

2002 Season Review...

Rain, snow fail to dampen enthusiasm

By ALEXIUS TOMASZEWSKI
Staff writer

The constant downpour of snow and rain can hardly dampen a runner's spirit.

Inside: Boys track and field capsules. **Page B3**

The on-again, off-again practice schedules for area boys track-and-field teams due to inclement weather and spring break have made it hard for coaches and runners to determine event placement and prepare for the upcoming season.

More than 200 athletes work out each day at Ross track

Hardships aside, the kids are anxious to run and have fun.

And they have turned out in big numbers.

The surest indicator of this spring's excitement is participation. The Fremont Ross boys and girls track teams boast a combined 102 members, including 57 freshmen.

Ross only had 10 freshmen go out for the teams last year.

On practice days with

the Fremont junior high teams and St. Joseph Central Catholic High School teams, the track at Ross High School harbors more than 200 runners. The Crimson Streak program boasts nearly 50 runners.

Second-year Little Giants head coach Cathy Esposito has worked hard to get kids involved. Outside influences have helped as well.

"I teach at the middle school, and I recruit hard. ...

There's something for everyone in track and field," Esposito said. "It's just a popular sport. You see it in the media more and more, especially with the Olympics. Plus you can't deny it's a social gathering, too."

Esposito can tell her kids are excited about the upcoming season.

"It's hard to judge right now because a lot of kids are gone on spring break," she said. "But when they're all together, they get really

rowdy and enjoy themselves."

While the mass of runners can turn practice into chaos, the sheer numbers do have a positive.

"It makes practice more competitive," Little Giants distance runner Jay Ohm said. "And when we get into the meets, the top runners won't have to run as much because we're really deep."

The excitement for the start of the season is

stronger for some than others. Several area athletes who ran in the state track and field meet at Dayton's Welcome Stadium a year ago are eager to pick up where they left off.

The strength of the St. Joseph Central Catholic boys track team will be its distance runners. Junior Jeremy Velliquette finished eighth in the state last year in the 800-meter run with a time of one minute, 59.46 seconds. He is also part of the 3,200 relay team that finished

See ST. JOE, B3

Fremont Ross

Coach: Cathy Esposito, 2nd year.

Assistant coaches: Travis Bates, Della Simms, Ray Hamilton, Mark Sheidler, Del Enders, Dave Golden.

2001 GLL finish: 3rd.

2001 GLL champions: 1 (Allen Lutes, long jump).

2001 state qualifiers: 1 (Kelly Lytle, 100 and 200 dash).

Key losses: Kelly Lytle, Allen Lutes.

Key returnees:
Seniors — Jeremy Framstad, distance; Bo Martin, jumps and middle distance; Joe Kaiser, throws; Bo Hudson, jumps and sprints; Tyrus Hamilton, sprints; Josh Emly, jumps; Bobby Crawford, throws. Juniors — Matt Ziemke, sprints; Richy Teeters, pole vault; Chris Kayser, throws; Brad Hershey, throws. Sophomores — Matt Salas, distance; Jay Ohms, distance.



FRAMSTAD

Promising newcomers: Sophomore — P.J. Price, jumps. Freshmen — Nathan Bowen, distance; Rob Durnwald, throws and vault; Derek Hill, distance; Elon Simms, hurdles and middle distance; David Linder, throws and middle distance; Adam Wilhelm, sprints; Austin Young, middle distance.

Outlook: It's a good problem for coach Esposito, but the Little Giants have 60 athletes to sort out as the season begins. The talent is spread equally between the events, with Framstad and Teeters leading the way. Framstad is a two-time state qualifier in cross country, and Teeters came up with a surprising regional berth last season. Wilhelm is coming off a trip to the AAU Junior Olympics and is expected to contribute immediately.

Coach's quote: "Can't wait. Our boys team is loaded and very close to being ready to go. Our biggest problem will be adjusting and readjusting our relays to make (them) perfect."

Resetting relays

Experienced state teams audition new members

By ALEXIUS TOMASZEWSKI
Staff writer

Putting together a winning relay team is an experiment in many ways.

Four variables are joined to see if they combust out of the blocks or come up short.

Inside: Girls track preview capsules. **Page B3**

Running has scientific elements, but chemistry is at the top of the list when it comes to a competitive relay team.

Several area girls track-and-field teams boast bona fide relay teams that reached the podium at the state meet a season ago, but all will have to rebuild this year.

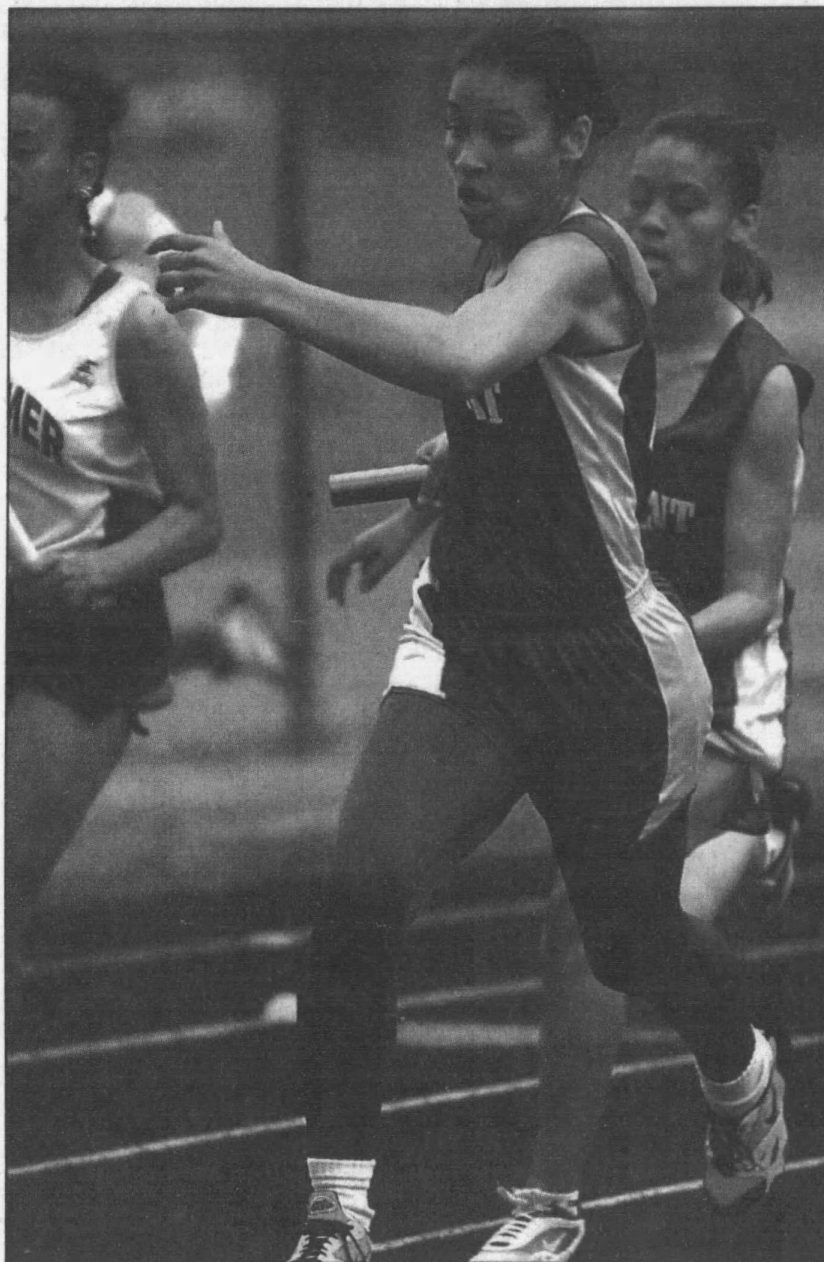
The Fremont Ross 400-meter relay team finished fourth in Division I last year. Two of the girls, Fallon Bailey and Taneshia McKinstry, graduated. The remaining members, seniors Keia Irons and Adrienne Robertson, are eager to get back to state.

But they will have to do so with young teammates. A number of girls from a talented freshman crop will vie for the two open spots.

"I think it's going to be tough to repeat the chemistry of last year because the new girls aren't used to handoffs," Robertson said. "We'll have to teach them a lot."

