

2010 Season Review:

FREMONT ROSS

■ **Coach:** Laramie Spurlock

■ **2009 finish:** Second in Greater Buckeye Conference; Third at districts

■ **Last year:** Justin Hines finished third in the 110 hurdles and won the 300 hurdles at the district meet. He qualified to the state meet in the 110, finishing seventh at regionals. Other regional qualifiers for the Little Giants were Josh Ballenger (discus), Darien Spann (long jump, 800 relay, 1,600 relay), Brett Mierke (400 relay), Devonte Woods (400 relay, 800 relay), Jacob Berryman (400 relay), James Spencer (400 relay, 800 relay, 1,600 relay), Andy Leemaster (3,200 relay) and Kristopher Esparza (3,200 relay). Hines was part of the 800 and 1,600 relays. Mierke won the GBC title in the high jump.

Spurlock couldn't be reached.

FREMONT ROSS

■ **Coach:** Laramie Spurlock

■ **2009 finish:** Fifth in Greater Buckeye Conference

■ **Last year:** Carlea Harper qualified to regionals in the 400. The Ross 1,600 relay won the GBC championship.

Spurlock couldn't be reached.

Boys track: Ross wins invitational

News-Messenger reports

Fremont Ross' boys track team won the Bowling Green Bobcat Invitational and the Little Giants' Ellen Silva established a school record clearing 9-feet, 6-inches in the pole vault for the fifth-place girls.

Justin Hines won the 110 and 300 hurdles, and Darien Spann, Skylar Reffner, Aaron Spencer and Hines took the 400 and 800 relays for Ross.

Kris Esparza won the 3,200, and Lane Owen, Jacob Berryman, Esparza and Andy Leemaster took the 3,200 relay for the Little Giants. Josh Ballenger won the discus.



Submitted photo by Dean Silva

Fremont Ross pole vaulter Ellen Silva clears 9-feet, 6-inches in the pole vault to establish a school record Saturday at the Bowling Green Bobcat Invitational. She was second in the event.

Rockets 2nd at invite

Oak Harbor's girls track team

TRACK

Ross' Silva tops her own record

Ellen Silva established a school record in the pole vault for the second straight meet as Fremont Ross's girls track team beat Oak Harbor 74-66.

Josh Ballenger won the discus, hammer throw and shot put, Darien Spann the long jump, and Justin Hines both hurdle events as the Little Giants' boys beat the Rockets 93.5-34.5.

Skylar Reffner won the 200 and 400, Andy Leemaster the 800 and Kris Esparza the 3,200 for Ross's boys.

Carlea Harper won the 100 and 400, Jericha Martin the long jump and Essence Price the 300 hurdles for the Little Giants' girls.

Katie Tice won the discus, Olivia Porter the 100 hurdles and Kia Frank the 3,200 for Oak Harbor's girls.

Terry Rister won the high jump and Tyler Eoff the 1,600 for the Rockets' boys.

GIRLS TRACK AND FIELD

OAK HARBOR VS. FREMONT ROSS

■ Site: Fremont Ross High School, Fremont.
■ Team scores: 1. Fremont, 74; 2. Oak Harbor, 66.
■ Shot put: 1. Chapman, FR, 31-0.5; 2. Katie Tice, OH, 31-0; 3. Olivia Porter, OH, 28-9.
■ Discus: 1. Katie Tice, OH, 86-7; 2. Jordan Giesler, OH, 84; 3. Olivia Porter, OH, 75-6.
■ Pole vault: 1. Silva, FR, 10-0 (School Record); 2. Swint, FR, 8-0; 3. Rachel Hegemier, OH, 7-6; 4. Katie Tice, OH, 6-6; 5. Carl, FR, 5-0.
■ Long jump: 1. Martin, FR, 14-3.25; 2. Kayla Diefenthaler, OH, 13-8; 3. Silva, FR, 13-4.75; 4. Rachel Hegemier, OH, 12-0.5.
■ High jump: 1. Woelsgel, FR, 5-2; 2. Dayna Setzler, OH, 4-10; 3. Kiser, FR, 4-6.
■ 100 hurdles: 1. Olivia Porter, OH, 16.97; 2. Overmyer, FR, 17.81; 3. Marlee Carpenter, OH, 18.57; 4. Caitlyn Harvey, OH, 18.87; 5. Ellenberger, FR, 19.06; 6. Kiser, FR, 19.48.
■ 300 hurdles: 1. Price, FR, 51.66; 2. Allie Dombrowsky, OH, 52.84; 3. Olivia Porter, OH, 53.15; 4. Katie Tice, OH, 56.90; 5. Kiser, FR, 58.02; 6. Shelby Wilkins, OH, 59.81.
■ 100 dash: 1. Harper, FR, 12.89; 2. Dayna Setzler, OH, 13.57; 3. Kayla Diefenthaler, OH, 13.75; 4. Johnson, FR, 13.89; 5. Martin, FR, 13.94; 6. Brinker, OH, 14.0.
■ 200 dash: 1. Gray, FR, 27.99; 2. Kelly Bryant, OH, 28.92; 3. Barnett, FR, 29.4; 4. Johnson, FR, 29.63; 5. Brinker, OH, 30.09; 6. Hoch, FR, 30.12.
■ 400 dash: 1. Harper, FR, 1:01.67; 2. Allison Burkett, OH, 1:06.34; 3. Johnson, FR, 1:08.55; 4. Kathieen Arent, OH, 1:09.41; 5. Hoch, FR, 1:10.69; 6. Tory Wood, OH, 1:13.76.
■ 800 run: 1. Overmyer, FR, 2:36.37; 2. Allie Dresser, OH, 2:45.91; 3. Meghan Wistinghausen, OH, 2:52.12; 4. Jordan Giesler, OH, 2:58.85; 5. Honaker, FR, 3:02.37; 6. Davies, FR, 3:03.83.
■ 1,600 run: 1. Weichman, FR, 5:50.8; 2. Allie Dresser, OH, 6:02; 3. Meghan Wistinghausen, OH, 6:05.5; 4. Ickes, FR, 6:25; 5. Davies, FR, 6:51; 6. Trice, FR, 6:56.2.
■ 3,200 run: 1. Kia Frank, OH, 12:14.38; 2. Weichman, FR, 12:30.71; 3. Caitlyn Harvey, OH, 13:19; 4. Trice, FR, 15:39.
■ 4 x 100 relay: 1. Oak Harbor, 52.77; 2. Fremont, 52.99.
■ 4 x 200 relay: 1. Fremont, 1:52.69; 2. Oak Harbor A, 1:55.75; 3. Oak Harbor B, 2:09.28.
■ 4 x 400 relay: 1. Fremont, 4:14.89; 2. Oak Harbor A, 4:24.62; 3. OH B, 4:51.40; 4. OH C, 5:06.08; 4. OH D, 5:30.07.
■ 4 x 800 relay: 1. Oak Harbor A, 10:58.90; 2. Fremont, 11:21.24; 3. OH B, 12:16.65.

