

2001 Season Review...

Fremont Ross

Coach: Cathy Esposito, 1st year.

Assistant coaches: Pam Rollins, Jennifer Rollins, John Meadows, Mark Sheidler, Ray Hamilton.

2000 GLL finish: 3rd.

2000 GLL champions: 1 (Kelly Lytle, 100 and 200 dash).

2000 state qualifiers: 3 (Kelly Lytle, 100 and 200 dash, 7th in each; Allen Lutes, long jump; Exzavier Darden, 400 dash).

Key losses:

Exzavier Darden, sprints; Jordan Mackey, hurdles; Jose Simms, sprints; Greg Burroughs, hurdles.

Key returnees: Seniors

— Kelly Lytle, sprints; Allen Lutes, jumping; David Rhodes, sprints; Art Neeley, distance. Juniors — Jeremy Framstad, distance; Joe Kaiser, throwing; Bo Martin, sprints. Sophomore — Richy Teeters, pole vault and sprints.

Promising newcomers: Seniors — Mike Ziemke, middle distance; Nate Frasure, middle distance. Juniors — Tyrus Hamilton, sprints; Bo Hudson, sprints; Rob Abernathy, sprints. Sophomore — Matt Ziemke, pole vault and sprints.

Outlook: The Ross track program is teeming with 101 athletes between the boys and girls teams. The addition of several new athletes should provide competition and depth for first-year coach Cathy Esposito. But Lytle, last year's leading scorer who is trying to overcome a knee injury, and Lutes are the team leaders and will determine how far the Little Giants go in the Great Lakes League.

Coach's quote: "Our boys team is very strong in every area. It's going to be very exciting to see them come together as the season progresses."



MARTIN

BOYS TRACK AND FIELD PREVIEW

Challenge II awaits Lytle

Ross senior getting used to overcoming long odds

By TIMOTHY R. WOLFRUM
Sports editor

Kelly Lytle outran the odds last season when he overcame knee surgery and turned in one of the best track-and-field campaigns in Fremont Ross history.

His reward?

An even greater challenge, of course.

Lytle, a senior sprinter and the Little Giants' most valuable athlete last season, is back on the comeback trail after undergoing another offseason knee surgery.

The only difference is Lytle's recovery time. It has been slashed from nine months to 6½ months.

But, as track season opens today around Ohio, there aren't many people doubting Lytle will succeed again.

"Kelly comes out to the track every day with such a positive attitude," said Cathy Esposito, Ross's first-year head coach. "He is the most self-directed athlete I've ever coached in my life. He's the kind of athlete that is a dream come true that you may never see again."

"He's like a 40-year-old in an 18-year-old body."

The Little Giants open the 2001 season with a home tri-meet on April 3. But Lytle's first race will be just the beginning of the final phase of his rehabilitation, which he hopes will culminate with a fourth straight trip to the state meet.

Leave it to Lytle to find a positive way to look at another uphill climb.

"It seems weird to say, but one plus with everything is that I'm a veteran at it," Lytle said before a workout Friday at the Ross High School track. "At least I knew what was going on. I knew what setbacks to expect and what to look for and stay away from."

Lytle tore the anterior cruciate ligament in his left knee during a Sept. 8 football game against Toledo St. Francis. It was al-

most an identical injury to the ACL tear he suffered in his right knee during a 1999 summer-league basketball game. The injuries cost Lytle his football and basketball seasons in his junior and senior years.

But Lytle responded to the first rehabilitation in astounding fashion for the Ross track team last spring. He scored a team-high 19½ points — almost 50 more than any other Little Giant — and set a school record in the 100-meter dash with a time of 10.5 seconds at the Fremont Invitational. He peaked at the end of the season, winning the Great Lakes League in the 100 and 200 dashes and finishing seventh in both events at the state meet.

The comeback earned Lytle a partial track scholarship offer from Miami (Ohio) University despite the most recent knee injury. He is still mulling the offer as he awaits word on a possible track scholarship from Princeton University.

But the damage done to the right knee in 1999 was repaired in July. The 2000 surgery on the left knee came in late September.

