

1997 Season Review...

FREMONT ROSS (BOYS)

Ten Fremont Ross boys went to the regional track meet in 1996, but none went to state. That was the result of a tough regional, coach John Elder said, but he still would like to see improvement in 1997.

"We feel we have enough talent, we should train kids to go to Columbus," Elder said.

Elder admitted, however, that his runners are not in running shape entering Tuesday's season opener against Lexington. "We don't want to be. This way we have things we have to work on after the first meet."

Not as many runners are out for the team this year, Elder said, but those that are there are good athletes.

Head Coach: John Elder (eighth season)

Last year: 7-0 dual meets, won districts

Key losses: Jeremiah Wagner (2 mile), Brandon Willer (shotput, discus), Clint Hill (4x800 relay, most valuable runner), Jason Strayer (hurdles), Justin Conklin (hurdles, long jump)

Key returners: Jeremiah Smith (school record holder in mile run, 4:24), Kurt Snyder, (800), Shawn Tooman (pole vault), Harry Liggins (sprints), Johnny Alridge (hurdles), Jerry Bates (100), Kenny Morrisette (sprints), Demetrius Simms (long jump), Rashad Brown (400, high jump), Chris Shull (shotput)

Key dates: May 13 Great Lakes League duals.

FREMONT ROSS (GIRLS)

The faces are familiar from Ross's 1996 team, which won its second straight GLL title.

"We basically have everyone back," Elder said.

Head Coach: John Elder (eighth season)

Last year: 7-0 duals, GLL Champs; 4x100 relay 16th at state

Key losses: Tirzah Hale (shotput), Martha Huffman (400, hurdles), Sarah Williams (800)

Key returners: All four members of the 4x100 team: Tonya Elder (also a 2-time GLL 100 hurdles champ), Marcy Reinbolt (200), Shannon Heidelberg (long jump), Christy Linder. Throwers April Brenamen and Michelle Salas. Distance runners Allison Kelly and Lindsay Frontz (both qualified for state in cross country). Sophomore Sara Thiessen (400)

Ross girls win first track meet of '97

News-Messenger reports

Fremont Ross's girls track team won the events which required the most running — and the least — Tuesday, and the Little Giants outscored three teams for a season-opening win.

Ross scored 78 points, followed by Lexington (74), Sandusky (48) and Marion Harding (25).

Junior Kristyn Warner won the 3200-meter run and anchored the first place 3200 relay, and Michelle Salas and April Brenamen took the top spots in the shot and discus, respectively.

Ross also got wins from Tonya Elder (100 hurdles, 300 hurdles), Marcy Reinbolt (100 dash), Lind-

say Frontz (800 run) and its 1600 relay team.

Ross's boys team scored 62 points, finishing second to Lexington (84) in a meet which also included Sandusky (57) and Marion Harding (41).

The Little Giants won the 3200, 1600 and 400 relays and got individual first places from Rashad Brown (high jump), Kenny Morrisette (100 dash), Jeremiah Smith (800 run).

In other meets Tuesday:

Oak Harbor 102.5, Lakota 25.5 (Girls)

Two 1996 state qualifiers had big meets for Oak Harbor in a win against Lakota.

Jennifer Sutkus, who qualified for state in the 400-meter dash and as part of the 1600 relay, won the 100 dash (13.3), the 200 dash (28.0), and anchored the winning 800 and 1600 relay teams.

Anna Noggle, who traveled to Columbus for discus, won that event and the shot Tuesday.

Oak Harbor 89, Lakota 43 (Boys)

Lakota sophomore Charlie Garcia turned in the best individual performance, but Oak Harbor more than doubled the Raiders' team points total.

Garcia won the long jump with a leap of 19-11, took first in the

See **SCHWIND, B3**

Boys Track

Lexington 84, Ross 62, Sandusky 57, Marion Harding 41

EVENT WINNERS — SHOT—M. Simmons (L), 58-3; DISCUS—Simmons (L), 176-7; LONG JUMP—T. Mock (L), 20-9½; HIGH JUMP—Rashad Brown (R), 6-2; Pole Vault—J. Lucas (S), 12; 3200 RELAY—Ross (Brown, Smith, Framsted, Gabel), 8:44.6; 100 HURDLES—Thommick (L), 15.53; 100—Kenny Morrisette 11.5; 1600—K. Cranen (MH), 4:36.3; 400 RELAY—Ross (Liggins, Alridge, Simms, Morrisette), 44.3; 400—M. Ranson (S), 54.1; 300 IH—D. Williams (S), 40.6; 800—Jeremiah Smith (R), 2:04.8; 200—D. Williams (S), 23.05; 3200—K. Cranen (MH), 10:13.09; 1600 RELAY—Ross (Alridge, Whisler, Liggins, Brown), 3:33.1.

Girls Track

Ross 78, Lexington 74, Sandusky 48, Marion Harding 25

EVENT WINNERS — SHOT—Michelle Salas (R), 37-2; April Brenamen (R), 99-2; DISCUS—Brenamen (R), 99-2; LONG JUMP—Furr (L), 16-4; HIGH JUMP—Studer (L), 4-8; 3200 RELAY—Ross (Frontz, Gocke, O'Connor, Warner), 10:40.7; 100 HURDLES—Elder (R), 16.2; 100—Reinbolt (R), 13.1; 800 RELAY—Lexington, 1:53.2; 1600—Meyers (L), 600.6; 400 RELAY—Lexington, 52.3; 400—Madirgal (S), 103.9; 300 IH—Elder (R), 52.2 800—Frontz (R), 2:28.3; 200—Furr (L), 25.90; 3200—Warner (R) 13:14; 1600 RELAY—Ross (Reinbolt, Sweeney, Thiessen, Frontz), 4.21.