BOYS TRACK AND FIELD

OAK HARBOR VS. FREMONT ROSS

■ Site: Fremont Ross High School, Fremont.
■ Team scores: 1. Fremont, 93.5; 2. Oak Harbor, 34.5.
■ Shot put: 1. Ballenger, FR, 47-5.5; 2. Jake Grzytkowski, OH, 45-5; 3. Showman, FR, 44-2.5.
■ Discus: 1. Ballenger, FR, 158-3; 2. Showman, FR, 135-10; 3. Steven Lindsay, OH, 122-7.
■ Pole vault: 1. Speer, FR, 11-0; T2. Nathan Rust, OH, 10-6; T2. Christian Skadeland, OH, 10-6.
■ Long jump: 1. Spann, FR, 19-2.5; 2. Terry Rister, OH, 18-3.75; 3. Nathan Rust, OH, 17-11.5; 4. Jones, FR, 17-9.75.
■ High jump: 1. Terry Rister, OH, 6-0; T2. Jones, FR, 5-10; T2. Mills, FR, 5-10.
■ Hammer throw: 1. Ballenger, 157-1; 2. Showman, FR, 83-2; 3. Gates, FR, 29-4.
■ 110 hurdles: 1. Hines, FR, 14.52; 2. House, FR, 16.47; 3. Kyle Mincheff, OH, 16.89; 5. Chris Tabbert, OH, 18.84; 6. Franco, FR, 19.52.
■ 300 hurdles: 1. Hines, FR, 41.37; 2. House, FR, 44.22; 3. Brad Perry, OH, 45.40; 4. Sloma, FR, 46.68; 5. Tony Brugnone, OH, 48.03; 6. Franco, FR, 49.03.
■ 100 dash: 1. Jones, FR, 11.95; 2. Jake Hetrick, OH, 12.25; 3. Jordan Cannett, OH, 12.65; 4. Christian Skadeland, OH, 12.69; 5. Mills, FR, 12.74.
■ 200 dash: 1. Reffner, FR, 23.18; 2. Spann, FR, 23.32; 3. Berryman, FR, 24.53; 4. Nathan Rust, OH, 24.84; 5. Myles Backus, OH, 25.15; 6. Jake Hetrick, OH, 25.30.
■ 400 dash: 1. Reffner, FR, 54.9; 2. Howell, FR, 56.7; 3. Liggins, FR, 58.9; 4. Schabel, FR, 59.1; 5. Ingram, FR, 59.63; 6. Schmidt, OH, 59.65.
■ 800 run: 1. Leemaster, FR, 2:05; 2. Schaffer, FR, 2:14.33; 3. Reau, OH, 2:20.76; 4. Aaron Reichman, OH, 2:21.95; 5. Alex Wilhelm, OH, 2:25.12; 6. Hoang, FR, 2:34.08.
■ 1,600 run: 1. Tyler Eoff, OH, 4:52; 2. Adam Smercina, OH, 5:02.75; 3. Churchya, FR, 5:12.03; 4. O'Connell, FR, 5:16.46; 5. Schaffer, FR, 5:16.50; 6. Caden Goldstein, OH, 5:22.13.
■ 3,200 run: 1. Esparza, FR, 10:18; 2. Adam Smercina, OH, 11:16.8; 3. Thomas Rhodes, OH, 11:36.50; 4. Adam Reedy, OH, 11:50.05.
■ 4 x 100 relay: 1. Fremont, 46.01; 2. Oak Harbor A, 46.75; 3. Oak Harbor B, 47.68.
■ 4 x 200 relay: 1. Fremont, 1:38.08; 2. Oak Harbor A, 1:38.71; 3. Oak Harbor B, 1:43.78.
■ 4 x 400 relay: 1. Fremont A, 3:38; 2. Oak Harbor A, 3:43.80; 3. Fremont B, 3:56.18; 4. Oak Harbor C, 4:10.
■ 4 x 800 relay: 1. Fremont A, 8:49; 2. Oak Harbor, 9:03.39; 3. Fremont B, 9:12.21.

TRACK AND FIELD ■ CLYDE INVITATIONAL

Fremont's Hines puts on a show on in hurdle, relay wins

BY KEVIN SHIELDS
Sports writer

CLYDE — When he's off the track, Fremont Ross senior Justin Hines can put on quite the show as he is often seen singing and dancing as he preps for his races and cheers on his teammates.

On the track, Hines has been the show — wowing onlookers with his speed and athleticism. Hines earned the Clyde Invitational's Most Valuable Player honors Saturday winning the 110-meter and 300 meter hurdles and anchoring the Little Giants winning 4x200 relay as the Ross boys won the eight-team event. The Little Giants had a team total of 136 points, a whole 42 points ahead of second-place Tiffin Columbian.

With 77 points Bellevue was third, and with 40 points, Clyde took fifth.