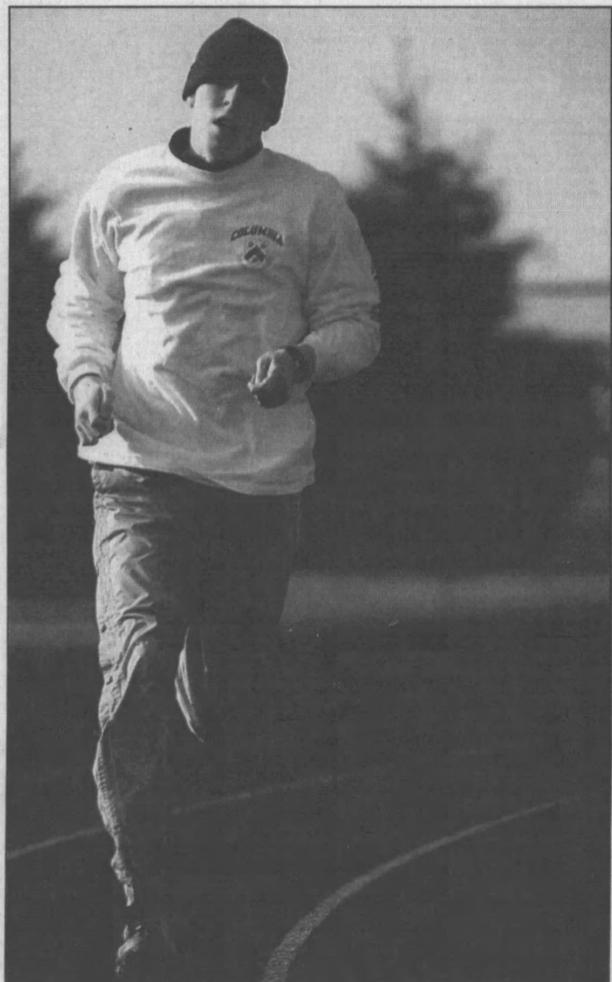
So, during another long winter of rehabilitation, Lytle had to make sure he didn't rush his recovery. He had to go through the steps, gingerly completing exercises using his own body weight, then adding weights and finally doing agility drills and side-to-side movements.

Lytle used his father and fellow knee surgery veteran, former pro football player Rob Lytle, as a resource.

"Definitely, you want to get at it right away," the younger Lytle said. "But between my dad and me, we've both had a lot of knee operations. We know you have to slow down because you don't want to flare anything up because that will set you back even more. I had to be careful and watch myself a little bit."

"I had an extra two-and-a half to three months last year to go with, so I'm a little bit behind that way. I'm lacking some strength in the leg still, so I'm working hard on that. I'm making sure I get all the range of motion in it so I don't have a funny gait or anything like that."

See LYITLE, B3



News-Messenger/Ben French

KELLY LYITLE of Fremont Ross begins his workout during practice Friday at the high school track. The senior sprinter is trying to overcome knee surgery for the second straight season.

Lytle on the road back again

Continued From B1

Fortunately, Lytle will have plenty of time to work himself into top form. The crucial part of his season doesn't begin until Ross hosts the GLL meet on May 12.

"As far as Kelly goes, his main focus probably should be set for the end of the season," Esposito said. "He's just easing into it. He's definitely a huge part of the team.

"It's kind of a miracle that

he's even out here planning and setting goals this year. That kind of shows people what kind of person he is."

Getting the knee back into working order isn't Lytle's only priority. He also has to get back into shape.

"The thing I lacked throughout the whole year was being in shape," Lytle said. "My 200 time didn't improve a lot from my sophomore to junior year, but my 100 dropped substantially. Once I got into May, I felt really good. Then it started to all click.

"The beauty of track is it doesn't matter what you do in April. ... Districts is when everything starts."

— Kelly Lytle,
Ross sprinter

"The beauty of track is it doesn't really matter what you do in April. Conference is nice, and you want to do well there. But districts is when everything starts."

Earlier this month, Lytle was selected as a second team High School Christian Student/Athlete All-American by the Athletes of Good News All-American program.

Lytle was one of 422 second-teamers selected from more than 8,400 student-athletes.

There were 93 first-teamers honored.

Athletes were selected for their academic accomplishments, athletic achievements, and Christian character.



News-Messenger/Ben French

TANESHIA MCKINSTRY of Fremont Ross gets ready for Friday's track and field practice at the high school.

Area girls track and field preview capsules

Fremont Ross

Coach: Cathy Esposito, 1st year.

Assistant coaches: Pam Rollins, Jennifer Rollins, John Meadows, Mark Sheidler, Ray Hamilton.

2000 GLL finish: 4th.

2000 GLL champions: 0.

2000 state qualifiers: 2 (Fallon Bailey, 100 dash; 4x100 relay).

Key losses: Tiffany Sweeney, sprints; Sashay Price, jumping.

Key returnees: Seniors — Fallon Bailey, sprints; Taneshia McKinstry, sprints; Jamie Smith, throwing; Jen Hillier, throwing; Delana Simms, sprints; Meg Nalley, throwing. Junior — Adrienne Robertson, sprints. Sophomores — Stacy Hall, distance; Rachel Ruiz, hurdles.