Reinbolt leads Giant attack; G'burg wins

News-Messenger reports

Fremont Ross's Marcy Reinbolt literally refused to settle for second best Tuesday, winning in all four events against Bedford as her team won 90-26 at Fremont.

Reinbolt, a senior, got her stiffest competition in the 100-meter dash, where she edged Bedford's top runner by .4 seconds with a 12.7. She also won the long jump (16-3) and was part of both the winning 4x400 and 4x100 relays.

The Little Giants boys lost 77-55 to Bedford despite a triple-win day from Johnny Alridge.

Alridge won the 110 hurdles in 15 seconds, the 300 hurdles in 42.9 and was part of the 4x100 relay team which won in 45.5.

TRACK AND FIELD

17.6).

St. Joe's Scott Celek pole vaulted 11 feet to take first place.

Woodmore 90, Lakota 38;

Woodmore 100, Genoa 27;

Lakota 86, Genoa 42 (Girls)

GENOA — Woodmore's Lindsay Kuhlman had the best finish in the long jump (13-1) and 300 hurdles (54 seconds) as the Wildcats bested Lakota and Genoa in a Suburban Lakes League meet.

Nicole Camper added wins in the 3200 run and 4x100 relay and Lindsay Travis won the 400 and 800 runs.

Lakota 98, Genoa 34; Lakota 70,

Woodmore 53; Woodmore 83

1/2, Genoa 48 1/2 (Boys)

BEDFORD 77, FREMONT ROSS 55

110 HURDLES-Johnny Alridge (F) 15.0; HIGH JUMP-Rashad Brown (F) 5-10; 100 M.-Winkler (B) 10.8; 1600 M.-Matt Koepfer (B) 4:55; 400 M.-Phil Koeler (B) 55.7; 300 M. HURDLES-J. Alridge (F) 42.9; POLE VAULT-Farnell (B) 12-6; SHOT PUT-Chris Shull (F) 47-11 1/2; LONG JUMP-Demetrious Simms (F) 20-5; 800 M.-ERDMANN (B) 2:12; DISCUS-Horn (B) 120-3; 200 M.-Kenny Morrisette (F) 23.2; 3200 — Mike Wisniewski (B) 10:38; 3200 RELAY-Bedford 8:56; 400 RELAY-Morrisette, Alridge, Simms, Ciegins (Fremont) 45.5; 1600 RELAY-Bedford 3:52

FREMONT ROSS 90, BEDFORD 26

100 HURDLES-Tonya Elder (F) 15:6; 100 -Marcy Reinbolt (F) 12:7; LONG JUMP-Marcy Reinbolt (F) 16-3; 1600 -Kristin Warner (F) 6:38; 400 -Sara Thiessen (F) 1:11; HIGH JUMP-Buckner 4-2; 300 HURDLES-Tonya Elder (F) 54.8; 3200 -Kristin Warner (F) 13:48; DISCUS-Michelle Salas (F) 98-1; SHOT PUT-Michelle Salas (F) 36-11; 200 -Nichols (B) 28.5; 800 -Lindsay Frontz (F) 2:47; 3200 RELAY -Frontz, Gocke, O-Conner, Warner (Fremont) 11:30; 400 RELAY-Reinbolt, Linder, Heidelberg, Elden (Fremont) 55.6; 800 RELAY-Sweeney, Thiessen, Linder, Snyder (Fremont) 2:04; 1600 RELAY -Linder, Reinbolt, Frontz, Theissen (Fremont) 4:49

Little Giants feeling Golden

News-Messenger reports

TOLEDO — Jeremiah Smith won the two distance events and Johnny Alridge captured the 110 high hurdles before helping the 4x100 relay team win as the Fremont Ross boys finished third at the Toledo Whitmer Golden W Track & Field Relays Saturday.

At Kent State University, the Little Giants girls team, led by Lindsay Frontz's first-place finish in the 800 (2:22), finished eighth out of 25 teams.

Smith, a senior crossed the finish in 4 minutes, 39 seconds in the 1,600, and his time of 10:11 was tops in the 3,200.

Alridge, a junior, won the 110 hurdles in 15.1 seconds. He then joined Harry Liggins, Demetris Simms and Kenny Morrisette to win the 4x100 in 44.2 seconds.

Ross shot putters Chris Shull, Frank Kaiser and Aaron Root combined to throw 136 feet.

"The boys performed great," said Ross coach John Elder. "This meet really tests our depth. Our first-place finishers did what we expected."

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Also at Kent, Tonya Elder was third in the 100 hurdles (15.7), Marcy Reinbolt finished fourth in the 100 (12.8) and the 4x400 team of Reinbolt, Frontz, Sara Thiessen and Tiffany Sweeney placed sixth in 4:16.

Edison Invitational

MILAN — It was better late than never for the Bellevue boys, as a scoring error in their favor gave them a meet victory. After a change correctly credited the Redmen with 10 points for Jason Bush's win in the 400, the team was able to celebrate a one-point victory, 104-103, over Shelby.

Bush, who won the 400 in a meet-record 50.6 seconds, also won the 200 dash in 23.1 seconds.

Brad Bollinger won the 110 high hurdles (15.5) and finished second in the long jump (19-7). He was also part of the 4x400 relay, along with Kris Felder, Ryan Cramer and Chad Kuhns). Their 44.7 beat Margaretta's four-year-old meet record by 2.6 seconds

The Bellevue girls made it a sweep, thanks to the distance work of Laura and Sarah Ray.