Hines helped account for 38 of Ross's team tally, also helping the 4x100 relay to a runner-up finish.

"Justin's attitude is a big thing going for him," Little Giants coach Laramie Spurlock said. "He's out working hard everyday. He's smiling and dancing and singing most of the time and he's been a big leader."

Hines' times in the hurdles were personal bests. He ran the 110 in 14.30 seconds and the 300 in 39.40, missing the meet record by two-tenths of a second.

"I just wanted to come out and win ... that's about it," Hines said. "I wanted to keep lowering

my times and I ended up setting two PRs today."

Last season Hines was a regional qualifier in both hurdle events and both his relays. He just missed qualifying for state in the 110 hurdles, finishing fifth.

"My year is going really good," Hines said. "My times have been dropping every meet and my stamina has been getting better and better. I'm getting back to the swing of things and I'm determined to make it to state this season."

Only Hines' teammate on the girls side, Carlea Harper, could top his point total. Harper took MVP accolades for the girls, who were second (96 points) to Ashland, which won with 108. Bellevue finished sixth with

37.33 points and Clyde was eighth with 34.

Harper tallied 40 points for Ross, winning the 100 and 400. She also anchored the winning 4x400 relay squad and was the second runner of the 4x200 team.

In total, the Little Giants combined to win 14 of the 34 events on both sides with the girls earning six top-place finishes.

"I'm just happy that my team and myself both did a really nice job today," Harper said. "We really showed our coaches and everyone that we wanted to represent our school today because the girls team isn't always finishing this high."

"We've been learning, though, and the beginning of the year was rough because we had so

many newcomers."

Junior Paige Weichman was another Ross winner on the girl's side as she won the 3200 meter run, as was Christy Woleslagel, who took first in the high jump with a jump of five feet.

Other winners for the Little Giants on the boys end were Skylar Reffner (100 and 200 meter dashes and 4x200 relay), Andy Leemaster (800 meters, 4x400 and 4x800 relay) Aaron Spencer (4x200 relay and 4x400 relay), Lane Owen (4x400 relay and 4x800 relay) and Darien Spann (4x200 relay and 4x400 relay), who each earned multiple wins.

Another group that did well was the Bellevue boys, who

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placed three top finishers. Josh Arnett's toss of 54 feet, seven inches won the shot put for the Redmen, who also got a win from Bill Fry in the 1,600 meter run.

Highlighting the group's meet however, was a first-place effort from freshman Matt Rowland in the pole vault. Rowland won with a vault of 13-06.25 to top Ashland's Jacob Wolfe (13-06.00).

"We had good efforts across the board," Bellevue coach Nick Lilli said. "Our shot putter broke the meet record, I'm sure the pole vault record will come down too. We've had an awful lot of kids do really good work for us."

Also winning in pole vault for

the Redmen was Julia Walters (10-09.00) as she recorded the Bellevue girls' lone win of the meet.

Taylor Ebert paced the Clyde girl's team with two top-three finishes, taking second in the 1,600-meter race and third in the 800 meters. Taylor Guggisberg was second in the 400.

Kade Kramer's second-place run in the 400 meters and third-place effort in the 200 meters, paced the Flier boys, along with Ben Wollenslegel's third in high jump. Kramer then joined Tyler Missler, Scott Koenig and Ryan Scharf for Clyde's top effort, a second-place run in the 4x200 relay.

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Track and Field

GIRLS

CLYDE INVITATIONAL

- **Site:** Clyde High School, Clyde.
■ **Team scores:** 1. Ashland, 108; 2. Fremont Ross, 96; 3. Columbian, 91.3; 4. St. Ursula Academy, 69; 5. Upper Sandusky, 54.3; 6. Bellevue, 37.3; 7. Genoa, 37; 8. Clyde, 34.
■ **Shot put:** 1. Sharnelle Spearman, StU, 33-07; 4. Natalie Andrews, CLD, 30-11.5; 5. Logan Kiser, CLD, 30-11.00.
■ **Discus:** 1. Jill Stein, COL, 116-05; 3. Casey Miller, GEN, 103-08; 4. Shelby Taraschke, BEL, 91-11; 6. Alexis Chapman, ROSS, 87-02.
■ **Pole vault:** 1. Julia Walters, BEL, 10-09; 2. Ellen Silva, ROSS, 10-00; 4. Alysa Malcolm, GEN, 8-06; 6. Stephanie Swint, ROSS, 8-00.
■ **Long jump:** 1. Nettie Gorsuch, ASH, 15-02.75; 3. Nicole Blausey, GEN, 14-00.75; 5. Jericha Martin, ROSS, 13-09.75; 6. Mindy Gill, CLD, 13-05.25.
■ **High jump:** 1. Christy Wolesslagel, ROSS, 5-00; 4. Marissa Tuttamore, BEL, 4-08.
■ **100 hurdles:** 1. Autumn Nichols, COL, 16.10; 3. Haley Skiver, Bellevue, 16.40; 5. Taylor Guggisberg, CLD, 16.6.
■ **300 hurdles:** 1. Lynzi Daughenbaugh, US, 47.00; 3. Essence Price, ROSS, 51.50; 6. Laura Puffenberger, CLD, 53.90.
■ **100 dash:** 1. Carlea Harper, ROSS, 12.70; 6. Hilary Brown, BEL, 13.90.
■ **200 dash:** 1. Tori Stephens, COL, 26.80; 5. Sarah Gray, ROSS, 27.90; 6. Alycia Baumgardner, ROSS, 28.5.
■ **400 dash:** 1. Carlea Harper, ROSS, 1:00.80; 2. Taylor Guggisberg, CLD, 1:02.90.
■ **800 run:** 1. Tiffany Wright, GEN, 2:24.20; 3. Taylor Ebert, CLD, 2:34.60; 4. Alesha Overmyer, ROSS, 2:38.90.
■ **1,600 run:** 1. Shaina Corbin, ASH, 5:37.40; 2. Taylor Ebert, CLD, 5:50.20; 4. Paige Weichman, ROSS, 6:03.40.
■ **3,200 run:** 1. Paige Weichman, ROSS, 12:27.50; 4. Colleen Valko, BEL, 12:49.10; 5. Elizabeth Mosher, GEN, 13:03.20.
■ **4 x 100 relay:** 1. Ashland, 53.50; 3. Fremont Ross, 54.20; 4. Bellevue, 55.40; 5. Clyde, 55.90; 6. Genoa, 56.70.
■ **4 x 200 relay:** 1. Fremont Ross, 1:51.50; 6. Bellevue, 1:58.20.
■ **4 x 400 relay:** 1. Fremont Ross, 4:16.10; 5. Genoa, 4:37.20; 6. Bellevue, 4:39.20.
■ **4 x 800 relay:** 1. St. Ursula, 10:24.00; 3. Genoa, 10:47.20; 4. Bellevue, 11:19.90; 6. Fremont Ross, 11:37.00.