Promising newcomer: Freshman — Ceara Barr, distance.

Outlook: The Little Giants return eight of their top 10 scorers from last season, including three of the four members of the state-qualifying 4x100 relay team in Bailey, McKinstry and Robertson. Bailey is a Division I college prospect after finishing fourth in the 100 dash at state last season. Esposito's entire cross country team is running, which should make for a good distance squad. Youngsters must develop in the hurdles and jumping events.

Coach's quote: "We have unbelievable leadership, and that helps so much. They're so self-directed. They go out and do what they have to do."

dner, distance, middle distance. Sophomores — Casey Uliński, distance; Kori Slates, middle distance.

Top newcomers: Freshmen — Carrie Netcher, middle distance and distance; Molly Valasek, hurdles and sprints, Lynda Camp, hurdles and sprints.

Outlook: The Wildcats will move to Division II after sending six athletes to the Division III state meet last year. All six state-qualifiers are back, including Magsig, the champion in the 3,200. The Wildcats should once again dominate the SLL after winning the league meet by 45.5 points last year.

Coach's quote: "We're going to be very similar to last year, other than that we're in a different division. We should be a little tougher on average."

Lakota

Coach: Steve Livoti.

2000 dual meet record: 8-5.

2000 SLL finish: 6th.

2000 SLL champions: 0.

2000 state qualifiers: 0.

Key loss: Rachel Chaney, throwing.

Key returnees: Seniors — Heather Hill, middle distance; Jenny Widman, throwing; Megan Nonnemaker, middle distance; Erin Filliater, hurdles and sprints; Megan Adams, throwing. Juniors — Kathy Vykopal, middle distance; Summer Thacker, throwing; Sonia Schumaker, sprints; Kerry Ruble, throwing; Jessica Allen, distance. Juniors — Amber Vassallo, distance.

Giant strides

Ross girls whip Whitmer; boys fall short by a point

News-Messenger reports

In a word: awesome.

That's the adjective that Fremont Ross track and field coach Cathy Esposito had to describe the performance of the Little Giants' girls.

Ross whipped visiting Toledo Whitmer and Lorain Southview and swept to a tri-meet victory in the Great Lakes League Tuesday at Alumni Field.

"I was very pleased," Esposito said. "They were above and beyond what I expected. Whitmer was supposed to be powerful this year and our girls just overwhelmed them."

Ross totaled 86 points, Whitmer had 54 and Southview had 25.

Fallon Bailey won four events to lead the Little Giants. She won the 100 in 12.43 seconds and the 200 in 26.8 seconds. She was also a part of the victorious 4x100 and 4x200 relay teams.

Also for Ross, Wendy Farrell won the 3,200 in 13:02.1; Meg Nalley won the shot put



with a throw of 33 feet, 6 inches; Jamie Smith won the discus with a 108-2 and Stacy Hall won the 1,600 in 5:41.99.

The Whitmer boys edged Ross 72.5-71.5. Southview was third with 26. Jeremy Framstad, Allen Lutes and Joe Kaiser were double-winners. Framstad won the 3,200 in 10:36 and the 1,600 in 4:53.23.

See WOODMORE, B3



News-Messenger/Ben French

ABOVE: FALON BAILEY of Fremont Ross sprints to the finish in the 100-meter dash on Wednesday at Alumni Field. Bailey won four events, including the 100. Left: Jeremy Framstad runs to victory in the two-mile race for Ross.

Lutes won the long jump with a 20-0 and the 110 hurdles in 16.63. Kaiser won the shot put with a 45-10 and the discus with a 127-9.5. Also for the Little Giants, Ty Hamilton won the 100 in 11.14 and Richie Teeters won the pole vault with an 11-0.

The Ross boys and girls are at Bowling Green on Saturday, although some of the boys will compete at Whitmer.

Track & Field

High School Boys

**Whitmer 72.5, Ross 71.5,
Lorain Southview 26**

Ross Results

3200m: 1-Jeremy Framstad 10:36, 3-Josh Ohms 11:35.

4X800 Relay: Whitmer 8:51.43, Ross 8:56, Southview 9:07.02.

4X100 Relay: Whitmer 45.07, Ross 46.5, Southview 46.76.

4X400 Relay: Whitmer 3:31.6, Ross 3:50.7

Shot Put: 1-Chris Kaiser 45-10, 5-Hershey 38.5-5.

Discus: 1-Kaiser 127-9.5, 4-Kayser 111-6.

High Jump: 3-Allen Lutes 5-10, 4-Bo Martin 5-6.

Long Jump: 1-Lutes 20, 3-Bo Martin 17-10.5, 5-Rich Teeter 17-1.5

Pole Vault: 1-Teeters 11, 3-Ziemke 9.