The twins helped the 4x1,600 relay finish in first with a time of 4:24, while Laura Ray prevailed in the 800 (2:34.5) and the long jump (15-5). Sarah Ray joined Beth More, Heather Good and Erica Soule to win the 3,200 relay in 10:40.8.

Bucyrus Invitational

BUCYRUS — Old Fort's Heidi Burks finished second in the high jump and fourth in the 800 as the Stockaders placed 10th overall, with 12 points, in the girls competition.

Burks leaped 5 feet, 2 inches in the high jump.

In the 800, Burks finished in 2:44.9.

In the boys meet, Old Fort tied for 10th place with Mohawk, as each finished with 18 points.

Jeremy Riehm placed fourth in the 3,200, posting a 10:41. He also was on the 4x800 relay team, along with Phil Riehm, Dan Haugh and Brian Kistler, that finished third with a 9:02.9.

Whitmer Gold "W" Relays

TEAM STANDINGS—1. tie Whitmer & St. John's 130, 3. Fremont Ross 125, 4. Sandusky 92, 5. St. Francis 90, 6. Start 11, 7. Rogers 6.

Field Events

High jump—St. John's 17-2; Pole Vault—Whitmer 34-6; Shotput—Fremont Ross(Chris Shull, Frank Kaiser, Aaron Root) 136-0; Discus—St. Francis 400-11; Long jump—Whitmer 57-5½.

Track Events

4x200—St. John's 1:33.7; 400—Brad Hauden (SJ) 51.6; 800—Autin Hulbirt (SJ) 2:00.4; 200—DeMario Suggs (SJ) :22; 480 Shuttle Hurdles—Whitmer 1:04.1; Sprint Medley—Whitmer 1:37; 4x100—Fremont Ross(Aldrige, Harry Liggins, Demetrius Sins, Kenny Morrisette) 44.2; 4x400—Whitmer 3:33.5; Distance medley—St. Francis 8:12.9; 4x800—Whitmer 8:20.2; 110 Hurdles—Johnny Aldrich (FR) 15.1; 100—DeMario Suggs (SJ) 10.7; 1600—Jeremiah Smith (FR) 4:39.5.

Brown leaps, Alridge sprints as Ross beats two GLL foes

News-Messenger reports

FINDLAY — Johnny Alridge and Rashad Brown each scored in four events as the Fremont Ross boys track team cruised past Findlay and Napoleon in a Great Lakes League tri-meet Tuesday at Donnell Stadium.

The Little Giants finished with 84½ points, followed by Findlay's 46 and the Wildcats' 36½.

Ross clinched the meet by winning five of the last six events, capped by Shawn Tooman's 12-foot pole vault.

Alridge won the 300 hurdles in 41.8 seconds and was part of the winning 4x100 relay that finished in 44.3 seconds, as well as the 4x400 relay that prevailed in 3:32.7.

Brown, who was on the 4x400 team, won the 400 in 52.0 seconds and the high jump as part of Ross's clinching string with a 6-foot, 5-inch effort.

St. Joe 74½, Port Clinton 53, St. Mary's 39½

PORT CLINTON — Andy Szakovits won the shot put and the discus as the Crimson Streaks prevailed in a tri-meet. Szakovits was nearly 16 feet ahead of second-place finisher Randy Miller of Port Clinton with his 127-5½ hurl in the discus. A toss of 40-1 put Szakovits ahead of teammate Tom Kubat (38-7) in the discus.

On the track, Jon Burroughs was part of the winning 4x800 (8:55.4) and 4x400 (3:36.6) teams, and he also won the 1,600 and 800.

Perkins 96, Oak Harbor 36

OAK HARBOR — The Rockets fell despite Eric Schwind's wins in the shot put and the discus in their Sandusky Bay Conference meet against Sandusky Perkins.

Eastwood 89, Woodmore 43

ELMORE — Ted James' triumphs in the high jump and the

TRACK AND FIELD

Golden Bears to a triumph in a non-league tri-meet at Woodmore.

Rogers won the shot put with a 43-5 and took third in the discus with a 101-10½. Teammate Greg Woodruff won the discus with a 109-6. The 4x800 squad of Tom Fischer, Brian Henderson, Johnny Molina and Corey English prevailed in 9:11.3, which was 11 seconds faster than second-place Calvert.

Clyde 103, Margaretta 29

CASTALIA — Chad Long prevailed in the long jump, high jump and 110 hurdles to lead visiting Clyde to an SBC victory.

Long's 6-0 in the high jump was tops, as was his 20-0½ in the long jump. He also won the 110 hurdles.

Northwood 31, Lakota 103;

Lakota 106, Elmwood 26

NORTHWOOD — Lakota's Charlie Garcia was the best 200- and 400-meter runner at a three-team meet Tuesday, as the Raiders defeated Elmwood but lost to Northwood. Garcia, who ran a 24.1 in the 200 and 53.2 in the 400, also ran on the winning 4x400 and 4x800 relay teams.

GIRLS TRACK

Findlay 65½, Ross 62, Napoleon 39½

FINDLAY — Findlay nipped Ross in the 4x400 relay in the Great Lakes League tri-meet.

The Little Giants took a quick lead with wins in the 3,200 relay (10:23.1), the 100 dash (Marcy Reinbolt, 13.2 seconds) and the 100 hurdles (Tonya Elder, 16.9).

Reinbolt also won the long jump with a 14-10 and joined Chris Linder, Sara Thiessen and Elder to win the 4x100 relay in 52.6 seconds.

Lindsay Frontz prevailed in the 800, with a time of 2:27.3.

ca Baumgartner, Tracy Sutkus and Sandwisch for a 4x800 win. Also, Oak Harbor's Anna Noggle won the discus and the shot put.