Little Giants head coach Cathy Esposito doesn't foresee problems as the girls bond.

"If we can get good handoffs, they'll be fine. And that shouldn't be a problem seeing two of the four girls are experienced," she said. "Our chemistry will be even better than last year because the freshmen will look for advice from the seniors. And they're all coachable."



News-Messenger file photo/Ben French

ADRIANNE ROBERTSON, front, of Fremont Ross accepts a handoff from teammate Keia Irons during the Great Lakes League meet last season at Ross. Robertson and Irons are the two remaining members of a 400-meter relay team that finished fourth in the state last season.

See **RELAY, B3**

Continued From B1

Ross hasn't held time trials yet to determine who will fill the two open spots. But Robertson is certain the team can get back to state.

"It all depends on how disciplined we are and how hard we work," she said. "Everyone has been positive and working hard."

Three returning girls at St

Fremont Ross

Coach: Cathy Esposito, 2nd year.

Assistant coaches: Travis Bates, Della Sims, Ray Hamilton, Mark Shiedler, Del Enders and Dave Golden.

2001 GLL finish: 3rd.

2001 GLL champions: 5 (Fallon Bailey, 100 dash; 400 relay team of Taneshia McKinstry, Keia Irons, Bailey and Adrienne

Robertson; Jen Hiller, shot put; Jamie Smith, discus; 1,600 relay team of Robertson, Delana Simms, McKinstry, Bailey).

2001 state qualifiers: 2 (Fallon Bailey, 100 and 200 dash; 400 relay team of Taneshia McKinstry, Bailey, Adrienne Robertson and Keia Irons).

Key losses: Fallon Bailey, Jamie Smith and Taneshia McKinstry.

Key returnees: Seniors — Adrienne Robertson, sprints; Keia Irons, sprints. Junior — Nicole Sangregory, hurdles; Rachel Ruiz, hurdles and sprints; Stacy Hall, distance and middle distance; Shana Frontz, middle distance and distance; Wendy Farrell, middle distance and distance; Erin Brunner, throws.

Promising newcomers: Freshmen — Tia Simms, sprints; Betsy Quick, throws; Clarissa Logan, sprints; Emily Legg, hurdles; Delanea Johnson, sprints; Emily Grayson, jumps and middle distance; Kylee Baker, sprints; Alisha Allirock, sprints.

Outlook: Ross finished last year with an unblemished dual meet record and finished 11th at the state meet. The Little Giants only graduated three athletes, but all were league champions, two of which helped the 400 relay team to the state podium. Ross boasts one of its biggest teams in recent years, and depth will definitely be a plus, especially late in the season. A talented crop of freshmen runners are expected to make an impact immediately. The only weakness for the Little Giants will be experience to lead the untested freshmen.

Coach's quote: "We are very capable of winning the GLL with fine-tuning in the throws and jumps. All the other areas are comprised of the experience it will take to accomplish this."



HALL

Ross freshmen hit track running



News-Messenger/Ben French

ANDREA STETLER, left, of Clyde leads the 300-meter hurdles field by a wide margin Tuesday during a dual meet with Port Clinton at Clyde. Stetler won the event, and the Fliers earned victories in the boys and girls meets.

News-Messenger reports

OREGON — The freshmen on the Fremont Ross track-and-field teams loudly announced their presence during the first meet of the season Tuesday at Oregon Clay.

Rookies won four individual events and participated on five winning relay teams as the Little Giants

Roundup

boys and girls swept Clay and Bedford.

"That was probably one of the most important parts of our day, the gutsy performances of our freshmen," Ross head coach Cathy Esposito said. "They scored a lot of points for us."

The Ross boys scored 83 points to Clay's 48 and Bedford's 36. The Little Giants girls won with 75 points; Clay had 60, Bedford 36.

Adam Wilhelm led the newcomers by enjoying victories in all four of his events. He won the 100-meter dash in 11.2 seconds and the 200 dash in 23.4 seconds.

See FLIERS, B3

Continued From B1

Wilhelm ran the anchor leg of the 400 relay team, which won in 45.5 seconds. That team also included Bo Hudson, Tyrus Hamilton and Torrey Lewis. The 1,600 relay team of Bo Martin, Eric Edwards, Wilhelm and Hudson claimed first in 3:45.

Freshman Elon Simms won the 110 hurdles in 16.4 seconds.

Senior Jeremy Framstad took two events for the Little Giants. He claimed the 1,600 run in 4:48 and the 800 run in 2:11.

The most impressive boys event was the discus. Ross boys Chris Kayser, Joe Kaiser, Jeremy Joseph and Bobby Crawford claimed the top four places. Kayser won with a toss of 126 feet. Kaiser won the shot put with a 46-10 toss.

Freshmen spurred the Ross girls as well. Tia Simms, Emily Grayson and Delanea Johnson ripped off the top three places in the 200 dash in the most impressive performance. Simms won in 28.9 seconds.

Simms also ran on three winning relay teams. She joined Keia Irons, Johnson and Adrienne Robertson

to claim both the 400 relay (53.2) and the 800 relay (1:55.7). Simms, Grayson and Irons helped win the 1,600 relay in 4:33. The fourth member of the relay was unavailable. Grayson, Shana Frontz, Stacy Hall and Morgan O'Connor took the 3,200 relay in 10:48.

Hall won the 1,600 run in 5:51. Stephanie Kayser won the shot put with an effort of 22-9.

Ross is at the Bowling Green Invitational on Saturday.

Clyde teams soar past PC

CLYDE — The Clyde boys and girls track and field teams blasted out of the blocks and didn't look back on their way to beating Sandusky Bay Conference opponent Port Clinton.

The Flier boys team scored 97 points to Port Clinton's 25, while Clyde girls team trounced the Redskins 85-37.

Clyde took 12 events in the boys field with multiple winner Justin Martin leading the way. He took the 100 dash (11.4 seconds) and the 200 dash (23.2 seconds). Martin also joined the 400 relay team of Keith Shearer, Brett Hoffman and Kraig

Track & Field

High School Boys

Ross 83, Clay 48, Bedford 36

Ross results

3,200 relay: 3. Ross (Matt Salas, Nathan Bowen, Jay Ohms, David Linder) 9:11.

110 hurdles: 1. Elon Simms 16.4, 4. Josh Emily 18.3.

110 dash: 1. Adam Wilhelm 11.2, 4. Tyrus Hamilton 11.6.

1,600 run: 1. Jeremy Framstad 4:48.

400 relay: 1. Ross (Bo Hudson, Hamilton, Torrey Lewis, Wilhelm) 45.5.

400 dash: 1. Bo Martin 54.6.

300 hurdles: 2. Simms 44.2.

800 run: 1. Framstad 2:11.

200 dash: 1. Wilhelm 23.4.

3,200 run: 3. Bowen 10:48.

1,600 relay: 1. Ross (Martin, Eric Edwards, Wilhelm, Hudson) 3:45.

Discus: 1. Chris Kayser 126 feet, 2. Joe Kaiser 125, 3. Jeremy Joseph 124, 4. Bobby Crawford 118.

Shot put: 1. Kaiser 46-10, 2. Crawford 44-5, 4. Kayser 43-1.5.

High jump: 2. Hudson 5-10.

Long jump: 1. Hudson 23-0.75, 3. Martin 19-9.

Pole vault: 2. Richy Teeters 11-0, 3. John Culbertson 11-0.

High School Girls

Ross 75th, Clay 60, Bedford 36

Ross results

3,200 relay: 2. Ross (Emily Grayson, Shana Frontz, Stacy Hall, Morgan O'Connor) 10:48.

100 hurdles: 4. Nicole Sangregory 12.6.

800 relay: 1. Ross (Tia Simms, Keia Irons, Delanea Johnson, Adrienne Robertson) 1:55.7.

1,600 run: 1. Hall 5:51, 3. Wendy Farrell 6:12, 4. Megan Neeley 6:22.

400 relay: 1. Ross (Simms, Irons, Johnson, Robertson) 53.2.

400 dash: 2. Kylee Baker 1:09.2, 4. Lori Rice 1:13.8.

300 hurdles: 3. Rachel Ruiz 53.

800 run: 2. Hall 2:39

200 dash: 1. Simms 28.9, 2. Grayson 29.2, 3. Johnson 29.4, 4. Robertson 29.4.