BOYS

CLYDE INVITATIONAL

- **Site:** Clyde High School, Clyde.
■ **Team scores:** 1. Fremont Ross, 136; 2. Columbian, 94; 3. Bellevue, 77; 4. St. Francis, 67; 5. Clyde, 40; T6. Ashland, 38; T6. Upper Sandusky, 38; 8. Genoa, 37.
■ **Shot put:** 1. Josh Arnett, BEL, 54-07; 3. Austin McHugh, CLD, 47-03; 5. Josh Ballenger, ROSS, 46-03.5; 6. Brad Szyпка, GEN, 45-02.
■ **Discus:** 1. Brad Szyпка, GEN, 157-04; Richard Wonnell, GEN, 152-02; Josh Ballenger, ROSS, 151-06; Joe Ball, BEL, 131-06; Michael Showman, ROSS, 129-05.
■ **Pole vault:** 1. Matt Rowand, BEL, 13-06.25; 6. Jaron Bintz, GEN, 11-00.
■ **Long jump:** 1. Austin Bentz, COL, 19-10.75; 2. Darien Spann, ROSS, 19-09.00; 3. Kory Herman, BEL, 18-08.25; 4. Jon Lester, GEN, 18-05.25; 6. Jalen Santoro, BEL, 17-07.00.
■ **High jump:** 1. Jon Lester, GEN, 6-00; 2. Shanquise Mills, ROSS, 5-10; 3. Miles Foos, BEL, 5-08.25; 3. Ben Wollenslegel, CLD, 5-08.25; 6. Richard Wonnell, GEN, 5-06.
■ **110 hurdles:** 1. Justin Hines, ROSS, 14.30; 5. Alex House, ROSS, 16.5.
■ **300 hurdles:** 1. Justin Hines, ROSS, 39.40; 6. Alex House, ROSS, 44.50.
■ **100 dash:** 1. Skylar Reffner, ROSS, 11.10; 3. Nick Santoro, BEL, 11.50; 5. Drew Starks, ROSS, 11.70.
■ **200 dash:** 1. Skylar Reffner, ROSS, 22.50; 3. Ed Haynes, BEL, 22.60; 4. Kade Kramer, CLD, 22.70; Dylan Starks, ROSS, 23.90.
■ **400 dash:** 1. Derek Kneeskern, COL, 51.50; 2. Kade Kramer, CLD, 52.20; 4. Lane Owen, ROSS, 52.80; 5. Brandon Bedell, BEL, 54.00.
■ **800 run:** 1. Andy Leemaster, ROSS, 2:02.40.
■ **1,600 run:** 1. Bill Fry, BEL, 4:39.80; 4. Kris Esparza, ROSS, 4:43.90; 5. Isaac Bouyack, CLD, 4:54.10.
■ **3,200 run:** 1. Aaron Schenk, StF, 10:07.90; 2. Kris Esparza, ROSS, 10:21.00; 4. Tanner Schoen, BEL, 10:46.00.
■ **4 x 100 relay:** 1. Columbian, 44.00; 2. Fremont Ross, 44.20; 3. Bellevue, 45.90.
■ **4 x 200 relay:** 1. Fremont Ross, 1:33.30; 2. Clyde, 1:35.10; 5. Bellevue, 1:39.50.
■ **4 x 400 relay:** 1. Fremont Ross, 3:31.40; 2. Clyde, 3:35.20; 6. Bellevue, 3:44.70.
■ **4 x 800 relay:** 1. Fremont Ross, 8:39.70; 3. Bellevue, 8:54.90; 6. Genoa, 9:14.50.

ST. WENDELIN INVITATIONAL

- **Site:** Fostoria Stadium, Fostoria.

Track

SANDUSKY INVITATIONAL

Darien Spann, Justin Hines and Andy Leemaster each won or were a part of three winning events as the Ross boys track team stayed undefeated, winning the Sandusky Invitational on Friday with 168 points. Sandusky was second in the six-team meet with 130 points, and with 46 points, Woodmore was fifth.

Spann won the long jump with a jump of 21 feet, 7 inches. He also ran the first leg of the winning 4x400 and 4x100 relays for the Little Giants. Hines took top honors in both the 110 and 300 meter hurdles and was the anchor for 4x100 relay headed by Spann, while Leemaster won the 800 and ran on both the first-place 4x400 and 4x800 squads.

Other multiple winners for Ross included Aaron Spencer. Ben St. John was third in the discus.

On the girls side, the Little Giants (111.50) finished a half point shy of first-place Sandusky (112). With 53 points, Woodmore finished in sixth.

Carlea Harper won both the 100 and 200 dashes for the Little Giants and was part of the winning 4x200 relay as well. Adding a win in the pole vault was Stephanie Swint, earning second-place finishes for Ross were Sarah Gray (200), Essence Price (300 hurdles), Christy Wolesslagel (high jump) and Ellen Silva (long jump).