110 Hurdles: 1-Lutes 16.63, 2-Ryan Daugherty 17.40.

100m: 1-Tim Hamilton 11.14.

1600m: 1-Framstad 4:53.23, 3-J. Ohms 5:11.22, 4-Sabinas 5:11.32.

400m: 3-Martin 56.5, 4-Fisher 57.8.

800m: 4-Sabinas 2:19.5.

300m Hurdles: 3-Daugherty 43.40.

High School Girls

**Ross 86, Whitmer 54.5,
Lorain Southview 25**

Ross Results

3200m: 1-Wendy Farrell 13:02.1, 2-Biehler 13:79.

4X400 Relay: 1-Ross 4:20.2

4X800 Relay: 1-Whitmer 10:47, 2-Ross 10:56.7.

4X200 Relay: 1-Ross 1:51.

Shot Put: 1-Meg Nalley 33-6, 2-Jen Hillier 33- $\frac{1}{3}$, 3-Smith 31-4.

Discus: 1-Jamie Smith 108-2, 2- Hillier 92-6.5.

110m Hurdles: 2-Nicole SanGregory 18.6, 4-Rachel Ruiz 19.35.

100 m Dash: 1-Fallon Bailey 12.43, 2-Adrienne Robertson 13.40.

1600m: 1-Stacy Hall 5:41.99, 4-Dohanos 6:20.28, 5-McElfresh 6:34, 6-M. O'Conner 6:38.29.

400m: 4-Barr 1:10.

800m: 2-Nall 2:36, 3-Frontz 2:43.

300m Hurdles: 1-Ruiz 55.3, 4-SanGregory 62.0

200m: 1-Bailey 26.8, 3-Robertson 29.4.

Ross finishes 3rd at

Continued From B1

The shuttle hurdles team of Lisa Morgan, Ashley Brooks, Jeanne Osborne and Katie Gutilla set a meet record with a time of 1:07.70.

And the Oak Harbor shot put relay team of Goetz, Quisno and Sievert won with a throw of 69-10.5.

The Fliers took three events—the long jump and triple jump relay teams, both of which consisted of Amanda Showman, Brynna Mussell and Echo Vargas, won with efforts of 43-9 and 36-5.25, respectively. The Clyde 800-meter relay team of Showman, Amber Wesney, Nicole Bartson and Karyn Schrickel set a meet record by winning in 1:52.60.

St. Joe picked up a victory from the 400 relay team of Tiffany Dicker, Melissa Tucker, Meghan Merrill and Erika Jay. The Crimson Streaks ran a 53.40.

In the 38th annual Lakota Boys Track Invitational, Clyde got a meet-record performance from its 1,600 relay team on the way to third place.

Eastwood won the event with 110 points. Liberty-Benton finished second with 107, and Clyde had 97.5. Among area teams, Lakota was sixth with 69 points, Oak Harbor was eighth with 47 points, St. Joe and Woodmore were ninth and 10th with 32 points apiece and Bettsville was 14th with 7.5 points.

The Clyde team of Jeremy Cook, Keith Shearer, Skip Turner and Justin Martin turned in a 3:36.30 to win the 1,600 relay. Duwayne Hush of the Fliers won the triple jump with an effort of 37-4.5.

"That's not too bad," Clyde coach Mike Martin said of the third-place finish. "We're a young squad, so we're pretty pleased."

Ross third at Bobcat Relays

BOWLING GREEN — Allen Lutes had a hand in two titles and finished second in an open hurdles race as the Fremont Ross boys track and field team finished third in the six-team Bob-

cat Relays on Saturday.

Lutes joined Ryan Daugherty and Bo Hudson to win the high jump relay (17 feet, 2 inches) and teamed up with Josh Emly and Richy Teeters to take the long jump relay (56-6). Lutes finished second in the open 110-meter hurdles event in 15.4 seconds.

Ross scored 71 points and finished behind Defiance (113) and Napoleon (105). The Little Giants beat Great Lakes League rival Oregon Clay (59.5).

In the girls half of the meet, Ross finished third with 65.5 points. Bowling Green and Napoleon finished first and second, respectively, with 86 and 70 points.

The lone girls victory came from the 400 relay team of Taneshia McKinstry, Keia Irons, Rachel Ruiz and Adrienne Robertson, who won in 52.4 seconds.

Ross did without the services of returning state qualifiers Kelly Lytle and Fallon Bailey. Lytle is coming back from a knee injury and is slated to run for the first time on Tuesday, and Bailey took a recruiting trip to Purdue University.