Woodmore 46, Gibsonburg 31, Tiffin Calvert 30

ELMORE — In a closely contested meet, the Wildcats won the 4x400 to sweep the relay events and Nicole Camper prevailed in the high jump for the Woodmore win.

Amanda Roadarmel, Sara Miller, Lindsay Travis and Keri Harman were the winning quartet in the 4x400.

Camper, who also won the 3,200, leaped 4 feet, 8 inches to win the high jump. Teammate Lindsay Kuhlman won the 110 high hurdles in 17.5 seconds, and her 53.5 in the 300 hurdles was also tops.

Gibsonburg's Valerie Risenburg was a double winner in the shot put and discus.

Eastwood 95, Woodmore 33

ELMORE — Camper's performance in the high jump and Keri Harman's winning time of 28.4 seconds in the 200 highlighted Woodmore's loss to the Eagles.

Margaretta 78, Clyde 51

CASTALIA — Junior Rachal Hamilton won the shot put and the discus to propel the Polar Bears to an SBC dual victory over visiting Clyde.

St. Joe 78, St. Mary's 71, Port Clinton 15

PORT CLINTON — The Crimson Streaks' 4x400 won with a time of 4:28.4 to clinch the tri-meet at True-Lay Stadium.

Abby Chudzinski won two individual events, the 100 and 200 dashes, and she was on the 4x100 and 4x200 relay teams.

Chudzinski had a 13.8 in the 100, while her 28.9 was tops in the 200. She, along with Lisa Fox, Breanna Busold and Angie Reineck

**Ross 84½, Findlay 46,
Napoleon 36½**

Field Events

Shotput—Chris Shull (R) 49-6; Discus—Burhom (N) 133-8; High jump—Rashad Brown (R) 6-5; Long jump—Demetrius Simms (R) 19-9; Pole Vault—Shawn Tooman (R) 12-0.

Track Events

4x800—Ross (Kurt Snyder, Jeremiay Smith, Jon Framstad, Werling) 8:51.8; 110 Hurdles—Woenmeyer (F) 16.1; 100—Woenmeyer (F) 11.4; 1600—Baddorf (F) 4:32.2; 4x100—Ross (Johnny Alridge, Harry Liggins, Demetrius Simms, Kenny Morrisette) 3:52.7; 800—Baddorf (F) 2:03.5; 200—Kenny Morrisette (R) 22.8; 3200—Hodgmon (F) 10:76.0; 4x400—Ross (Johnny Alridge, Harry Liggins, Rashad Brown, Kenny Morrisette) 3:32.7.

**Findlay 65½, Ross 62,
Napoleon 39½**

Field Events

Shotput—Ninter (N) 35-10; Discus—Williams (F) 131-7; High jump—Baker (F) 4-10; Long jump—Marcy Reinbolt (R) 14-10.

Track Events

4x800—Ross (Lindsay Frontz, Kristyn Warner, Molly Gocke, Alison Kelly) 10:23.1; 100—Marcy Reinbolt (R) 13.2; 100 Hurdles—Tonya Elder (R) 16.9; 4x200—Findlay 1:47.7; 1600—Dezura (F) 5:38.1; 4x100—Ross (Marcy Reinbolt, Christy Linder, Sara Thiessen, Tonya Elder) 57.6; 400—Sara Theissen (R) 60.8; 300 Hurdles—Beslderin (N) 50.5; 800—Lindsay Frontz (R) 2:27.3; 800—Huffman (F) 17:44.1; 200—Thalliman (R) 27.1; 4x400—Findlay 4:17.6.

Little Giants claim girls' title at A.W. Hendricks

News-Messenger reports

Fremont Ross's girls track and field team won three field events and three more on the track Saturday en route to team title at the A.W. Hendricks Invitational.

The Little Giants had 116 points to beat runner-up Toledo Notre Dame by eight points. Margaretta took third with 68, followed by host Clyde with 58. Woodmore was seventh with 28.

"We thought the girls' team was strong enough to win," Ross coach John Elder said. "Coming into the meet, we weren't sure that we would do well because our top two runners were injured."

"We took them out of some events, but we won even though we weren't at full strength."

In the field events, Michele Salas of Ross won the shot put, April Brenamen won the discus and Christy Linder won the long jump.

The Little Giants also got firsts from Tonya Elder in the 100-meter high hurdles and 300 low hurdles and Marcy Reinbolt in the 100 dash.

Margaretta's girls won one event, the 4x200 relay, while Clyde's Jenni Staats took first in the 1600.

Toledo Central Catholic won the boys' meet with 120 points. Clyde was seventh with 26.5, while Woodmore was ninth with 22 and Ross was 10th with 14. Margaretta finished 11th with 10 points.

"I took my top boys to Mansfield (Mehock Relays) and sent my younger athletes to the Clyde Invite for a chance to build depth," Elder said. "Mansfield is considered to be one of the biggest boys meets in Ohio."

The Little Giants had 11 points

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at Mansfield, good enough for 20th place. Ross earned a pair of second-place finishes there — by the 4x100 relay team and by Demetrius Simms in the long jump.

"With the way things are going for both the girls and boys, it is encouraging," Elder said. "If major injuries can be avoided, we will be on the right path."

Shawn Tooman pole-vaulted to a second-place finish for Ross at the Hendricks Invitational.

Clyde's Chad Long was second in the 110 hurdles and fifth in the high jump. Woodmore's Ted James was third in the 110 hurdles and fourth in the 300 hurdles.

Margaretta's Jon Folk was second in the high jump.

St. Wendelin Invitational

Gibsonburg's Eric Rogers took second (46 feet, 4 1/4 inches) in the shot put to set a new school record.