Carly Pendelton won the discus and was second in the shot put for the Wildcats. Karissa Boisselle won the pole vault and Taylor Avers was second in the 800. Jessica Wolfe took fifth in the 100 hurdles and Angelica McCoy earned fifth and sixth-place honors respectively in the 3,200 and 1,600.

Track and Field

GIRLS

48TH SANDUSKY INVITATIONAL

- Site: Strobel Field & John Taber Memorial Track, Sandusky
- Team scores: 1. Sandusky, 112; 2. Fremont Ross, 111.5; 3. Amherst Steele, 97.5; 4. Olmsted Falls, 93; 5. Maumee, 85; 6. Woodmore, 53.
- Shot put: 1. Abby Burgdorf, AS, 34-08.5; 2. Carly Pendleton, WDM, 33-04.5; 6. Alexis Chapman, 30-07.5; 8. Nicole Bussteker, WDM, 28-06; 11. Shayna Mills, ROSS, 22-07.
- Discus: 1. Carly Pendleton, WDM, 124-08 (meet record); 3. Alexis Chapman, ROSS, 93-02; 8. Megan Pendleton, WDM, 83-02; 12. Meghan Franks, ROSS, 63-08.
- Pole vault: 1. Karissa Boisselle, WDM, 2-0; 1. Stephanie Swint, ROSS, 2-0.
- Long jump: 1. Emily Junga, MAU, 15-06; 2. Ellen Silva, ROSS, 11-5-06; 10. Jericha Martin, ROSS, 12-10.5.
- High jump: 1. Chelsea Holland, SAN, 5-02; 2. Christy Wolesslagel, ROSS, 4-02; 6. Jen Kiser, ROSS, 4-06; 8. Karissa Boisselle, WDM, 4-04.
- 100 hurdles: 1. Anastasia Souris, OF, 17.41; 5. Jessica Wolfe, WDM, 18.02.
- 300 hurdles: 1. Sarah Fisher, AS, 50.38; 2. Essence Price, ROSS, 50.94; 9. Jessica Wolfe, WDM, 57.99; 10. Elizabeth Ellenger, ROSS, 59.50.
- 100 dash: 1. Carlea Harper, ROSS, 13.43; 8. Shayla Johnson, ROSS, 14.35.
- 200 dash: 1. Cara Croom, SAN, 25.6; 2. Sara Gray, ROSS, 27.79; 6. Karli Keaton, WDM, 29.42; 10. Allyson Brown, WDM, 30.67.
- 400 dash: 1. Carlea Harper, ROSS, 59.8; 4. Karli Keaton, WDM, 1:05.06; 8. Allyson Brown, WDM, 1:05.53; 11. Joshelyn Johnson, ROSS, 1:07.
- 800 run: 1. Kasey Schuler, AS, 2:29.63; 2. Taylor Avers, WDM, 2:29.81; 4. Alesha Overmyer, ROSS, 2:30.29; 5. Lynne Schroeder, WDM, 2:31.64; 10. Sam Michael, ROSS, 2:47.46.
- 1,600 run: 1. Megan Freeman, MAU, 5:33.71; 2. Paige Weichman, ROSS, 5:51.28; 6. Angelica McCoy, WDM, 6:07.85; 10. Lauren Ickes, ROSS, 6:35.10.
- 3,200 run: 1. Brooke Tullis, MAU, 12:05.06; 3. Paige Weichman, ROSS, 13:05.96; 5. Angelica McCoy, WDM, 13:18.68; 10. Kristina Treece, ROSS, 16:05.20.
- 4 x 100 relay: 1. Olmsted Falls 'A', 51.53; 2. Fremont Ross 'A', 52.57; 6. Woodmore 'A', 56.10.
- 4 x 200 relay: 1. Fremont Ross 'A', 1:50.78; 4. Woodmore 'A', 1:55.68.
- 4 x 400 relay: 1. Olmsted Falls 'A', 4:04.53; 2. Fremont Ross 'A', 4:10.79; 4. Woodmore 'A', 4:19.84.
- 4 x 800 relay: 1. Maumee 'A', 10:18.58; 4. Fremont Ross 'A', 11:43.60.

BOYS

48TH SANDUSKY INVITATIONAL

- Site: Strobel Field & John Taber Memorial Track, Sandusky
- Team scores: 1. Fremont Ross, 168; 5. Sandusky, 130; 2. Amherst Steele, 97; 4. Olmsted Falls, 79; 5. Woodmore, 46; 6. Maumee, 35.
- Shot put: 1. Zac Papay, AS, 51-06.5; 3. Josh Ballenger, ROSS, 46-10; 5. Michael Showman, ROSS, 44-10; 7. Ben St. John, WDM, 40-0; 11. Nathan Wright, WDM, 35-03.5.
- Discus: 1. Josh Ballenger, ROSS, 148-07; 3. Ben St. John, WDM, 129-10; 5. Michael Showman, ROSS, 119-09; 12. Nathan Wright, WDM, 98-00.5.
- Pole vault: 1. Ryder Brecht, WDD, 2-0; 1. Mason Sioma, ROSS, 2-0.
- Long jump: 1. Darien Spann, ROSS, 21-07; 2. Shaquise Mills, ROSS, 21-06; 7. Aaron Rollins, WDM, 18-07; 9. Jacob Icsman, WDM, 18-04.
- High jump: 1. Tyler Parrish, AS, 5-04; 2. Shaquise Mills, ROSS, 5-02; 4. Alex House, ROSS, 5-10; 8. Aaron Rollins, WDM, 5-04.
- 100 hurdles: 1. Justin Hines, ROSS, 15.25; 5. Alex House, ROSS, 17.12; 7. Michael Travis, WDM, 17.94.
- 300 hurdles: 1. Justin Hines, ROSS, 40.08; 3. Cody Curry, WDM, 42.62; 6. Alex House, ROSS, 45.49.
- 100 dash: 1. Darnar Adcock, SAN, 11.28; 2. Skyler Reffner, ROSS, 11.31; 6. Drew Starks, ROSS, 12.13.
- 200 dash: 1. Darnar Adcock, SAN, 22.41; 2. Skyler Reffner, ROSS, 23.17; 3. Dylan Starks, ROSS, 24.17; 9. Andrew Shrewsbury, WDM, 25.98; 10. Anthony Paul, WDM, 26.61.
- 400 dash: 1. Lane Owen, ROSS, 51.89; 5. Jacob Berryman, ROSS, 54.54; 6. Andrew Shrewsbury, WDM, 55.58.
- 800 run: 1. Andy Leemaster, ROSS, 2:01.48; 4. Justin Garver, WDM, 2:04.94; 5. Brock Avers, WDM, 2:05.90; 9. Justin Schaffer, ROSS, 2:12.53.
- 1,600 run: 1. Ryan Kraus, MAU, 4:31.17; 6. Justin Garver, WDM, 4:45.51; 7. Kris Esparza, ROSS, 4:45.52.
- 3,200 run: 1. Miles Pittak, AS, 10:16.26; 2. Kris Esparza, ROSS, 10:22.57; 8. Kaleb Perez, WDM, 11:28.54; 10. Brandy O'Connell, ROSS, 12:19.73.
- 4 x 100 relay: 1. Fremont Ross 'A', 43.07; 5. Woodmore 'A', 49.56.
- 4 x 200 relay: 3. Woodmore 'A', 1:55.68.
- 4 x 400 relay: 1. Fremont Ross 'A', 3:30.82; 2. Woodmore 'A', 3:33.35.
- 4 x 800 relay: 1. Fremont Ross 'A', 8:29.58; 4. Woodmore 'A', 8:47.78.