"In spite of some small misfortunes, we salvaged third place," Ross coach Cathy Esposito said. "I was real proud of them. They did a nice job with only a few people."

The boys and girls throwing teams each got second place for Ross. Joe Kaiser, Chris Kayser and Brad Hershey teamed up to throw the shot 128-7 and the discus 340-3. The girls team of Meg Nalley, Jamie Smith and Erin Brunner hurled the shot 91-8.75 and the discus 269-0.

Ross travels to Clay for a tri-meet with Fostoria on Tuesday.

Gibsonburg girls win tri-meet

SANDUSKY — Mallory Fleming and Barb Davies won two events apiece as the Gibsonburg girls defeated St. Mary Central Catholic and Old Fort at Strobel Field.

The Golden Bears scored 74 points and squeaked by St. Mary (71). Old Fort scored 16 points.

In the boys meet, St. Mary won

Track & Field

High School Boys

Bobcat Relays

Defiance.....	113
Napoleon	105
Ross	71
Bowling Green.....	54
Clay	49
Archbold	45

Ross results

High Jump: 1-(Allen Lutes, Ryan Daugherty, Bo Hudson) 17-2.
Long Jump: 1-(Allen Lutes, Josh Emily, Richy Teeter) 56-6.

Shot Put: 2-(Joe Kaiser, Chris Kayser, Brad Hershey) 128-7.

Discus: 2-(Joe Kaiser, Chris Kayser, Brad Hershey) 340-3.

110 hurdles: 2-Allen Lutes 15.4

4X1600 Relay: 3-(Noah Grayson, Jeremy Framstad, Mike Lozano, Jay Ohms) 20:53.

1600 Run: 3-Jeremy Framstad 4:48.

4X200: 3-(David Rhodes, Mike Simke, Bo Hudson, Tyrus Hamilton) 1:36.00.

Bailey, Lytle lead Giants past Clay, Fostoria

News-Messenger reports

OREGON — Senior sprinters Fallon Bailey and Kelly Lytle returned to the Fremont Ross track and field teams Tuesday and highlighted memorable tri-meet victories over Oregon Clay and Fostoria.

Bailey, who missed Saturday's Bobcat Relays to visit Purdue University on a recruiting junket, ran the anchor leg for a winning 1,600-meter relay team that clinched a 79-76 victory over Clay. Taneshia McKinstry, Delana Simms and Shana Frontz joined Bailey on the relay.

It was one of four victories for Bailey, who also claimed the 100 and 200 dashes and ran on the winning 400 relay.

The girls were encouraged to beat the Eagles, a Great Lakes League rival. Fostoria scored eight points.

"I'm so excited about this victory," Ross coach Cathy Esposito said. "They've been conditioning since March 15. Now they're producing. It's

amazing. They love to win. That's why they work so hard."

Lytle made his first appearance of the season in a bid to recover from off-season knee surgery for the second consecutive campaign.

He promptly won the 100 and 200 dashes in 10.8 seconds and 23.1 seconds, respectively. Then, Lytle asked coaches to run the 400 dash as a "workout" and won it too, in a time of 55.3 seconds.

"He's ready to go," Esposito said. "I told him, 'You amaze me.'"

The Little Giants won all but two events on the way to 98 points. Clay scored 39 points, Fostoria 29.

Ross won every event except the 1,600 relay and the 300 hurdles. The Little Giants finished first in the relay but were disqualified for running



BAILEY



LYTLE

outside of their lane.

Allen Lutes and Jeremy Framstad also won three events apiece for Ross. Lutes took

the 110 hurdles in 15.5 seconds, the high jump in 6-0 and the long jump in 20-11. Framstad claimed the 800 in 2:14.6, the 1,600 in 5:02.8 and the 3,200 in 10:51.

Joe Kaiser won the shot put and the discus. He tossed the shot 47-9.5. His effort in the discus was unavailable. Richy Teeters won the pole vault in 10-6.

Bailey ran a 12.6 in the 100 and a 26.8 in the 200. Other Ross girls victors included Stacy Hall, who ran a 12:45 in the 800 run; Jamie Smith, who threw the discus 113-8; and Jen Hillier, who put the shot 34-0.

Ross is at the Defiance College Invitational on Thursday.

Streaks second in tri-meet

PORT CLINTON — The St. Joseph Central Catholic boys and girls track teams finished second in a tri-meet with Port Clinton and St. Mary Central Catholic.

Trischa Snyder won the 1,600 and 3,200 runs to lead the Crimson Streaks girls to second behind St. Mary. The Panthers scored 80 points, St. Joe 61 and Port Clinton 23.

Snyder ran a 5:54.1 in the 1,600 and a 12:44.7 in the 3,200.