The Golden Bears' boys were ninth, with 23.5 points; the girls were eighth, with 18.

■ See weekend results, B2.



Track/Field

High School Boys

A.W. Hendricks Invitational

TEAM STANDINGS—1. Toledo Central Catholic 120; 2. Ashland 85.5; 3. Sandusky 77; 4. Toledo St. Francis 51; 5. New London 31; 6. Huron 28; 7. Clyde 26.5; 8. Port Clinton, 9. Woodmore 22; 10. Fremont Ross 14; 11. Margaretta 10; 12. New Riegel 6; 13. Tiffin Columbian 2.

Field Events

Shot put—Tom Crone (A) 48-1½; Discus—Joe Torio (SF) 138-8; Long jump—Chris Wilson (NL) 20-4½; High jump—Justin Whiting (PC) 6-2; Pole vault—Greg Steele (A) 13-6.

Track Events

4x800—Toledo CC 8:13.5 (meet record, breaks previous mark of 8:21.1 set by Fremont Ross in 1995); 110 hurdles—Josh Stephens (SF) 15.4; 100—Rudy Matthews (TCC) 11.1; 1600—Jacob Fetzer (A) 4:32.6; 4x100—Toledo CC 43.9 (meet record, breaks previous mark of 45.2 set by Sandusky in 1996); 400—Wilson (NL) 51.6 (meet record, breaks previous mark of 51.8 set by Dever Tomblin of Amherst in 1995); 300 hurdles—Darrin Williams (SHS) 39.3 (meet record, breaks previous mark of 40.7 set by Al Kneisel of Amherst in 1995);

800—Tirrell Sturdivant (TCC) 2:00.1 (meet record, breaks previous mark of 2:03.8 set by Jason Whitesel of Ashland in 1995); 200—Matthews (TCC) 22.2 (ties meet record set by Jason Lather of Fremont Ross in 1994); 3200—Will Sheets (A) 9:52.8 (meet record, breaks previous mark of 9:53.3 set by Jeremiah Wagner of Fremont Ross in 1995); 4x400—Sandusky 3:33.9 (ties meet record).

Ross Placers

Discus—3-Kaiser 132-2; Pole vault—2-Shawn Tooman 13-6.

High School Girls

A.W. Hendricks Invitational

TEAM STANDINGS—1. Fremont Ross 116; 2. Notre Dame 108; 3. Margaretta 68; 4. Clyde 58; 5. Tiffin Columbian 52; 6. Sandusky 40; 7. Woodmore 28; 8. New London 14; 9. St. Ursula 5; 10. New Riegel 4; 11. Huron 2; 12. Port Clinton 1.

Field Events

Shot put—Michele Salas (FR) 38.5; Discus—April Brenamen (FR) 113-5; Long jump—Christy Linder (FR) 15-9½; High jump—Elisa Miller (M) 5-4 (meet record, breaks previous mark of 5-2 set by schultz of Notre Dame in 1986).

Track Events

4x800—Notre Dame 10:06.8; 100 Hurdles—Tonya Elder (FR) 15.5; 100—Marcy Reinbolt (FR) 12.7; 4x200—Margaretta (Emily Lynn, Jodi KingsbouLidke, Brandy Cody) 1:50.4; 1600—Jenni Staats (C) 5:37.4; 4x100—Sandusky (Andrea Ferguson, Kenya Graves, Alys Madrigal, Zukeya Graves) 50.4; 400—Kylee Bernardo (ND) 1:01.4; 300 Low hurdles—Tonya Elder (FR) 48.8; 800—Lindsay Frontz (FR) 2:27.8; 200—Zukeya Graves (SHS) 26.8; 3200—Andi Pietraszcak (ND) 12:15.8; 4x400—Notre Dame 4:13.7 (meet record, breaks previous mark set by Woodmore in 1995).

Ross Placers

Shot put—2-April Brenamen 36-2; Discus—Michelle Salas 108-3½; Long jump—2-Marcy Reinbolt 15-3½; 4x800—2-Fremont Ross 10:08; 4x200—4-1:53.9; 4x100—2-53.4; 4x400—4-4:20.8.

Ross sweeps GLL triangular



TONYA ELDER of Fremont Ross blows away the competition from Toledo Whitmer and Oregon Clay in the girls 100-meter hurdles Tuesday in Fremont. News-Messenger/Andrew Morrison

Reinbolt reaches her limit; Ross hurdlers dominate

By **BRIAN SPIESS**
Sports editor

Only the Ohio High School Athletic Association caught up to Marcy Reinbolt Tuesday.

The Fremont Ross senior was a perfect 4-for-4 in a key Great Lakes League track and field meet with Toledo Whitmer and Oregon Clay, winning in the long jump, 100-meter dash, 200 and 4x100 relay. OHSAA rules prohibit competitors from participating in more than four events.

"I would do more if (the rules) let me," Reinbolt said.

Her spectacular day was one of many for both the girls and boys teams, as the Little Giants won both triangular meets against Toledo Whitmer and Oregon Clay behind Ross High School.

The girls outscored second-place Whitmer 69-50, and the boys beat the same foe by a 89-

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66 margin.

"In the GLL race, you have to go through Whitmer to get there," Ross track coach John Elder said.

Forget through. Reinbolt blew by the Panthers.

After her leap of 15-feet-10 won the long jump, Reinbolt took the blocks for the 100 dash. A Clay runner appeared to false start, but the official starter did not fire a second gunshot, so the race continued. Reinbolt won easily in 13.1 seconds, drawing objections from a Whitmer coach who believed the awkward start distracted her sprinters.

"The only time I stop is when I hear the second gun," Reinbolt said.