Ross boys breeze past competition

BY KEVIN SHIELDS
Sports writer

FREMONT — Perfection is a hard thing to achieve in sports — for most teams anyway.

But during this spring season, the Fremont Ross boys track team has made that seem like a breeze. In fact, in most races, that's all the Little Giants' competition has felt.

It happened again Saturday as the Little Giants left their competition in the dust, wrapping up a perfect 10-0 regular season with a win at the Fremont Track Invitational. The boys finished first, tallying 150 points, to beat out second-place Toledo St. John's with 117.5. Recording 52.5 points was Clyde in fifth-place, St. Joseph Central Catholic was sixth with 47 and Old Fort seventh with 36.

"This run has been great," Ross senior Darien Spann said. "We got a lot of hard workers and everyone tries really hard all the time."

Though there are plenty of reasons for the success, Ross coach Laramie Spurlock said a lot of the credit has to go to seniors Andy Leemaster, Kris Esparza, Justin Hines, Spann, Aaron Spencer, Josh Ballenger and Michael Showman.

"I don't know that I've ever met a group of guys that lead the way they do," Spurlock said. "It's been fun coaching them. We'll be missing those seniors when it's over."

Spann was a part of three of Ross's nine first-place finishes for the boys, taking top honors in the long jump with a jump of 21 feet, 11½ inches. He then joined Sklyar Reffner, Spencer

and Hines on the winning 4x100 and 4x200 relays.

"The year started out kind of rough for me," Spann said. "I wasn't doing what I was supposed to be doing, but I've really turned it on the last four weeks. It's been going good."

Hines, another one of the Little Giants' fourth-year leaders, continued his torrid pace in the 110 and 300-meter hurdles. His winning time of 14.07 seconds in the 110 hurdles was a new school record. He also came across the line first in the 300 with a mark of 40.96.

"I'm feeling really confident going into the postseason," said Hines. "I'm ready for districts and regionals, but my main goal is state."

Joining Spann, Hines, Reffner, Spencer was Leemaster, who took top honors in the 800 with

a run of 2:04.77. He also ran the anchor of the winning 4x800 relay.

"Leemaster is just a strong kid that powers through everything," Spurlock said. "He doesn't know how not to give 110 percent."

Others earning firsts for the Little Giants were Ballenger in the hammer throw and Shan-
quise Mills in the high jump.

Kade Kramer paced the Fliers winning the 400. He also ran fourth for Clyde's 4x400 relay with Adam Turner, Scott Koenig and Ryan Scharf, that won with a time 3:34.54.

"Frustrating" was the word SJCC coach Paul Grahl used to describe the Crimson Streaks' performances. Junior David Wasson took fourth in the 1,600



Submitted photo by Dean Silva
Fremont Ross senior Justin Hines runs the hurdles at Saturday's Fremont Invitational. Hines won both hurdles events as the Little Giant boys took first in the meet.

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and Zak Bowman was fifth in the 100 dash. Brant Reardon's jump of six-feet took third in the high jump in front of Mike Fox in fifth.

Isaac Bowling was fourth and fifth respectively in the discus and shot put, still it was far from what the SJCC coach expected.

"It's not the note you want to end your regular season track schedule on," Grahl said. "Hopefully we can bounce back from it or get something out of it."

Pacing the Stockaders was the 4x1,600 relay squad of Zack Alexander, Luke Edgar, Nathan Alexander and Tom Gillmor that finished third. Austin Frankart was fourth in the high jump and Brice Taylor was fifth in the long jump in field events.

GIRLS

On the girls side, Ellen Silva took first in the high jump for the Ross girls, which finished second behind Notre Dame Academy (165.5) with 95.5 points. SJCC was fourth with 84.5 points, Clyde was fifth with 65.5 and Old Fort eighth, tallying 24.5.

The Little Giants 4x200 relay of Silva, Carlea Harper, Essence Price and Sarah Gray also placed first for Ross.

University of Cincinnati commit, Jessica Molyet continued her stellar senior season, winning the shot put, discus and hammer throw for the Crimson Streaks. She had a toss of 37 feet, 9 inches in the shot put, a toss of 134 feet, 5½ inches in the discus and was tops in the hammer throw with a distance of 126 feet, 3 inches.

"Jessica practices hammer like once a year, basically just for this meet," Grahl said. "She threw it far enough to qualify for junior national meets."