Erika Jay won the 400 dash in 1:05.5, and Melissa Tucker took the 200 dash in 28.4 seconds for St. Joe.

In the boys meet, St. Joe scored 56 points, five behind champion Port Clinton. St. Mary scored 49.

Jeremy Velliquette won the 400 dash in 54.1 seconds, Adam Miller claimed the 1,600 run in 4:53.8, Matt Mehling took the 200 dash in 24.3 seconds and Brad Harman won the 3,200 run in 10:45.8.

See CLYDE, B2

High School Girls

**Ross 79, Oregon Clay 76,
Fostoria 8**

Ross results

3200 Relay: 2-11:13.8.
100 Hurdles: 4-Lindsay Chapman
20.7
100m: 1-Fallon Bailey 12.6, 2-Adri-
anne Robertson 13.3.
4X800 Relay: 2-1:55.3.
1600m: 2-Wendy Farrell 6:06.
400m: 2-Delana Simms 66.0
4X100 Relay: 1- (Tanesha McKinstry,
Rachel Ruiz, Adrianne Robertson, Bai-
ley) 52.2.
300 hurdles: 2-Ruiz 53.0.
800m: 2-Shana Frontz 2:43.
200m: 1-Bailey 26.8.
3200m: 1-Stacy Hall 12:45.
4X400 Relay: 1-McKinstry, Simms,
Frontz, Bailey) 4:23.9.
Discus: 1-Jamie Smith 113-8.
Shotput: 1-Jen Hillier 34-0.
High Jump: 2-McKinstry 4-8.

Track & Field

High School Boys

**Fremont Ross 98,
Clay 39, Fostoria 29**

Ross results

3200m Relay: 1-(Kyle Meyers, Jay Ohms, Matt Falas, Jeremy Framstad)
9:24.5.

110 Hurdles: 1-Allesn Lutes 15.5.

100m: 1-Kelly Lytle 10.8

1600m: 1-Framstad 5:02.8.

400m: 1-Lytle 55.3.

300 Hurdles: 3-Derek Dalton 46.7.

800m: 1-Framstad 2:14.6.

200m: 1-Lytle 23.1.

3200m: 1-Framstad 10:51.

Discus: 1-Joe Kaiser.

Shot Put: 1-Kaiser 47-9 $\frac{1}{2}$.

High Jump: 1-Lutes 6-0.

Long Jump: 1-Lutes 20-11.

Pole Vault: 1-Richy Teeters 10-6.

Bailey buzzes Clyde field



News-Messenger/Scott Black

TYRUS HAMILTON, in purple, of Fremont Ross waits for the handoff from teammate Bo Hudson during the 400-meter relay Saturday at the A.W. Hendricks Relays in Clyde. The Little Giants won the event.

Ross girls second behind senior star, sprint relay teams

By SCOTT BLACK
News-Messenger correspondent

CLYDE — The rain cooperated Saturday at the A.W. Hendricks Relays.

After some brief drizzle, the sun actually came out and the umbrellas disappeared.

When the day was over, the Ross girls had given Ashland a run for its money, but the Arrows claimed the girls crown with 109.5 points to Ross's 93.

Upper Sandusky was third with 81 points, and Clyde was fourth with 75. Sandusky, Tiffin Columbian and St. Ursula rounded out the field.

On the boys side, Sandusky won the relays with 100 points to

Inside: Gibsonburg, Old Fort softball teams clash. **Page B3**

beat out Tiffin Columbian (86). Toledo St. Francis was third with 85 points and Ross was fourth with 73. Rounding out the boys field were Ashland, Clyde and Upper Sandusky.

Fallon Bailey led the Ross girls team to its second-place finish with three firsts and a second. Bailey won the 100-meter dash and finished second in the 200 dash.

Bailey also anchored the winning 400 relay with Taneshia McKinstry, Keia Irons and Adrienne Robertson and anchored

the champion 1,600-meter relay team with McKinstry, Irons and Delana Simms.

"I didn't do as well as I would have liked," Bailey said. "But my times are getting better. It's just hard to tell with the weather we've had. I had some competition today, and that's what I'm looking for. For me, the key to the 100 and 200 is always my start. I got a real good one in the 100.

"I thought the relay teams did a really good job today. They were pretty good races. Everybody had good handoffs and got out and ran hard."

On the boys side for Ross, it was Kelly Lytle with a first and two seconds and Allen Lutes

with a second, third and a fourth, leading Ross to a fourth-place finish.

Lytle finished second in the 100 and 200 dashes and anchored the winning 400 relay with Bo Hudson, Tyrus Hamilton and Mike Ziemke.