And she did not stop winning either.

Reinbolt finished off the Little Giants' first place 4x100 relay. And during her final event, the 200, a Whitmer boys team member said to a teammate, "look at that blonde girl blowin' out."

Two-hundred meters in 25.9 seconds to be exact.

"We expect that from Marcy," coach Elder said of the four wins. "There are two other events Marcy could run if rules would allow it. The 4x400 relay, the open quarter mile. And we think she could run a good 800."

"She's a great athlete," he said. "Depth is always a problem in the GLL, but four first places makes up for it."

One thing Reinbolt did not do Monday was hurdle.

No problem. Tonya Elder and Johnny Alridge had it covered.

Elder overcame a nagging back injury to destroy her competition in the 100 hurdles, run-

Out of the blocks

Clyde's Chad Long and Gibsonburg's Corey English, competing in separate track and field meets Tuesday, each won three events.

In girls track action, Woodmore's Jessica Emch and Stephanie Rospert won twice, as did Gibsonburg's Sarah Hilt.

Details inside: B2 and B4

ning a 15.6 (1.6 seconds ahead of the next fastest runner).

"It's sore. I feel it when I go over the hurdles," Elder said of her back, which she rested last week.

She finished one second behind defending GLL champ Beth Kohler in the 300 hurdles, and also ran a leg of the 4x100 relay.

See HURDLERS, B3

SHAWN TOOMAN of Fremont tries to clear the bar during the high jump competition Monday. Tooman failed to place in the event, but finished second in the pole vault.

News-Messenger
Andrew Montson



Hurdlers pace Ross's win against GLL foes

Continued from B1

Alridge won the boys 110 hurdles (15.26) and 300 hurdles (40.2).

"I believe Johnny is the best hurdler in the GLL right now," coach Elder said.

Alridge, who set a goal of breaking the 110 school record of 14.1 by season's end, said he gets technique advice from Tonya Elder. In exchange, he has reminded her to keep running

when she has big leads "because someone could catch you from behind."

The 6-0 senior also ran the second leg of the boys 4x100 relay winners (43.8).

Several other Little Giants played key roles:

■ Jeremiah Smith won the 1600 by more than 8 seconds and the 3200 by more than 21. "I wanted to save some for the (3200) for points," Smith said after his easy 1600 win.

Kenny Morrisette anchored the 4x100 before winning the 200. "I'm not that quick in a 100, but I have speed in the 200. I sling-shot off the corner in the 200 like Michael Johnson, he's my mentor," Morrisette said. "I read his books and watch his videos."

Rashad Brown won the high jump and 400, and Michelle Salas won the shot put and the discus. Lindsay Frontz won the 800 and ran a leg of the 4x400 relay. Sara

Thiessen and Christy Linder were part of the 4x100 and 4x400 relays.

Tiffany Sweeney, who was also part of the 4x400 relay, won the closest battle of the day when she held off a late surge from Whitmer's Lindsay Heigel to win by 0.1 with a 1:04.

■ Single-event winners for Ross were Chris Shull (shot put), Frank Kaiser (discus), Kurt Snyder (800), Harry Liggins (4x100) and Demetrius Simms (4x100).

Ross 89, Whitmer 66, Clay 13

Field Event Winners

Shot Put—Chris Shull 50-4 (R); Discus—Frank Kaiser 130-6½ (R); High Jump—Rashad Brown 6-0 (R); Long Jump—Moses 20-8 (W); Pole Vault—Lajness 14-0 (W).

Track Event Winners

110 Hurdles—Johnny Alridge 15.26 (R); 100 Dash—Moses 11.2 (W); 1600 Run—Jeremiah Smith 4.43 (R); 400 Run—Rashad Brown 52.6 (R); 300 Hurdles—Alridge 40.2 (R); 800 Run—Kurt Snyder 2:06 (R); 200 Run—Kenny Morrisette 22.7 (R); 3200 Run—Jeremiah Smith 10:19 (R); 4x800—Whitmer 8:32.8; 4x100—Ross 43.8 (Liggins, Alldridge, Simms, Morrisette); 4x400—Whitmer 3:29.8

Ross 69, Whitmer 50, Clay 45

Field Event Winners

Shot Put—Michelle Salas 38-7 (R); Discus—Michelle Salas 106-4 (R); High Jump—Sabecki 4-10 (W); Long Jump—Marcy Reinbolt 15-10 (R)

Track Event Winners

100 Hurdles—Tonya Elder 15.6 (R); 100 Dash—Marcy Reinbolt 13.1 (R); 1600 Run—Sekinger 5:39 (C); 400 Run—Tiffany Sweeney 1.04 (R); 300 Hurdles—Kohler 47.9 (C); 800 Run—Lindsay Frontz 2.24 (R); 200 Run—Marcy Reinbolt 25.9 (R); 3200 Run—Sekinger 12:05 (C); 4x800—Whitmer 10:19; 4x100—Fremont Ross 51.3 (Linder, Thiessen, Elder, Reinbolt); 4x400—Fremont Ross 4:18 (Frontz, Thiessen, Sweeney, Linder); 4x200—Oregon Clay 1:53

Ross teams dominate Fostoria in GLL meet

News-Messenger reports

FOSTORIA — Johnny Alridge, Kenry Morrisette, Rashad Brown and Jon Framstead each won two individual events as Fremont Ross defeated Fostoria, 88-44.

The Little Giants captured first place in 12 of 16 events.

Alridge, Morrisette and Brown also added relay wins to pace the Little Giants.

Alridge won the 110- and 300-meter hurdles, Morrisette won the 100 and 200, Brown took first in the high jump and 400 and Framstead was winner in the 1600 and 3200.