3,200 run: 1. Farrell 14:04.

1,600 relay: 1. Ross (Grayson, Simms, Irons, unavailable).

Discus: 2. Erin Brunner 75-4.

Shot put: 1. Stephanie Kayser 22-9, 4. Betsy Quick 22-5.

Long jump: 2. Grayson 15-1.25.

Pole vault: 1. Sangregory 6-6.

Little Giants run to 2nd at BG

News-Messenger reports

BOWLING GREEN — Fremont Ross boys sprinters set two meet records on their way to second place Saturday at the Bowling Green Invitational.

The team of Eric Edwards, Tyrus Hamilton, Torrey Lewis and Adam Wilhelm set records

in the 400-meter relay and the 800 relay. The Little Giants won the



LEWIS

Martin leads Clyde at Lakota

400 in 44.8 seconds and the 800 in 1:35.13.

Defiance claimed the boys meet with 111 points. Ross outlasted Napoleon, 99-98, for second place in the eight-team event.

"I was really, really happy for the boys," Ross head coach Cathy Esposito said. "There are so many freshmen, every meet's exciting for them. They love it when they beat people."

"It was a really good meet for them. It was a meet where they

couldn't slip up much, and they didn't."

Ross also got relay titles from the long jump squad of Bo Hudson, Bo Martin and Josh Emly and the discus team of Chris Kayser, Joe Kaiser and Jeremy Joseph.

The Little Giants girls finished fifth with 54 points. Napoleon won with 90 points.

Stacy Hall paced Ross by finishing second in the 1,600 run. The 1,600 relay team of Tia Simms, Rachel Ruiz, Kylee Baker and

Lori Rice came in second, spurred by Ruiz's strong second leg.

Ross hosts Whitmer and Findlay on Tuesday.

Martin tops at Lakota

KANSAS — Clyde's Justin Martin won an individual event and ran on two record-breaking relay teams to lead the Fliers to a third-place finish Saturday at the 39th annual Lakota Boys Track Invitational.

Martin, a junior who claimed the 400 dash in 51.30 seconds, was

See GIBSONBURG, B3

Track & Field

High School Boys

Bowling Green Invitational

Team Scores

Defiance	111
Ross	99
Napoleon	98
Archbold	53
Maumee	45
Clay	43
Bowling Green	40
Cardinal Stritch	7

Ross results

4x1600 run: 4. Mike Lozano, Derek Hill, Josh Ohms, Nathan Bowen 20:39.

110 hurdles: 2. Julius Simms 15.9.

100 dash: 5. Adam Wilhelm 11.6.

1500 run: 2. Jay Ohms 4:45.

4x200: 1. Eric Edwards, Tyrus Hamilton, Torry Lewis, Wilhelm 1:35.13.

Distance Relay: 4. Matt Salas, Simms, Josh Ohms, Nathan Bowen 1:57.

Sprint Relay: 2. Bo Hudson, Hamilton, Wilhelm, Bo Martin 1:38.24.

4x100: 1. Edwards, Hamilton, Lewis, Wilhelm 44.8.

4x800: 3. Jeremy Framstad, Bowen, Jay Ohms, Salas 8:51.

Long Jump: 1. Hudon, Martin, Emily.

Shot Put: 2. Chris Kayser, Joe Kiser, Bobby Crawford.

Discus: 1. Kayser, Kiser, Jeremy Joseph.

Pole Vault: 2. Richy Teeters, John Culbertson, Rob Durnwald.

High School Girls

Bowling Green Invitational

Team Scores

Napoleon	90
Archbold	76
Clay.....	62
Bowling Green	57
Ross	54
Defiance	45
Maumee.....	43
Cardinal Stritch	38

Ross Results

4x1600: 4. Wendy Farrell, Shana Frontz, Megan Neeley, Stacy Hall.

1600 run: 2. Hall 5:35.

4x200: 3. Tia Simms, Keia Irons, Delanea Johnson Adrienne Robertson 1:54.23.

Distance Relay: 4. Frontz, Lori Rice, Neeley, Farrel 14:38.

Sprint Relay: 3. Robertson, Johnson, Simms, Kylee Baker 2:02.

4x100: 3. Simms, Irons, Robertson, Johnson 53.29.

4x400: 2. Simms, Rachel Ruiz, Baker, Rice 4:30.89.

Shot Put: 3. Stephanie Kayser, Erin Brunner, Betsy Quick.

Ross boys run wild

Wilhelm excels in home debut

By TIMOTHY R. WOLFRUM
Sports editor

Their slender builds and long strides are virtually identical.

So are the gasps of surprise they inspire in the crowd as they slip into another gear down the backstretch at the Ross High School track.

At first glance the only thing that differentiates freshman newcomer Adam Wilhelm from graduated superstar sprinter Kelly Lytle is hair. Wilhelm has spiky blond locks, while Lytle preferred to shave his scalp.

In every other way — especially at the finish line — Wilhelm has Lytle's act down cold.



WILHELM

Ross's latest sprinting prodigy made sure to introduce himself to Little Giants fans Tuesday during the first home meet of the season.

Wilhelm won the 100- and 200-meter dashes and anchored the victorious 400 relay team as Ross defeated Great Lakes League opponents Toledo Whitmer and Findlay. The Little Giants scored 84 points to Whitmer's 65 and Findlay's 17.

Ross didn't fare as well in the girls' meet. The Panthers won with 73 points, Findlay came in second with 51 and the Little Giants were third with 47.

Wilhelm's easy victory in the 100 and exhilarating come-from-behind triumph in the relay made fans think of Lytle, a state runner-up in the 200 dash last season who is running for Princeton University.

But Wilhelm insisted he is making his own way.

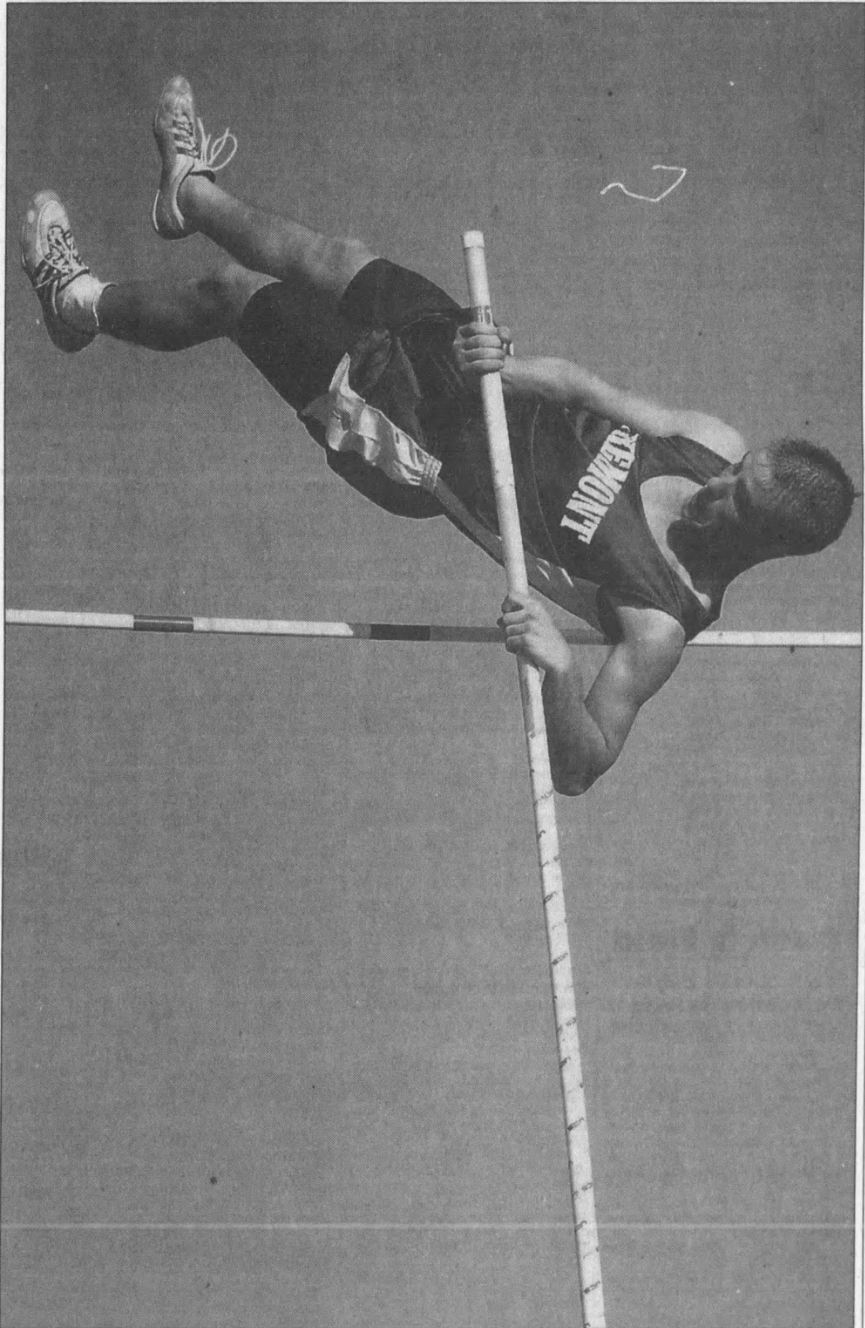
"Kenny Morrisette (Fremont AAU coach) says you're your own person," Wilhelm said on the infield after winning the 200 dash. "He told me to be the next Adam Wilhelm."