"You can always run better," Lytle said. "I guess I ran pretty well, but I really don't know where I'm supposed to be at with all that I've been through this year. It's hard to say but I think I'm on the right track."

"We just put that relay team together last night for the first time. We seemed to gel real well."

See CLYDE, B3



News-Messenger/Scott Black

FREMONT ROSS RUNNERS Taneschia McKinstry, far right, and Keia Irons make the first exchange on the 400-meter relay as Clyde opponents Amanda Showman, left, and Karyn Schrickel execute a handoff in the next lane Saturday at Clyde High School.

Clyde benefits from Div. I competition

Continued From B1

Our handoffs were good and we had some good times. Every leg did what they had to do to get us to the finish."

Lutes was second in the long jump, third in the 110 high hurdles and fourth in the high jump. Joe Kaiser also had a second in the shot put and a fifth in the discus.

"The girls performed really well today because Ashland is very strong in the distance runs and picked up a lot of depth points," Ross coach Cathy Esposito said. "I was a little disappointed in the boys showing, but there were a lot of strong teams here. This is our third meet of the week. We've asked the kids to give 110 percent in two to four events three times this week. They're tired."

"This is an excellent facility here and you can't beat the 10-minute bus ride when you're tired. Everyone has been improv-

ing their times. Fallon was fantastic and this is the first meet we got Kelly to run in four events."

For the Flier girls team, it was too much Ross. Three times, the Fliers were shut out by the Ross teams and had to settle for second.

Amanda Showman had three of those seconds to her credit and finished second in the long jump.

Showman, Heather Hoot, Karyn Schrickel and Nicole Bartson were second in the 800 relay. Showman, Schrickel, Amber Wessney and Misty Hoffman were second in the 400 relay and Showman, Hoot, Bartson and Andrea Myers were second in the 1,600 relay.

"Ross just killed us today," Showman said. "We're still not running our best times, but Ross was fast. I think the competition will really help us. It shows us where we stand."

Christine Meade turned in a pair of seconds for the Fliers in the 100 and 300 hurdles. April Bart added a second in the discus.

For the Clyde boys, David Skeel scored the Fliers' only victory in the shot put.

"I just went out there and tried to throw the best I could," Skeel said. "I haven't been throwing very well lately, but I've started working with coach (Mike) Martin and (Butch) Swartz and it's helped. They got me staying low and coming through the snapping. That's the key, staying low and snapping my feet back."

Brett Hoffman chipped in a pair of seconds in the 110 and 300 hurdles. The Flier boys 3,200 relay team turned in a second-place finish with Jeremy Cook, Max Gressman, Skip Turner and Kyle Gettys making up the team.

"We knew the competition was going to be very stiff today," Clyde boys coach Mike Martin said. "We set this meet up to be hard. You can't get better unless the competition is good. The teams were very cooperative today and the people working the event just made the whole day enjoyable."

Track & Field

High School Boys

A.W. Hendricks Invitational at Clyde High School

Sandusky	100
Tiffin Columbian	.86
St. Francis	.85
Fremont Ross	.73
Ashland	.68
Clyde	.58
Upper Sandusky	.26
3200 Relay: 1-TC 8:17.70, 2-Clyde (Jeremy Cook, Max Gressman, Skip Turner, Kyle Gettys) 8:25.60, 3-Ash 8:26.10.	
100 Hurdles: 1-Nate Matthews (Sand) 14.80, 2-Brett Hoffman (C) 15.00, 3-Allen Lutes (Ross) 15.20.	
100m: 1-Durond Clark (Sand) 10.80, 2-Kelly Lytle (Ross) 10.90, 3-Brett Krupp (TC) 11.00, 5-Tyruis Hamilton (Ross) 11.30.	
1600m: 1-Mike Frey (SF) 4:30.20, 2-Jake Lombardo (Ash) 4:36.20, Kent Collins (US) 4:37.10, 4-Jeremy Framstad (Ross) 4:37.90.	
100 Relay: 1-Ross (Bo Hudson, Tyrus Hamilton, Mike Ziemke, Kelly Lytle) 44.80, 2-TC 45.70, 3-SF 45.80, 4-Clyde 46.90.	
400m: 1-Marcus Marshall (Sand) 50.90, 2-Brandon Schrader (SF) 51.80, 3-Justin Martin (Clyde) 52.30.	
300 Hurdles: 1-Nate Matthews (Sand) 41.50, 2-Brett Hoffman (C) 42.20, 3-Brian Bilger (TC) 43.60.	
800m: 1-Drew Hanley (TC) 1:59.40, 2-Mike Frey (SF) 2:00.50, 3-Jake Lombardo (Ash) 2:04.60.	
200m: 1-Durond Clark (Sand) 22.20, 2-Kelly Lytle (Ross) 22.80, 3-Bryon Guendelberger (Sand) 22.90, 6-Justin Martin (C) 23.80.	
3200m: 1-Dan Brown (Ash) 10:02.10, 2-Jason Gurney (TC) 10:12.10, 3-Jeremy Framstad (Ross) 10:13.60, 4-Cliff Moore (C) 10:22.40.	
1600 Relay: 1-Sandusky 3:30.50, 2-St. Francis 3:32.00, 3-Clyde (Jeremy Cook, Skip Turner, Keith Shearer, Justin Martin) 3:35.70, 6-Ross 3:43.20.	
Shot Put: 1-David Skeel (C) 48-7.75, 2-Joe Kaiser (Ross) 47-5.5, 3-Mike Brubaker (Ash) 47-3.	
Discus: 1-Mike Brubaker (Ash) 137-3, 2-Unavailable 136-1, 3-Kyle Welton (US) 134-9, 5-Joe Kaiser (Ross) 127-10.	
Long Jump: 1-David Brownlee (SF) 21-10.5, 2-Allen Lutes (Ross) 21-6, 3-Jamye Whaley (SF) 20-0.5, 6-Justin Martin (C) 18-11.5.	
High Jump: 1-Nate Matthews (Sand) 6-4, 2-David Brownlee (SF) 6-2, 3-Dan Etue (SF) 12-0, 4-Ricky Teeters (Ross) 12-0, 5-Dave Griffin (C) 10-6.	