In other action:

St. Joe can't catch up to L-B

TIFFIN — Nick Haynes took first in the 100 dash and ran a leg of the Crimson Streaks' winning 4x400 relay team, but the Streaks could not catch Liberty-Benton in a four-team meet at Heidelberg College.

St. Joe's Jelani Jackson won the long jump and Derrick Denman was fastest in the 110 hurdles.

"The kids are really improving," St. Joe coach Eddie Colon said. Their times are very consistent and we're getting season-best times."

Tiffin Calvert finished third, followed by Norwalk St. Paul.

Lakota beats three teams

KANSAS — Lakota ran away from its three opponents, led by Phil Miarer's wins in the 110 and 300 hurdles.

The Raiders recorded eight first-place and six second-place finishes.

Gibsonburg took second, followed by Otsego and Bettsville.

Bettsville's Doug Wolf won the 100 and 200 in a losing effort.

Stockaders second at Tri-County

ATTICA — Dan Haugh and Phil Riehm were members of the 3,200 and 1,600-meter relays and each one another individual event to help Old Fort to second-place finish at the Tri-County

TRACK AND FIELD

Meet Tuesday.

Haugh, Riehm, Rob Compiment and Jeremy Riehm checked in with a winning time of 8:50.2 in the 3,200 relay. Derek Huber and Brian Kistler joined Phil Riehm and Haugh to win the 1,600 relay in 3:41.4.

Phil Riehm added a victory in the 1,600 (4:50.2).

Haugh topped the 800 field in 2:07.6.

"My distance has been doing the job," said Old Fort coach Tony Miller.

Huber also won the high jump with a 5-foot, 8-inch effort.

The Stockaders beat out Mohawk for second place by winning the 4x400 relay. "We knew we were stronger than they were, but we knew we had to beat Seneca East and nudged them by less than one-tenth of a second."

Seneca East won the meet with 149 points. Old Fort had 110.

GIRLS TRACK

Ross routs Fostoria

FOSTORIA — Marcy Reinbolt won in four events and three other Little Giants were triple winners in a Great Lakes League

win against Fostoria.

Reinbolt was a winner in the 100-meter dash, 200, long jump and as a member of the 4x100 relay.

Tonya Elder won the 110 and 300 hurdles and ran a leg of the 4x100. Allison Kelly won the 1600 and 3200 and was part of the winning 4x800. Sara Thiessen won the high jump, then was part of winning relays in the 4x200 and 4x100.

In other action:

Streaks take second

TIFFIN — Liberty Benton won 13 of 16 events in a four-team meet at Heidelberg College.

Fremont St. Joe won two of the events not won by the Eagles, and finished second in six others to finish second ahead of Norwalk St. Paul and Tiffin Calvert.

St. Joe's Brea Busold won the long jump and Heidi Mikolajczyk took first in the 400.

Plouck, Fraley lead Lakota

KANSAS — Jessica Plouck won the 100 hurdles and Wendy Fraley took first in the high jump — and each was part of winning relay teams — as the Raiders outdistanced Gibsonburg in a quadrangular meet.

The Raiders won all four

relays and seven of 16 events overall against Gibsonburg, Otsego and Bettsville.

Emily Walter won the 100 and 200 for the Golden Bears, who finished second.

Old Fort's Burks is triple threat

ATTICA — Heidi Burks won three events, including her season-high 5-4 in the high jump, as Old Fort finished third in the Tri-County Meet at Seneca East.

Burks geared up for Saturday's Liberty-Benton Invitational, where her competition will include Carey's Beth Baldrige, who's leaped 5-7.

"She's looking a lot stronger as the season progresses," Tony Miller said of Burks, who also won the 1,600 in 5:49 and the 800 in 2:33.

The Stockaders finished third in the meet. Team point totals were not available at press time.

COACHES:

Remember to call The News-Messenger or fax results with first and last names after 8 p.m.
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Girls Track

Ross 84, Fostoria 43

Field events

Discus—Sheeran (Fo) 126-5; Shot put—Sheeran (Fo) 41-4 $\frac{1}{2}$; High jump—Sara Thiessen (R) 4-11; Long jump—Marcy Reinbolt (R) 16-3 $\frac{1}{2}$.

Track events

4x800—Ross (O'Connor, Gocke, Warner, Kelly) 10:36; 100 hurdles—Tonya Elder (R) 15.2; 100—Reinbolt (R) 12.4; 4x200—Ross (Sweeney, Thiessen, Simms, Linder) 1:56.7; 1600—Allison Kelly (R) 5:47; 4x100—Ross (Linder, Elder, Thiessen, Reinbolt) 52.9; 400—McCumber (Fo) 1:01.

300 hurdles—Elder (R) 49.1; 800—Molly Gocke (R) 2:35; 200—Reinbolt (R) 26.2; 3200—Kelly (R) 12:41.5; 4x400—Ross (Frontz, Damschroeder, Linder, Sweeney) 4:30.5.

Boys Track

Ross 88, Fostoria 44

Field events

Discus—Echelberry (Fo) 161-10; Shot put—Clark (Fo) 52-2 $\frac{3}{4}$; High jump—Rashad Brown (R) 6-0; Long jump—W. Young (Fo) 19-10 $\frac{1}{2}$; Pole vault—Doogs (Fo) 13-9.

Track events

4x800—Ross (Brown, Smith, Liggins, Snyder) 8:58; 110 hurdles—Johnny Alridge (R) 15.1; 100—Kenny Morrisette (R) 11.0; 1600—Jon Framstead (R) 4:50; 4x100—Ross (Atkins, Morrisette, Liggins, Alridge) 44.1; 400—Brown (R) 52.4.