Ross head coach Cathy Esposito refused to compare the two runners after the meet, saying it would be unfair to both. She was impressed with the way Wilhelm responded to his first home meet, though.

"Adam did fantastic," she said. "He's a tough runner."

"He was more intense today than I've seen him, more prepared and more focused on what he had to do."

Wilhelm won the 100 in 11.0 seconds and the 200 in 23.09 seconds, both times still well behind Lytle's best.



News-Messenger/Ben French

RICHY TEETERS of Fremont Ross pole vaults over the bar during Tuesday's meet at Ross. Teeters, who cleared 12 feet on this attempt, fell just short of breaking the school record. He settled for a victory and a personal-best of 13-6 as the Little Giants won the tri-meet over Whitmer and Findlay.

See KAYSER, B3

Kayser wins discus for Giants

Continued From B1

The 400 relay team of Bo Hudson, Tyrus Hamilton, Torrey Lewis and Wilhelm turned in a time of 43.74 seconds.

"We've got some good people on this team, especially on the relays," Wilhelm said. "We don't have any weak legs."

Depth carried the Little Giants boys to the meet victory. Hudson and Bo Martin finished first and second, respectively, in the long jump. Chris Kayser, Joe Kaiser and Brad Hershey combined to take four of the top six spots in the discus and shot put events. Kayser won the discus with a personal-best throw of 143 feet.

"You can't beat that," Esposito said. "Our depth is really helping us with the boys team. Scoring 84 points against Whitmer is great."

Ross junior pole vaulter Richy Teeters won his event and nearly broke a school record in the process.

Teeters vaulted a personal-best 13 feet, 6 inches and took a run at the 28-year-old record of 14-2 held by former head coach Jeff Opelt.

"The first attempt, I almost had it," Teeters said. "I just hit my leg on the bar."

"My main goal this year is to get the school record. If I get it, I'll be ecstatic."

Teeters was perfect on his first five attempts, earning the event victory without a miss for the first time in his career. After vaulting 13-6, he ordered the bar raised to 14-3 for a shot at the record but missed on all three attempts.

"The thing I noticed about Richy today was he was more settled down. He knew what he wanted to do, and he did a nice job with it," Esposito said.

Ross distance runner Jeremy Framstad continued his comeback

from injury by winning the 800 run in 2:08. He sat out his other events to rest sore legs.

Long jumper Emily Grayson provided the highlight for the girls. She won with a best effort of 14-3.

The 800 relay team of Tia Simms, Keia Irons, Delanea Johnson and Adrienne Robertson claimed Ross's only other victory in a time of 1:52.

Esposito was encouraged by better finishes in the Little Giants' less-

er events, most notably the jumping events, where Grayson recorded a first in the long jump and a third in the high jump and Irons added a fourth in the high jump.

"This was a huge improvement," she said. "The last meet, we had zeroes in five events. This meet, we had two."

"We don't have the depth because the girls team is so small. In a meet like this, that will kill you."

Ross is at the Clyde Invitational on Saturday.

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High School Girls

Whitmer 73, Findlay 51, Ross 47

Pole vault: 1. Keudi (W) 7-6, 2. Nicole Sangregory (R) 7-0.

Long jump: 1. Emily Grayson (R) 14-3, 2. House (W) 13-6, 3. Collart (F) 13-2, 4. Steuer (W) 12-9.

High jump: 1. Kuch (F) 4-10, 2. Myers (F) 4-8, 3. Emily Grayson (R) 4-8, 4. Keia Irons (R) 4-8.

Shot put: 1. Naiman (F) 32-0.5, 2. Graham (W) 31-11, 3. Betsy Quick (R) 30-10, 4. Skolmowski (W) 39-8.5, 5. Conley (W) 30-0.

Discus: 1. Vaillant (W) 114-4, 2. Jill Mackey 93-3, 3. Skolmowski (W) 92-2, 4. Wright (F) 86-2.

800 relay: 1. Ross 1:52, 2. Findlay 1:59, 3. Whitmer 2:04.

1,600 relay: 1. Findlay 4:23, 2. Whitmer 4:27, 3. Ross 4:28.

3,200 run: 1. Spieldenner (F) 12:20, 2. Maelou (W) 13:15, 3. Stacy Hall (R) 13:31, 4. Kukosla (W) 13:53.

200 dash: 1. Collins (W) 27.16, 2. Wittenmyer (F) 27.62, 3. Tia Simms (R) 27.91, 4. Wright (F) 27.98.

800 run: 1. Jaeger (F) 2:32, 2. Shana Frontz (R) 2:45, 3. Megan Neeley (R) 2:49, 3. Feidl (W) 2:54.

300 hurdles: 1. Hunter (W) 50.43, 2. Rachel Ruiz (R) 52.06, 3. Mitchell (F) 52.22, 4. Reid (F) 55.0.

400 dash: 1. Teunow (F), 2. Kylee Baker (R) 1:07.1, 3. Bailey (W) 1:07, 4. Khubik (W) 1:08.

400 relay: 1. Whitmer 51.97, 2. Ross 53.5, 3. Findlay 59.35.

1,600 run: 1. Marlow (W), 2. Spieldenner (F) 5:41, 3. Hall (R) 5:48, 4. Huffman (F) 5:48.

100 dash: 1. Collins (W) 12.75, 2. Green (W), 3. Delanea Johnson (R) 12.95.

100 hurdles: 1. Hunter (W) 16.44, 2. Van Dyure 17.63, 3. Findlay 17.88, 4. Sangregory (R) 18.10.

3,200 relay: 1. Whitmer 10:35, 2. Findlay 10:38, 3. Ross 10:46.

Track & Field

High School Boys

Ross 84, Whitmer 65, Findlay 17

Pole vault: 1. Richy Teeters (R) 13-6, 2. White (W) 13-0, 3. Peake (W) 12-6.

Long jump: 1. Bo Hudson (R) 21-5, 2. Bo Martin (R) 20-3, 3. Teeters (R) 19-3, 4. Sedlar (W) 19-3.

High jump: 1. Hudson (R) 5-8, 2. Drake (W) 5-6, 3. Biesiada (W) 5-4, 4. Danny Chavez (R) 5-0, 5. Dennis Richey (R) 5-0.

Shot put: 1. Calhoun (W) 49-0.5, 2. Joe Kaiser (R) 44-9.5, 3. Brad Hershey (R) 44-7, 4. Chris Kayser (R) 42-11, 5. Negrin (W) 42-6.5.

Discus: 1. Kayser (R) 143-0, 2. Calhoun (W) 135-3, 3. Kaiser (R) 126-3, 4. Hawkins (F) 126-0.

1,600 relay: 1. Findlay 3:36, 2. Ross 3:36, 3. Whitmer 3:39.

3,200 run: 1. Espinoza (W) 10:43, 2. Jay Ohms (R) 11:15, 3. Bowen (R) 11:29, 4. Klerczak (W) 11:30.

