

2010 REGIONAL TOURNAMENT



Submitted photo

Josh Ballenger of Fremont Ross qualified for state in the discus. He finished third at regionals with a throw of 165 feet, 9 inches, a personal best.

DIVISION I

Fremont Ross senior Josh Ballenger became the first Little Giant to punch his ticket to the state track meet, finishing third in the discus in day one of the Division I regional meet in Amherst.

Ballenger's toss of 165 feet-9 inches was behind only Cody Riffle of Toledo St. John's and Conner Neu of Middleburg.

Ross's Justin Hines was the quickest in the preliminary round for 110 meter hurdles, running a time of 14.37. Hines was also apart of the Little Giants' 4 x 100 relay with Darien Spann, Skylar Reffner and Aaron Spencer that took second in the prelims. On the girls side, Ross's Carlea Harper took third in the 400 prelims.

News-Messenger reports

Ross sprint relay team closes in on record, makes state meet

News-Messenger report

Former Fremont Ross runner Kenny Morrisette Jr. is not an assistant coach for the Little Giants but he's been working with the boys 400 relay on handoffs throughout the season.

He'd love to hand the school record in the event over to the boys now that Aaron Spencer, Darien Spann, Skylar Reffner and Justin Hines qualified to state Friday at Amherst in Division I. Ross hadn't qualified to state in the 400 relay since Kelly Lytle, Robert Atkins, Demetrius Simms and Morrisette did so 12 years ago.

This year's relay finished third in a season-best 42.71 seconds Friday. Morrisette's group established the

school record at 42.5 in 1998. Ironically, Morrisette's 400 relay was also third (42.75) at regionals.

"Records are made to be broken," Morrisette said. "I want the record to fall."

Spencer, Spann, Reffner and Hines did establish a school record finishing fourth in the 800 relay Friday at 1:29.16. Hines was second in the 110 hurdles at 14.50.

Ellen Silva tied for second in the pole vault at 10 feet while Stephanie Swint tied for fourth at 9-8 for Ross.

Josh Ballenger was third in the discus for the Little Giants.

Carlea Harper (400), Hines (300 hurdles) and Spann (long jump) finished fifth to narrowly miss moving on.
