (C) 6-2, 2. Deondray Brown (R) 6-0, 4. Justin Cook (C) 5-6, 4. Travis Miller (R) 5-6, 9. Andrew Adams (SJ) 5-4.

Pole vault — 1. Lewis (SJ) 12-6, 4. Joshua Bowen (R) 10-6, 6. Jeremy Troxel (R) 9-6, 7. Nick Roope (C) 9-0, 7. Adrian Rich (C) 9-0.

Long jump — 3. Erik Birkholz (C) 18-5, 4. Michael Blohm (SJ) 17-9.25, 5. Adam Shearn (R) 17-8.5, 6. Ryan Crudup (R) 17-3.75.

Shot put — 1. Jorge Perez (R) 41-5, 2. Jacob Funk (C) 4-4.75, 4. Nick Burkhardt (C) 38-2.5, 7. Robert Durmwald (R) 36-3, 8. Ryan Wiegel (SJ) 35-1.1.

Discus — 1. Robert Durmwald (R) 136-3, 2. Perez (R) 125-7, 4. Funk (C) 121-0, 400 weight relay — 1. Clyde 53.55, 3. SJCC 1:00.01.

### High School Girls

#### Fremont Invitational

Team Standings	
1. Sandusky.....	182
2. Fremont Ross.....	118
3. Toledo C.C.....	112
4. Clyde.....	102
5. SJCC.....	68
6. St. Wendelin.....	8

**Area results**  
100m — 4. Colleen Rucker (R) 13.18, 5. Bethany Aldrich (C) 13.25, 8. Haley Beier (SJ) 13.85.

200m — 3. Bethany Aldrich (C) 27.58, 4. Molly Wise (SJ) 27.59, 8. Jenny Kusmer (SJ) 28.15.

400m — 2. Tia Simms (R) 1:01.70, 3. Emily Hart (C) 1:03.10, 4. Kristen Fox (R) 1:03.42, 5. Jenny Kusmer (SJ) 1:03.89, 8. Wise (SJ) 1:04.51.

800m — 1. Ashley Fischer (R) 2:29.77, 2. Alexandra Lizaribar (C) 2:31.26, 6. Dana Culbert (SJ) 2:38.77, 7. Jacque Fate (R) 2:39.60.

1600m — 1. Ashley Fischer (R) 5:31.04, 2. Jessica Merrill (SJ) 5:49.90, 4. Chelsea Ebert (C) 6:00.37, 8. Ashley Brunthaver (R) 6:21.09, 7. Laurie Harman (SJ) 6:30.95, 8. Morgan Meyer (C) 6:34.07.

3200m — 1. Ashley Fischer (R) 12:29.30, 5. Alyssa Bowerman (R) 13:23.66, 6. Adriane Lapsenbar (C) 13:45.34, 7. Ebert (C) 13:59.16, 8. Jennifer Kinsely (SJ) 14:11.17.

100 hurdles — 3. Kristan Mills (R) 17.57, 5. Tayla Meade (C) 17.71, 6. Brittney Meek (C) 17.99, 8. Catherine Marquis (R) 18.69.

300 hurdles — 2. Meghan Gill (C) 50.46, 5. Emma Ellenberger (R) 52.47, 7. Allison Adams (R) 55.58, 8. Kelsie Bowling (SJ) 55.68.

400 relay — 3. Ross 52.40, 4. Clyde 53.75, 6. SJCC 55.60.

800 relay — 2. Ross 1:49.70, 4. SJCC 1:51.51, 5. Clyde 1:53.67.

1600 relay — 2. Ross 4:10.73, 3. Clyde 4:19.89, 4. SJCC 4:22.66.

3200 relay — 1. Ross 10:32.01, 3. SJCC 10:36.25, 5. Clyde 11:16.96.

6400 relay — 2. Clyde 26:12.26, 3. Ross 26:39.28.

400 shuttle hurdle — 2. Ross 1:10.9, 3. Clyde 1:12.51.

High jump — 1. Meghan Gill (C) 5-4, 3. Brittney Shetzer (C) 4-10, 5. Jacque Fate (R) 4-8, 5. Kali Dudley (SJ) 4-8.

Pole vault — 4. Kathy Gutschalk (SJ) 7-0, 5. Brittney Meek (C) 6-6.

Long jump — 2. Bethany Aldrich (C) 15-0.5, 3. Haley Beier (SJ) 14-6.5, 4. Kathy Gutschalk (SJ) 14-2, 7. Tayla Meade (C) 13-2.25, 8. Kristen Fox (R) 13-2, 9. Kristan Mills (R) 12-7.

Shot put — 2. Brittney Luc (SJ) 32-8, 4. Betsy Quick (R) 31-1, 6. Emily Overmyer (SJ) 29-10, 8. Brittney Piro (C) 28-2.

Discus — 1. Emily Overmyer (SJ) 110-11, 4. Brittney Luc (SJ) 95-6, 5. Brittney Meek (C) 93-2, 6. Lollie Vargas (C) 92-9.