

2012 THREE RIVERS ATHLETIC CONFERENCE

TRACK » THREE RIVERS ATHLETIC CONFERENCE MEET

# Ross wins 3 TRAC championships

## Jacob Berryman cracks 2 minutes in the 800-meter

By Kevin Shields  
Sports writer

TOLEDO — Jacob Berryman used the competition as a pace setter during Friday's Three Rivers Athletic Conference track and field finals.

Berryman had never cracked two minutes in the 800-meter run, but the Ross senior knew three guys who had and he made sure to stick to them.

"I really wanted it," Berryman said. "I ran a two-flat last week and I knew coming in here that I was seeded fourth and I had three guys faster than me who were all running under two minutes. I thought if I went with them I could get it and went with them and I passed them."

Berryman used the three runners to set his pace at the start of the race. Then he made his move and held them off for over an entire lap en route to winning one of the Little Giants' three total league championships. His winning time was a personal-best 1:57.51.

Going into the meet, Berryman had never finished lower than second in the event. He was ninth at regionals as a junior.

"Feels great to be the first TRAC champion in the event," Berryman said. "I can't wait for districts now after that. It's gotten



Fremont Ross' Jeffrey Barnett competes in the 4x100 meter relay during the TRAC championships Friday at Whitmer High School. JONATHAN BIRD/NEWS-MESSENGER

me really excited."

The Ross boys finished sixth overall with 88 points, while the girls took fourth with 90 points.

Notre Dame Academy topped

Central Catholic 153/-105 for the women's title. Whitmer won the boys with 152 points — 45 points better than second-place Findlay.

"All our athletes did us proud,"

Ross boys coach John Elder said. "This was a very tough field and we competed hard."

Shanquise Mills won the Little Giants' first league title on

Wednesday, jumping 22 feet, 1 1/2 inches to win the long jump. Ariana Spencer made it a sweep in the

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# TRAC

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event when she won the girls title on Friday.

Spencer came in with a 15-10 in prelims, but she popped out a new school record leap of 17-6 to top Clay's Emily Popovitch by seven inches.

"It just kind of happened," Spencer said. "I had good height and really good form."

The long jump hadn't always been kind to Spencer during the spring.

"I wasn't doing too well with it at the beginning of the year," she said. "But I guess I'm doing pretty good now."

Spencer was also part of two second-place relays for Ross in 4x200 and 4x100 relays. She, Alesha Overmyer, Mariah Mathews and Sarah Gray ran a 1:47.37 in the 4x200, while she, Mathews, Alycia Baumgardner and Cassie Woleslagel ran a 50.42 in the 4x100. Gray took second in the 400 and Overmyer was third in the 800.

Mathews was fourth in both the 100 and 200 dashes. Erin Slaughter took fourth in the high jump.

Ross's Abbi Hasselbach added nine inches to her PR, taking second in the pole vault at 9 feet, 9 inches.

"This has been my first year without a coach, so it's been very challenging," Hasselbach said. "Us pole vaulters have been helping each other a lot."

Ross graduate and current University of Toledo pole vaulter Ellen Silva set a high bar for all Little Giants to follow. She finished fourth at state a year ago and holds all the school records.

"She was a good role model for us," Hasselbach said. "And what she's done has been good motivation for me. I feel like I can do a lot of that, too."

Jared Ballenger knows all about going to state as he made it to Columbus as a freshman in the discus and placed fifth. Wednesday he finished second in the discus to Whitmer's Chris Wormley, the TRAC field athlete of the year on the boys side. Ballenger's

longest toss was 165-03 to Wormley's 174-05. On Friday, Wormley beat him again in the shot put by a 56-07-51-06 margin.

"It's not going to be an easy run out to get through districts and regionals this year," said Ballenger, whose longest toss of the year is more than 174 feet. "I'm going to have to perform each week just to make it to the next week. But I'm hoping to consistently be in the 170s come district time and be over 50s in the shot put."

Ross senior Skylar Reffner was runner-up in the 100 to Whitmer's Jody Webb in Friday's finals. Louis Guardiola was runner-up in the 3,200, while he, Lane Owen, Devaun Churchya and Berryman were third in the 4x800.

Berryman, Churchya, Owen and Jeffrey Barnett were third in the 4x200.

Barnett joined Drew Starks, Dylan Starks and Jalen Oman for a fourth-place run in the 4x100 and took fifth in the 200.

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