Molyet likes where she is heading into the postseason run.

"I feel like big personal records are going to be coming soon," Molyet said. "My form is just getting better and better."

Aside from Molyet winning three field events, SJCC scored most its points from runner-ups in those same events. Taylor Flick finished second to Molyet in the discus and Sylvia Reinhart was runner-up in the shot put.

Jamie Hoppe's second-place run in the 300 hurdles and third in the 100 hurdles led the Fliers, who also got two third-place finishes from Taylor Ebert in the 400 and 800.

Alexa Stults finished third in the 400 to pace the Stockaders. Sam Hassen had a fifth-place run in the 1,600 and the 4x1,600 relay team of Hassen, Stults, Kristen Compliment and Katelynn Young took second.

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High School Sports

GIRLS TRACK AND FIELD

FREMONT ROSS INVITATIONAL
Site: Ross High School, Fremont.
Team scores: 1. Notre Dame, 165.5; 2. Fremont Ross, 95.5; 3. Central, 88.5; 4. St. Joseph CC, 84.5; 5. Clyde, 65.5; 6. Sandusky, 63; 7. Wendenham, 52; 8. Old Fort, 24.5; 9. Scott, 17.
Hammer throw: 1. Jessica Molyet, SJCC, 126-03; 7. Meghan Franks, FRE, 63-02; Sylvia Reinhart, SJCC, 58-01.
Shot put: 1. Jessica Molyet, SJCC, 37-05; 2. Sylvia Reinhart, SJCC, 34-10; 4. Natalie Andrews, CLD, 31-08; 7. Logan Kiser, CLD, 30-06; 9. Alexis Chapman, FRE, 29-04; 16. Shayna Mills, FRE, 21-05; 17. Taylor Heitman, OF, 20-20; 18. Britney Melton, OF, 20-07.
Discus: 1. Jessica Molyet, SJCC, 134-05; 2. Taylor Flick, SJCC, 105-07; 3. Natalie Andrews, CLD, 105-05; 6. Alexis Chapman, FRE, 93-04; 13. Logan Kiser, CLD, 72-04; 14. Taylor Heitman, OF, 66-05; 15. Meghan Franks, FRE, 48-02; 16. Britney Melton, OF, 45-06.
Pole vault: 1. Ellen Silva, FRE, 9-0; 2. Tave Hoffman, CLD, 8-06; 3. Stephanie Smith, FRE, 8-0; 4. Corinne Burns, SJCC, 7-0; 6. Katelyn Knott, CLD, 37-0; 9. Kendall Walz, SJCC, 35-0.
Long jump: 1. Sierra Galtoun, CEN, 16-02; 5. 4. Ellen Silva, FRE, 15-02; 7. 6. Jessica Martin, FRE, 14-01; 7. Mindy Gill, CLD, 13-06; 12. Katie Harman, SJCC, 12-06; 14. Taina Wood, CLD, 12-0; 16. Hannah Edgar, OF, 10-07.
High jump: 1. Alexa Krammen, CEN, 4-10; 2. Christy Wassenaar, FRE, 4-10; 4. Mindy Gill, CLD, 4-08; 5. Molly Warrack, SJCC, 34-08; 6. Hannah Edgar, OF, 4-06; 8. Jen Kiser, FRE, 4-06; 10. Brenna Alexander, CLD, 4-04.
100 hurdles: 1. Joanna Gase, STW, 15-13; 3. Jamie Hoppe, CLD, 15-77; 8. Katie Brown, SJCC, 16-07.
300 hurdles: 1. Joanna Gase, STW, 48-8; 2. Jamie Hoppe, CLD, 51-63; 3. Essence Price, FRE, 51-73; 5. Laura Pufferberger, CLD, 54-34; 9. Katie Brown, SJCC, 55-58; 10. Jen Kiser, FRE, 56-54; 11. Lindsay Weckman, SJCC, 56-59.
100 dash: 1. Lewis Williams, ND, 12.42; 4. Carlea Harper, FRE, 12-77; 6. Katelyn Burkin, SJCC, 13-36; 7. Shayla Johnson, FRE, 13-37.
200 dash: 1. Lewis Williams, ND, 25.39; 4. Katelyn Burkin, SJCC, 26.97; 5. Sarah Gray, FRE, 27-57; 6. Alexa Barnhart, FRE, 27-80.
400 dash: 1. Jessica Matthews, ND, 1:02.33; 3. Alexa Stults, OF, 1:04.66; 5. Sarah Gray, FRE, 1:06.53; 6. Leah Binsack, SJCC, 1:08.90; 10. Kristin Compliment, OF, 1:10.40; 11. Alina Siemianski, CLD, 1:11.08.
800 run: 1. Katelyn Krammen, CEN, 2:29.01; 4. Taylor Ebert, CLD, 2:39.01; 5. Aleasha Quammer, FRE, 2:39.92; 7. Chae Beck, SJCC, 2:42.69; 8. Jonathan Johnson, FRE, 2:47.03; 9. Brianna Fisher, SJCC, 2:48.55.
1,600 run: 1. Lauren Durcan, ND, 5:48.28; 3. Taylor Ebert, CLD, 5:58.46; 4. Paige Weckman, FRE, 6:04.60; 5. Sam Hassen, OF, 6:07.30; 8. Danielle Molyet, SJCC, 6:22.75.
3,200 run: 1. Aughterbaugh, ND, 12:55.22; 3. Alexa Stults, OF, 12:36.99; 4. Sam Hassen, OF, 12:38.55; 5. Paige Weckman, FRE, 13:05.07; 7. Danielle Molyet, SJCC, 13:22.62; 8. Paige Hennessey, SJCC, 13:57.79.
4 x 100 relay: 1. Notre Dame, 52.29; 4. St. Joseph CC, 54.73; 5. Ross, 55.33; 7. Clyde, 56.81; 9. Old Fort, 1:02.99.
4 x 200 relay: 1. Ross, 1:52.18; 4. St. Joseph CC, 1:52.29; 7. Clyde, 2:10.29; 9. Old Fort, 2:20.94.
4 x 400 relay: 1. Notre Dame, 4:07.11; 3. Ross, 4:24.56; 5. St. Joseph CC, 3:36.70.
4 x 800 relay: 1. Notre Dame, 10:26.61; 3. Old Fort, 11:08.59; 4. Ross, 11:29.51; 5. St. Joseph CC, 11:51.87.
4 x 1,600 relay: 1. Notre Dame, 24:12.71; 2. Old Fort, 24:26.33; 3. Ross, 26:43.53; 5. St. Joseph CC, 27:43.32; 7. Clyde, 28:16.15.