200 dash: 1. Adam Wilhelm (R) 23.09, 2. Grace (W) 23:29, 3. Torrey Lewis (R) 24.25, 4. Tyrus Hamilton (R) 23.96.

800 run: 1. Jeremy Framstad (R) 2:08, 2. Przeslawski (W) 2:11.

300 hurdles: 1. Flood (W) 42.69, 2. Kukay (F) 44.7, 3. Simmons (W) 45.9, 4. Hood (W) 47.6.

400 dash: 1. Sprout (F) 53.2, 2. Martin (R) 53.5, 3. Elon Simms (R) 54.7, 4. Drake (W) 57.75.

400 relay: 1. Ross 43.74, 2. Whitmer 44.43, 3. Findlay 46.13.

1,600 run: 1. Espinoza (W) 4:50, 2. Jay Ohms (R) 4:58, 3. Bowen (R) 5:02, 4. Josh Ohms (R) 5:11.

100 dash: 1. Wilhelm (R) 11.0, 2. Grace (W) 11.12, 3. Hamilton (R) 11.4, 4. Drake (W) 11:43.

110 hurdles: 1. Hood (W) 15.25, 2. Simmons (W) 16.03, 3. Youngpeter (F) 18.59, 4. Thompson (W) 18.06.

3,200 relay: 1. Ross 8:59, 2. Whitmer 9:08.

Track Roundup

Hudson's hops help Giants to Clyde title

News-Messenger reports

CLYDE — Bo Hudson won both jumping events and led off for a winning relay team to help the Fremont Ross boys to the A.W. Hendricks Invitational title on Saturday at Clyde High School.

The Little Giants scored 107 points, 27 more than second-place Sandusky.

"That was probably one of their biggest performances as a team," Ross head coach Cathy Esposito said. "It was a total team effort. These guys don't run as individuals; they run as a team."

The host Fliers finished third with 65

points behind meet MVP Justin Martin, who also won two events and ran on a championship relay team. Woodmore finished seventh with 27 points.

Hudson claimed first in the long jump with an effort of 19 feet, 7.5 inches, and won the high jump at 5-10. He joined Torrey Lewis, Tyrus Hamilton and Adam Wilhelm to win the 400-meter relay in 45.1 seconds.

"He was real focused and took one event at a time," Esposito said of Hudson. "He wanted to make up for what happened last week when he didn't place in the high jump."

Wilhelm took first in the 200 dash, turning in a time of 22.8 seconds.

The meet began in nightmare fashion for the Ross boys. Pole vault favorite Richy Teeters didn't make his opening height, the 3,200-meter relay team jumped the gun and was disqualified and 100 dash favorite Adam Wilhelm false-started.

But senior Jeremy Framstad, who is recovering from injuries and was slated to compete in only two events Saturday, volunteered to run an extra event, the 1,600 run, and finished third to bump the Little Giants' point totals.

"That's leadership," Esposito said of Framstad.

For Clyde, Martin earned victories in the 100 dash (11.4 seconds) and the 400 dash (51.3 seconds). He led off for a 1,600 relay team that won in 3:32.2. Other team members included Jeremy Cook, Kyle Gettys and Keith Shearer.

Cliff Moore won the 3,200 run in 1:03.1 for the Fliers.

For Woodmore, Dain Michelsen claimed the discus with a toss of 144-9.



HUDSON

Track Roundup

Giants sweep Streaks

News-Messenger reports

SANDUSKY — Nicole Sangregory won three events to lead the Fremont Ross girls track-and-field team to a narrow victory over Sandusky, and the Little Giants blew away the Blue Streaks in the boys meet Tuesday at Strobel Field.

Sangregory won the 100- and 300-meter hurdles and the pole vault as the Ross girls eked out a 65-63 victory.

The Ross boys took all 60 team members to the meet and came away with an 86-45 triumph. Bo Hudson, Jeremy Framstad and Elon Simms each won a pair of events for the boys.

"They dominated in every way," Ross head coach Cathy Esposito said of the boys team. "They are all so pumped about winning meets that they will do whatever it takes to do it. This team has something very special starting."

Hudson took the long jump with an effort of 20 feet, 8.5 inches, and the high jump with a 5-8. Framstad won the 800 run in 2:12.07 and the 1,600 run in 4:48.00. Simms claimed the 110 hurdles in 16.65 seconds and the 300 hurdles in 41.77.

Other Ross winners included Bo Martin (400 dash, 54.07 seconds) and Richy Teeters (pole vault, 12-6).

Sangregory turned in a time of 17.99 to win the 100 hurdles and 55.70 to win the 300 hurdles. The pole vault results were unavailable.

Stacy Hall won two events for the Ross girls. She took the 800 run in 2:35.90 and the 1,600 run in 5:38.00. Ross's Emily Grayson claimed the long jump in 15-1.

Ross is at the Tiffin Relays on Saturday.

3-7 (0-3 SBC).

Gibsonburg 2, Toledo Christian 0

Gibsonburg 200 000 0 — 210 0

Toledo 000 000 0 — 0 3 1

WP — Ali Warren. LP — Schad.

2B — Lexe Warren (G), Toth (TC).

Gibsonburg hitters: L. Warren 3-4;
Sarah Walby 2-3; Sarah Taulker 2-4.

Track & Field

High School Boys

Ross 86, Sandusky 45

100 dash: 1. Knight (S) 11.48, 2. Hamilton (R) 11.61, 3. Edwards (R) 11.66.

200 dash: 1. Knight (S) 23.10, 2. Hamilton (R) 23.59, 3. Wilhelm (R) 23.90.

400 dash: 1. Martin (R) 54.07, 2. Pearson (S) 54.12, 3. Clinton (S) 55.92.

800 run: 1. Franstead (R) 2:12.07, 2. Sulas (R) 2:14.05, 3. Moses (S) 2:14.86.

1600 run: 1. Framstead (R) 4:48.00, 2. Ohms (R) 4:55, 3. Bowen (R) 4:36.

3200 run: 1. Bowen (R) 1:03, 2. Ohms (R) 11:15, 3. Hill (R) 11:22.17.

110 hurdles: 1. Simms (R) 16.65, 2. MoSwain (S) 19.01

300 hurdles: 1. Simms (R) 41.77, 2. MoSwain (S) 42.83, 3. Olenek (S) 49.44.

4x100: 1. Sandusky 44.75, Ross 44.78

4x400: 1. Sandusky 3:40.60, 2. Ross 3:41.29, 3. Ross 4:45.00

4x800: 1. Ross 8:57.68, 2. Sandusky 9:05.22.

High Jump: 1. Hudson (R) 5:08.00, 2. Martin (R) 5:06.00, 3. Pearson (S) 5:04.00

Pole Vault: 1. Teeters (R) 12:06.0, 2. Culbertson (R) 12-06, 3. Stein (S) 12-0.

Long Jump: 1. Hudson (R) 20-08.5, 2. Teeters (R) 19-06.25, 3. Martin (R) 19-02.75.

Shot Put: 1. Cox (S) 44-11.75, 2. Kaiser (R) 44-10.5, 3. Hershey (R) 43-4

Discus: 1. Grohe (S) 140-06.0, 2. Joseph (R) 134-11.0, 3. Burch (S) 134-02.0.

High School Girls

Ross 65, Sandusky 63

100 dash: 1. Perryman (S) 12.27, 2. Johnson (R) 13.24, 3. Walker (S) 13.49.

200 dash: 1. Perryman (S) 25.69, 2. Johnson (R) 27.89, 3. Simms (R) 28.25.

400 dash: 1. Russell (S) 1:07.26, 2. Jones (S) 1:07.58, 3. Walker (S) 1:08.09

800 run: 1. Hall (R) 2:35.90, 2. Frontz (R) 2:43.47, 3. O'Connor (R) 2:50.87.

1600 run: 1. Hall (R) 5:38.00, 2. Fogg (S) 5:52.00, 3. Neely (R) 6:01.0

3200 run: 1. Fogg (S) 12:45.0, 2. Neely (R) 12:58.0, 3. Kirby (S) 13:03.0.

100 hurdles: 1. Sangregory (R) 17.99, 2. Taylor (S) 18.68, 3. Chapman (R) 18.92.