300 hurdles—Alridge (R) 40.7; 800—Jeremiah Smith (R) 2:08; 200—Morrisette (R) 22.9; 3200—Framstead (R) 10:37.9; 4x400—Ross (Smith, Brown, Herrera, Snyder).

Giants sweep Sandusky Invite

News-Messenger reports

SANDUSKY — The Fremont Ross boys track team won nine individual events and swept the three relays in cruising to a victory at the three-team Sandusky Invitational Friday.

The Little Giants beat the host Blue Streaks and Elyria.

Chris Shull (51-10) Rashad Brown (high jump, 6-foot-2), Demetris Simms (long jump, 20-10 3/4) and Shawn Tooman (pole vault, 13-9) keyed the Little Giants in the field events.

Jeremiah Smith won the one-

TRACK AND FIELD

and two-mile races. In the 1,600-meter run, Smith had a 4:34.1, and he won the 3,200 in 10:18.5

Johnny Alridge won the 100 hurdles in 14.1 seconds, Kurt Snyder captured the 400 in 52.1 seconds and Kenny Morrisette was the 200 winner with a 23.0.

GIRLS TRACK

Sandusky Invitational

SANDUSKY — Marcy Reinbolt scored her usual hat trick — wins in the 100, 200 and long jump — as

the Little Giants won the invitational with 77 points.

Sandusky finished second with 42 points and Elyria had 39.

Reinbolt won by 0.2 seconds in the 100 with a time of 12.7 seconds. In the 200, she had a winning time of 25.9 seconds before leaping 16-6 3/4 in the long jump.

Allison Kelley and Tonya Elder were double-winners for Ross. Kelley's 5:50.4 in the 1,600 won that event and she added a victory in the 3,200 (12:35.7). Elder posted a 51.7 in the 300 hurdles and a 15.4 in the 100 hurdles.

Boys Track

**Ross 81, Sandusky 65,
Elyria 20**

SANDUSKY INVITATIONAL

Field Events

Shotput—Chris Shull (FR) 51-10;
Discus—Seanors (S) 138-11; High
jump—Rashad Brown (FR) 6-2; Long
jump—Demetrius Simms (FR) 20-10³/₄;
Pole vault—Shawn Tooman (FR) 13-9.

Track Events

4x800—Fremont Ross 8:37.8; 100
Hurdles—Johnny Aldridge (FR) .41;
100—Trayanva (S) 11.0; 1600—Jeremi-
ah Smith (FR) 4:34.1; 4x100—Fremont
Ross 43.9; 400—Kurt Snyder (FR) 52.1;
300 Hurdles—Williams (S) 37.9; 800—
Leech (S) 2:08.9; 200—Kenny Mor-
risette (FR) 23.00; 3200—Jeremiah
Smith (FR) 10:18.5; 4x400—Fremont
Ross 3:32.3.

Girls Track

**Ross 77, Sandusky 42,
Elyria 39**

SANDUSKY INVITATIONAL

Field Events

Shotput—McCall (E) 35-7¹/₂; Discus—
McCall (E) 89-6; High jump—Branam (E)
5-0; Long jump—Marcy Reinbolt (FR)
16-6³/₄.

Track Events

4x800—Fremont Ross 11:16.7; 100
Hurdles—Tonya Elder (FR) 15.4; 100—
Marcy Reinbolt (FR) 12.7; 4x200—Elyria
1:54.5; 1600—Allison Kelley (FR) 5:50.4;
4x100—Sandusky 50.9; 400—Sweeney
(FR) 1:04.9; 300 Hurdles—Tonya Elder
(FR) 51.7; 800—Gocke (FR) 2:37.5;
200—Marcy Reinbolt (FR) 25.9; 3200—
Allison Kelley (FR) 12:35.7; 4x400—
Sandusky 4:1.7.

Margaretta Invitational

CASTALIA — Ross placed in five relay events at the Margaretta event. Runners who competed for more than one of the winning teams included Kurt Snyder, Rashad Brown, Ryan Werling, John Framstead and Jeremiah Smith.

Margaretta Invitational

ROSS RESULTS

Third place finishers

4x1600—Ryan Werling, Eric Gabel, John Framstead, Jeremiah Smith 18:48;
Shuttle hurdle relay—Jordan Mackey, Adam Whisler, Greg Burroughs, Johnny Aldridge 62.7; High jump—Jordan Mackey, Shawn Tooman, Rashad Brown 16.8;
4x800—Ryan Werling, John Framstead, Jeremiah Smith, Kurt Snyder 8:21.4;
4x400—Kurt Snyder, Harry Liggins, Kenny Morrisette, Rashad Brown 3:27.4.

Margaretta Invitational

Michelle Salas and April Brenamen of Fremont Ross each contributed to top finishes in the shot put and discus relays at the Margaretta Invitational.

Marcy Reinbolt and Sara Thiessen (long jump, 4x200, 4x400) each won for part in three events.

Margaretta Invitational

ROSS RESULTS

Third place finishers

Shotput—Michelle Salas, April Brenamen, Kristin Knone 102-11½; Discus—Michelle Salas, April Brenamen, Kellie Staib 268.2; Long jump—Marcy Reinbolt, Christy Linder, Sara Thiessen 46-6; 4x200—Christy Linder, Tonya Elder, Sara Thiessen, Marcy Reinbolt 1:48.9; 4x800—Alison Kelly, Kristyn Warner, Molly Gocke, Lindsey Frontz 10:03.8; 4x400—Tiffany Sweeney, Tonya Elder, Sara Thiessen, Marcy Reinbolt 4:11.7.