BOYS TRACK AND FIELD

FREMONT ROSS INVITATIONAL
Site: Ross High School, Fremont.
Team scores: 1. Fremont Ross, 150; 2. St. Joseph CC, 117; 3. Central Catholic, 109; 4. Sandusky, 103; 5. Clyde, 56; 6. St. Xenia, 35; 9. Scott, 15.
Shot put: 1. Cody Riffe, SJN, 63-07; 5. Isaac Bowling, SJCC, 43-04; 7. Austin McHugh, CLD, 42-0; 8. Josh Ballenger, FRE, 41-01; 9. Michael Showman, FRE, 40-05; 13. David Bagnert, OF, 37-11; 14. Adam Wilkerson, CLD, 37-05; 15. Zak Molyet, SJCC, 32-10; 16. Jacob Beekman, OF, 31-07.
Discus: 1. Cody Riffe, SJN, 174; 2. Josh Ballenger, FRE, 147-7; 4. Isaac Bowling, SJCC, 141-0; 5. Michael Showman, FRE, 129-07; 8. Curtis Manger, CLD, 113-08; 9. Austin McHugh, CLD, 112-08; 10. David Bagnert, OF, 111-0; 11. Alex Burns, SJCC, 107-05; 13. Jon McKee, OF, 98-09.
Hammer throw: 1. Josh Ballenger, CLD, 153-05; 5. David Wiles, CLD, 97-07; 6. Adam Wilkerson, CLD, 91-09; 7. Michael Showman, FRE, 89-03; 8. Isaac Bowling, SJCC, 72-08; 9. Eric Wilczynski, OF, 66-09.
Long jump: 1. Darren Spann, FRE, 21-11; 5; 2. Shangque Mills, FRE, 10-09; 7; 4. Ben Wassenaar, CLD, 18-03; 25; 5. Brice Taylor, OF, 17-10; 11. Luke Edgar, OF, 14-05.
High jump: 1. Shangque Mills, FRE, 6-02; 3. Brant Reardon, SJCC, 6-0; 4. Austin Frankart, OF, 56-0; 5. Mike Fox, SJCC, 5-10; 7. Ben Wassenaar, CLD, 5-06; 9. Alex House, FRE, 29-06.
110 hurdles: 1. Justin Hines, FRE, 14:07; 5. Alex House, FRE, 16:21; 7. Matt Wickline, SJCC, 16:88.
300 hurdles: 1. Justin Hines, FRE, 40:56; 8. Matt Wickline, SJCC, 45:9; 10. Alex House, FRE, 47:22; 11. Jacob Orth, OF, 47:25; 12. Joey Fisher, SJCC, 47:84; 13. Ben Wassenaar, CLD, 48:29; 14. Zack Alexander, OF, 48:85.
100 dash: 1. Demar Adcock, SAN, 10:72; 2. Skyler Ruffner, FRE, 10:96; 4. Drew Starks, FRE, 11:56; 5. Zak Boerman, SJCC, 11:58; 8. Adam Turner, CLD, 11:79.
200 dash: 1. Demar Adcock, SAN, 21:57; 5. Skyler Ruffner, FRE, 23:27; 6. Steven Balliett, OF, 23:34; 8. Dylan Starks, FRE, 23:87.
400 dash: 1. Kaito Kramer, CLD, 52:59; 3. Lane Owen, FRE, 54:33; 4. Scott Kramm, CLD, 56:23; 6. Jacob Benjamin, FRE, 57:25; 7. Matt Merullo, SJCC, 57:26; 12. Langenfelder, SJCC, 1:02:53; 13. Luke Edgar, OF, 1:05:56; 15. Matt Huber, OF, 1:14:57.
800 run: 1. Andy Leemaster, FRE, 2:04:77; 7. Greg Powell, CLD, 2:15:85; 8. Tom Gillmor, OF, 2:17:45; 9. Jordan Adams, SJCC, 2:18:19.
1,600 run: 1. Ryan Shields, SJN, 4:50:77; 3. Kris Esparza, FRE, 4:54:14; 4. David Hanson, SJCC, 4:56:62; 6. Jeremiah Orth, OF, 5:05:62; 8. Isaac Bouyack, CLD, 5:10:22.
3,200 run: 1. Steve Graver, CEN, 10:16; 8; 5. Zak Alexander, OF, 10:32:67; 6. Kris Esparza, FRE, 10:35:21; 9. Isaac Bouyack, CLD, 10:57:84.
4 x 100 relay: 1. Ross, 44:74; 5. Old Fort, 48:84; 7. Clyde, 49:41.
4 x 200 relay: 1. Ross, 1:33:87; 6. St. Joseph CC, 1:41:41; 7. Old Fort, 1:42:17.
4 x 400 relay: 1. Clyde, 3:34:54; 2. Ross, 3:37:31; 6. St. Joseph CC, 4:02:56.
4 x 800 relay: 1. Ross, 6:52:42; 4. St. Joseph CC, 9:44:24; 5. Old Fort, 9:48:81; 6. Clyde, 10:07:58.
4 x 1,600 relay: 1. Central Catholic, 19:32:79; 3. Old Fort, 21:08:33; 5. St. Joseph CC, 21:15:59; 6. Clyde, 22:04:25; 7. Ross, 22:13:79.