300 hurdles: 1. Sangregory (R) 55.70, 2. Taylor (S) 58.88, 3. Erhart (R) 1:08.99

4x100 relay: 1. Simms, Irons, Robertson, Johnson (R) 52.24, 2. Sand. DQ

4x200: 1. Sand. 1:48.93, 2. Simms, Irons, Robertson, Johnson (R) 1:51.10

4x400: 1. 4:35.0, 2. Sand. 4:51.0

4x800: 1. Neeley, O'Connor, Frontz, Hall 11:17.07, 2. Sand. 11:32.21

High Jump: 1. Hauser (S) 4-08, 2. Irons (R) 4-06, 3. Grayson (R) 4-06

Long Jump: 1. Grayson (R) 15-01.5, 2. Jones (S) 15-0, 3. Robertson (R) 14-01.75

Shot Put: 1. Lane (S) 33-01.0, 2. Brown (S) 32-01.25, 3. Traylor (S) 29-0

Discus: 1. Brown (S) 116-05.0, 2. Mackey (R) 95-07, 3. Traylor (S) 87-10.0.

Eastwood 112, Lakota 25

Eastwood 105, Woodmore 33

Woodmore 73, Lakota 62

Shot Put: 1. Dumke (E) 32-2.5, 2. Hartman (E) 31-4, 3. Titkemeier (W) 37-11.5.

Discus: 1. Dumke (E) 102-7, 2. Hartman (E) 100-, 3. Rubel (L) 89-1.

Long Jump: 1. Madaras (E) 25-3.5, 2. Madaras (E) 15-3.5, 3. Hartman (E) 14-9.25.

High Jump: 1. Madaras (E) 5-0, 2. Schulte (E) 4-10, 3. Frankhart (L) 4-10.

Pole Vault: 1. Young (L) 7-0, 2. Fitch (E) 6-6, 3. Netcher (W) 6-6.

Ross fifth at Tiffin

TIFFIN — The discus relay trio of Chris Kayser, Jeremy Joseph and Joe Kaiser took first place Saturday to lead the Little Giants to fifth at the Bill Krause Relays.

Ross scored 52 points. Hilliard Davidson won the meet with 89 points, Perkins was second with 86 points and Whitmer and Dublin Coffman tied with 64 points.

Kayser's toss of 139-5 led the Little Giants to a total relay throw of 390-6. Joseph threw 131-6, and Kaiser managed 119-7.

Tyrus Hamilton turned in Ross's only second-place finish. He was second in the 100 dash in 11.2 seconds.

The Ross girls finished 10th with nine points.

Fremont Ross hosts Fostoria on Tuesday.

Track & Field

High School Boys

Bill Krause Relays

Team Scores

Hilliard Davidson	89
Perkins	86
Coffman	64
Whitmer	64
Ross	52
Sandusky	32
Tiffin Columbian	23
Scioto	15
Kilbourne	14
Anthony Wayne	14
Elida	11
Oregon Clay	11
Toledo Central	4
Findlay	2

High Jump: 1. Anthony Wayne 17-7, 2. Whitmer 16-11, 3. Tiffin 16-8.

Discus: 1. Ross (Chris Kayser, Jeremy Joseph, Joe Kiser) 390-6, 2. Perkins 385-3, 3. Sandusky 382-8.

110 hurdles: 1. Davidson 14.4, 2. Tiffin 14.7, 3. Whitmer 15.1

800 relay: 1. Perkins 1:31.9, 2. Whitmer 1:33.2, 3. St. Francis 1:33.6, 4. Ross 1:34.3.

Long Jump: 1. Perkins 61-7.25, 2. St. Francis 54-7.75, 3. Elida 51-11.75.

Shot Put: 1. Perkins 139-1.50, 2. Whitmer 137-8, 3. Ross 130-8.50

100 dash: 1. Whitmer 11.1, 2. Ross (Tyrus Hamilton) 11.2, 3. Hilliard 11.3.

3200 relay: 1. Davidson 8:08.4, 2. Coffman 8:18.0, 3. Whitmer 8:26.9, 4. Ross (Matt Salas, Nathan Bowen, Jay Ohms, Jeremy Framstead) 8:33.0

Remainder of results unavailable.

High School Girls

Bill Krause Relays

Team Scores

Worthington Kilbourne	79
Coffman	60
Gahanna	48
Hilliard	48
Perkins	48
Toledo Central	44
Sandusky	42
St. Ursula	38
Elida	34
Oregon Clay	25
Tiffin Columbian	24
Dublin Scioto	24
Findlay	20
Anthony Wayne	14
Ross	9
Notre Dame	1

High Jump: 1. Coffman 14-6, 2. Findlay 14-4, 3. Gahanna 14-2.

Long Jump: 1. St. Ursula 43-0, 2. Kilbourne 42-11.25, 3. Oregon 42-1.25.

Discus: 1. Perkins 314-11, 2. Elida 282-8, 3. Scioto 278-11.

Shot Put: 1. Perkins 97-1.25, 2. Gahanna 96-5.75, 3. Worthington 95-10.50.

100 hurdles: 1. Oregon 15.3, 2. Gahanna 15.5, 3. Central 15.9.

100 dash: 1. Sandusky 12.3, 2. Central 12.6, 3. Gahanna 13.

800 relay: 1. Kilbourne 1:46.2, 2. Sandusky 1:48.6, 3. Coffman 1:49.6.

3200 relay: 1. Davidson 9:44.5, 2. Coffman 9:50.9, Kilbourne 10:01.1.

1600 run: 1. Coffman 5:10.5, 2. St. Ursula 5:10.6, 3. Oregon 5:20.5.

400dash: 1. Kilbourne 1:01.2, 2. Elida 1:01.4, 3. Tiffin 1:02.8, 6. Ross (Tia Simms) 1:04.1.

300 hurdles: 1. Central 47.5, 2. Kilbourne 47.9, 3. Gahanna 48.4, 6. Ross (Rachel Ruiz) 50.1

400 relay: 1. Central 49.7, 2. Kilbourne 50.2, 3. Gahanna 50.6, 5. Ross (Simms, Keia Irons, Emily Grayson, Rachel Ruiz) 51.7.

Distance Medley: 1. Davidson 12:59.1, 2. Scioto 13:04.1, 3. Coffman 13:29.1.

800 run: 1. Davidson 2:20.0, 2. Anthony Wayne 2:21.3, 3. Perkins 2:26.3

Sprint Medley: 1. Perkins 1:56.6, 2. Davidson 1:57.9, 3. Gahanna 1:59.0

3200 run: 1. St. Ursula 11:16.5, 2. Coffman 11:17.8, 3. Findlay 11:19.1

200 dash: 1. Sandusky 25.6, 2. Kilbourne 25.6, 3. Central 27

1600 relay: 1. Kilbourne 4:09.3, 2. Coffman 4:14.2, 3. Tiffin 4:15.4

Ross buzzes Redmen



News-Messenger/Ben French

ELON SIMMS, foreground, of Fremont Ross leads the pack on his way to a victory in the 110-meter high hurdles during Tuesday's meet against Fostoria.

Bears, 'Cats split double-dual

News-Messenger reports

Seven different Fremont Ross boys won individual events Tuesday as the Little Giants flexed their muscles with an 80-52 victory over Fostoria in a dual meet.

"The power of our team's depth showed today," Ross head coach Cathy Esposito said.

"We had many lineup changes to rest athletes for the Sandusky Invite Friday."

The Ross girls got two individual wins apiece from Stacy Hall and Keia Irons on the way to a 99-33 victory.

The Little Giants boys stayed undefeated in Great Lakes League dual meets by spreading the wealth. Elon Simms, Tyrus Hamilton, Nathan Bowen, Bo Martin, Jeremy Framstad, Jay Ohms and



HAMILTON

Joe Kaiser won a single event apiece.

Simms claimed the 110-meter hurdles in 15.94 seconds, and Hamilton won the 100 dash in 11.07 seconds. Bowen won the 1,600 run in 5:00.53. Martin took first in the 400 dash in 53.50 seconds, Framstad raced to an 800 run victory in 2:15.13, Ohms won the 3,200 run in 11:26.38 and Kaiser fired the shot 46-9.75 for a victory.

Hall and Irons led a solid effort from the girls. Hall won the 1,600 and 3,200 runs in 5:46.73 and 12:42.0, respectively. Irons took the 200 dash in 27.82 seconds and the high jump with an effort of 4-8.

Ross also got victories from Delanea Johnson in the 100 dash (12.62), Megan Neeley in the 800 run (2:44.0), Adrienne Robertson in the long jump (14-8.25) and Nicole Sangregory in the pole vault (7-0).

The Little Giants took all four of the relay events. Tia Simms was a part of three

of the teams, Johnson and Rachel Ruiz two apiece.

"The girls team dominated in every area," Esposito said. "This was a great meet to allow them to see what it takes to win big. They have really improved in the last two weeks as a team."

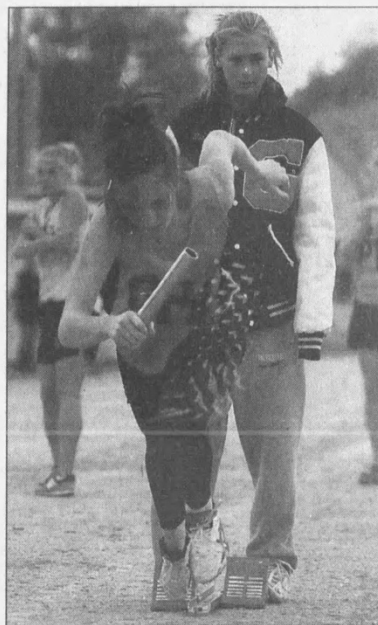
Ross is at the Sandusky Invitational on Friday.

Gibsonburg, Woodmore split double-dual

ELMORE — Jenni Crispin, Rebekah Paul and Mallory Fleming had a part of three victories as the Gibsonburg girls downed Woodmore and Lake during a double-dual Tuesday.

The Golden Bears defeated the Wildcats 75-62 and the Flyers 115-12. Woodmore downed Lake 120-16.

In the boys meet, Montana Garcia and Mike Neugent each participated in three victories to lead the Woodmore boys to an easy sweep.



News-Messenger/Doug Hise

ROBIN MOCK of Gibsonburg gets out of the blocks to begin the 1,600-meter relay Tuesday at Elmore. Gibsonburg's Betsy Wonderly holds Mock's blocks.

See OAK HARBOR, B3

Track & Field

High School Boys

Ross 80, Fostoria 52

Pole Vault: 1-Vittle (F) 13-6, 2-Teeters (R) 13-0, 3-Stroman (F) 12-6.

4X800 Relay: 1-Ross (Smith, Bowen, Linder, Jay Ohms) 9:16.56, 2-Fostoria 9:40.5.

4X100 Relay: 1-Ross (Young, Simms, Zimke, Nilhelm) 50.88.

4X400 Relay: 1-Fostoria 3:46.63, 2-Ross (Ziemke, Young, Simms, Wilhelm) 3:49.5.

110 H: 1-Simms (R) 15.94, 2-Myres (F) 16.01, 3-Burke (F) 17.19.

100 Dash: 1-Hamilton (R) 11.07, 2-Wilhelm (R) 12.06, 3-Walters (F) 12.10.

1600 M: 1-Bowen (R) 5:00.53, 2-Salas (R) 5:02.20, 3-Jo. Ohms (R) 5:02.60.

400 Dash: 1-Martin (R) 53.50, 2-Walters (F) 54.20, 3-Edwards (R) 58.50.

300 H: 1-Myers (F) 44.56, 2-Burke (F) 46.43, 3-Burch (F) 48.50.

800 M: 1-Framstad (R) 2:15.13, 2-Bowen (R) 2:18.0, 3-Salas (R) 2:19.16.

200 Dash: 1-Vitte (F) 23.31, 2-Wilhelm (R) 23.37, 3-Hamilton (R) 23.87.

3200 M: 1-Ja. Ohms (R) 11:26.38, 2-Jo. Ohms (R) 11:32.0, 3-D. Hill (R) 11:40.32.

Shot Put: 1-Kaiser (R) 46-9.75, 2-Zelenak (F) 45-1.5, 3-Crawford (R) 43-9.5.

Discus: 1-Zelenak (F) 140-3.5, 2-Kayser (R) 138-8, 3-Joseph (R) 128-6.5.

Long Jump: 1-Vitte (F) 19-9.5, 2-Teeters (R) 19-8, 3-Myers (F) 18-0.

High Jump: 1-Myers (F) 5-4, 2-Chavez (R) 5-2, 3-Salas (R) 5-2.

High School Girls

Ross 99, Fostoria 33

Pole Vault: 1-SanGregory (R) 7-0.

4X800 Relay: 1-Ross (Neeley, O'Connor, Farrell, Frontz) 10:58.34, 2-Fostoria 11:08.75.

4X100 Relay: 1-Ross (Simms, Irons, Robinson, Johnson) 52.02, 2-Fostoria 56.06.

4X200 Relay: 1-Ross (Ruiz, Logan, Johnson, Simms) 1:56.94, 2-Fostoria 2:00.19.

4X400 Relay: 1-Ross (Ruiz, Baker, Grayson, Simms) 4:43.03, 2-Fostoria 4:56.0.

100 H: 1-Blako (F) 17.32, 2-SanGregory (R) 17.33, 3-Stearns (F) 18.09.

100 Dash: 1-Johnson (R) 12.62, 2-Robertson (R) 12.64, 3-McClellan (F) 13.25.

1600 M: 1-Hall (R) 5:46.8, 2-Neely (R) 6:01, 3-Chambers (F) 6:31.12.

400 Dash: 1-Burko (F) 1:08, 2-Baker (R) 1:09.15, 3-Rice (R) 1:09.5.

300 H: 1-Ruiz (R) 52.22, 2-Blake (F) 53.53, 3-Loomis (F) 54.34.

800 M: 1-Neeley (R) 2:44.0, 2-O'Connor (R) 2:45.0, 3-Frontz (R) 2:48.75.

200 Dash: 1-Irons (R) 27.82, 2-Scott (F) 28.19, 3-Simms (R) 28.75.

3200 M: 1-Hall (R) 12:42, 2-Farrell (R) 13:40, 3-Heiser (F) 14:08.5.

Shot Put: 1-Stoner (F) 33-5.5, 2-Kayser (R) 30-1.75, 3-Quick (R) 28-11.

Discus: 1-Stoner (F) 95-9, 2-Mackey (R) 93-3, 3-Wilhelm (R) 93-0.

Long Jump: 1-Robertson (R) 14-8.25, 2-Grayson (R) 14-4.5, 3-Doble (F) 13-6.

High Jump: 1-Irons (R) 4-8, 2-Grayson (R) 4-6, 3-Loomis (F) 4-4.



News-Messenger/Ben French

TIA SIMMS of Fremont Ross wraps up a victory in the 800-meter relay Tuesday at Ross High School.

Giants-Streaks rivalry flares on track

Sandusky wins fourth straight invite

By TIMOTHY R. WOLFRUM
Sports editor

SANDUSKY — Relations between natural rivals Fremont Ross and Sandusky athletes are different when it comes to track and field.

Until Friday at least, using the word rivalry at all would have been a stretch. It more closely resembled a mutual admiration society.

But the Ross contingent, especially head coach Cathy Esposito, took umbrage at the vigor with which the Blue Streaks celebrated Friday on their way to first place in the 38th annual Sandusky Relays at Strobel Field.

The Little Giants, who had hoped to contend for the title, settled for third place when injuries and other absences sapped their strength.

Esposito confronted San-



TEETERS

about the way the assistants had taunted Ross after the Blue Streaks won the 400-meter relay. One of the assistants tipped his visor and yelled "oops" at the Ross coaches at the end of the event, she said.

"We've run against them three times this year and beat them by 30 points. We never acted like that," Esposito said. "We have a great relationship with them. But they did things

tonight I didn't agree with. As coaches, we're supposed to teach our kids about sportsmanship.

"They apologized, and we're fine now."

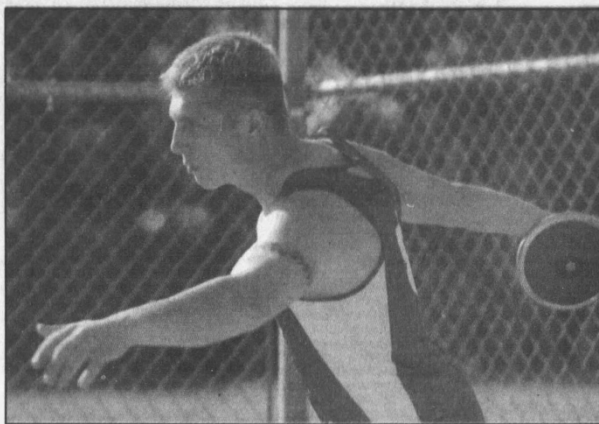
The two staffs hugged each other, and Schoerno went out of his way to apologize to the Ross coaches. He even sent his boys athletes over to talk to Esposito after the meet.

But Esposito said her boys likely will remember the slight when the Blue Streaks run at the Ross Invitational on May 11.

"These boys are easily motivated by something like that," she said.

Sandusky claimed the six-team boys meet for the fourth consecutive year

See ROSS, B4



News-Messenger file photo/Ben French
CHRIS KAYSER of Fremont Ross competes in the discus during a meet earlier this season at Ross. Kayser fired a personal-best 145 feet, 9 inches, Friday to place first at the Sandusky Relays at Strobel Field.

Ross boys third, girls fourth at Sandusky Relays

Continued From B1

with 114 points. Olmsted Falls was second with 89 points, and Ross scored 86 points.

The Ross girls scored 70 points and finished fourth behind Lakewood (142), Sandusky (109) and Perrysburg (83).

The Little Giants boys competed without jumper/sprinter Bo Hudson, distance runner Jeremy Framstad and sprinter Torrey Lewis. Hudson is suffering from a hamstring pull, and Framstad and Lewis were on trips out of town.

"I didn't anticipate winning this meet because we were missing Jeremy Framstad and Bo Hudson. Those boys score 10 to 15 points apiece," Esposito said.

Ross suffered another blow during the meet when freshman hurdler/sprinter Elon Simms

was slowed by a hip pointer. He came into the meet with the top seed times in both the 110 and 300 hurdles but only managed a sixth place in the 110.

Ross's three victories Friday came from its field events. Chris Kayser set a personal best with a discus throw of 145 feet, nine inches; pole vaulter Richy Teeters tied a personal best at 13-6; and Bo Martin won the long jump at 19-1.25.

Kayser, a junior, has improved more than 10 feet from his sophomore best. He credits throwing coach Travis Bates for fine-tuning his motion.

"It's not how fast you go, it's about technique," Kayser said. "There's lots more improvement I can make."

"This is like a practice to get to regional and state. My goal is to place fifth or higher at state."

Said Bates, "He's got a lot left

in him. There are a couple things we need to get better at the front of the ring, and he'll be OK. He's getting to be a more mature thrower."

After securing first place, Teeters went after former coach Jeff Opelt's 28-year-old school record of 14-2. He narrowly missed his three attempts at 14-3.

Teeters said he might need an equipment upgrade — from a 14-foot pole to a 14.5-foot pole — to get past Opelt.

"The thing I need now is a bigger pole," Teeters said.

Esposito said she will try to get the athletic department to spring for the pole, which costs about \$300.

"We'll take care of him," she said. "When we get to a point where we're looking at school records, it's something we've got to investigate."

Other top finishes by the Ross boys included Tyrus Hamilton's third place in the 100 dash, Martin's third place in the 400 dash in 53.53 seconds and John Culbertson's third place in the pole vault at 12-6, which equaled a personal best.

The girls turned in several second-place finishes to cap their day. Emily Grayson turned in a long jump of 15-0.75 for second, Stacy Hall ran a 12:05.9 for second in the 3,200 run and Delanea Johnson was second in the 100 dash in 12.79 seconds.

The Ross 400 relay team came in second at 51.58 seconds.

"The girls have improved so much in the last couple of weeks in many different ways," Esposito said. "They're starting to place higher in invitationals and dominating in dual meets."

Ross hosts the Ross Invitational at 9 a.m. Saturday.

Track & Field

High School Boys

38th Annual Sandusky Relays

Team Scores

Sandusky	114
Olmstead Falls	89
Ross	86
Lakewood	80
Perrysburg	71
Bowling Green	53

Winners and Ross Results

100 dash: 1. Chris Skalak (O) 10.96, 3. Tyrus Ahmlton (R) 11.17, 5. Adam Wilhelm (R) 11.37.

200 dash: 1. Jermaine Knight (S) 22.29, 5. Hamilton (R) 23.39, 6. Wilhelm (R) 23.46.

400dash: 1. Chad Pearson (S) 51.74, 3. Bo Martin (R) 53.53, 5. Eric Edwards (R) 55.41.

800 run: 1. Ricky Weisheimer (L) 1:59.65, 5. Matt Salas (R) 2:08.08.

1600 run: 1. Weisheimer (L) 4:30.49, 4. Jay Ohms (R) 4:43.53.

3200 run: 1. Aaron Johnson-Pack (L) 9:45.27, 5. Ohms (R) 10:28.00.

110 hurdles: 1. Tim Curran (O) 15.39, 6. Elon Simms (R) 18.07.

300 hurdles: 1. Sylvester McSwain (S) 41.63, 11. Kenny Henry (R) 52.00, 12. Chris Kayser (R) 53.76.

4x100: 1. Perrysburg 44.38, 3. Ross 44.80.

4x400: 1. Sandusky 3:31.50, 4. Ross 3:39.50.

4x800: 1. Lake 8:13.40, 4. Ross 8:47.50.

High Jump: 1. Nate Mathews (S) 6-00.00, 8. Martin (R) 5-04, 12. Charvis Holyfield (R) 5-02.0.

Pole Vault: 1. Richey Teeter (R) 14-03, 3. John Culbertson (R) 13-0.

Long Jump: 1. Martin (R) 19-01.25, 4. Teeter (R) 18-09.25.

Shot Put: 1. Lorenzo Melchor (P) 50-03.50, 4. Joe Kaiser (R) 46-09.0, 8. Bobby Crawford (R) 41-02.75.

Discus: 1. Kayser (R) 145-09.0, 2. Kaiser (R) 119-02.0.

High School Girls

Sandusky Relays

Team Scores

Lakewood	142
Sandusky	109
Perrysburg	83
Fremont	70
Bowling Green	66
Olmstead	50

Winners And Ross Results

100 dash: 1. Tamala Perryman (S) 12.23, 2. Delana Johnson (R) 12.79, 3. Adrienne Robertson (R) 13.10.

200 dash: 1. Perryman (S) 25.83, 4. Johnson (R) 27.73.

400 dash: 1. Caroline McCann, (L) 1:00.73, 8. Emily Grayson (R) 1:07.17, 9. Kylee Baker (R) 1:07.56.

800 run: 1. Rachel Zubricky (L) 2:22.76, 6. Shelia Fronte (R) 2:38.34.

1600 run: 1. Michelle Sikes (L) 5:03.63, 3. Stacy Hall (R) 5:33.99.

3200 run: 1. Sikes (L) 11:15.30, 2. Hall (R) 12:05.09.

100 hurdles: 1. Shawna Curran (O) 15.70.

300 hurdles: 1. Melissa Martin (L) 47.51, 5. Rachel Ruiz (R) 50.94, 10. A. Patterson (R) 56.09.

4x100: 1. Sandusky 50.75, 2. Ross 51.58.

4x200: 1. Sandusky 1:48.53, 3. 1:49.52.

4x400: 1. Lake 4:10.20, 5. Ross 4:32.45.

4x800: 1. Lake 9:49.30, 4. Ross 10:59.50.

High Jump: 1. Gretchen Grossman (P) 4-10.00, 5. Kiea Irons (R) 4-06.0, 5. Grayson (R) 4-06.0.

Pole Vault: 1. Kristen Miller (O) 7-09.0.

Long Jump: 1. Martin (L) 15-09.75, 2. Grayson (R) 15-00.75, 5. Robertson (R) 14-09.0.

Shot Put: 1. Crystal Lane (S) 35-04.0, 7. Stephanie Kayser (R) 29-10.0, (. Betsy Quick (R) 26-09.0.

Discus: 1. Rona Brown (S) 15-07.0, 5. Karri Wilhelm (R) 92-10.0, 7. Jill Mackey (R) 91-08.0.