High School Girls

A.W. Hendricks Invitational at Clyde High School

Ashland	109.50
Fremont Ross	.93
Upper Sandusky	.81
Clyde	.75
Sandusky	.61
Tiffin Columbian	.59.5
St. Ursula	.16
3200 Relay: 1-Upper Sandusky 10:15.0, 2-Ashland 10:21.9, 3-Ross (Ceara Barr, Shana Frontz, Wendy Farrell, Stacy Hall) 10:39.0, 6-Clyde 11:38.5.	
100 Hurdles: 1-Amy Oehlers (US) 17.30, 2-Christine Meade (C) 17.40, 3-Nicole Sangregory (Ross) 17.50.	
100m: 1-Fallon Bailey (Ross) 12.30, 2-Tamela Perryman (Sand) 12.40, 3-Danielle Gottfried (US) 12.90, 5-Adrianne Robertson (Ross) 13.40.	
800 Relay: 1-Ross (Adrianne Robertson, Taneshia McKinstry, Delana Sims, Keia Irons) 1:50.5, 2-Clyde (Amanda Showman, Nicole Bartson, Heather Hoot, Karyn Schrick) 1:54.40, 3-Tiffin Columbian 1:59.40.	
1600m: 1-Lisa Nell (Ash) 5:24.60, 2-Lyndsey Dewitt (US) 5:30.40, 3-Christina Nell (Ash) 5:36.90, 5-Stacy Hall (Ross) 5:40.4.	
400 Relay: 1-Ross (Taneshia McKinstry, Keia Irons, Adrianne Robertson, Fallon Bailey) 51.20, 2-Clyde (Karyn Schrickel, Amanda Showman, Misty Hoffman, Amber Wesne) 53.60, 3-St. Ursula 54.00.	
300 Hurdles: 1-Kate Osborne (TC) 51.10, 2-Christine Meade (C) 52.30, 3-Rachel Ruiz (Ross) 53.20, 5-Misty Hoffman (C) 54.90.	
800m: 1-Lisa Nell (Ash) 2:28.10, 2-Christina Nell (Ash) 2:29.00, 3-Lyndsey Dewitt (US) 2:32.10, 5-Stacy Hall (Ross) 2:34.70.	
200m: 1-Tamala Perryman (Sand) 25.70, 2-Fallon Bailey (Ross) 25.80, 3-Danielle Gottfried (US) 26.70, 5-Karyn Schrickel (C) 28.10.	
3200m: 1-Erin Stauffer (Ash) 11:58.20, 2-Amy Oehlers (US) 11:58.5, 3-Steph Atten (Ash) 12:24.70, 6-Wendy Farrell (Ross) 12:51.80.	
1600 Relay: 1-Ross (McKinstry, Irons, Sims, Bailey) 4:18.80, 2-Clyde (Andrea Myers, Nicole Bartson, Hoot, Showman) 4:23.10, 3-Tiffin Columbian 12:48.60.	
Discus: 1-Beth Mallory (Ash) 145-2, 2-April Bartl (C) 119-2, 3-Jamie Smith (Ross) 110-7.	
Shot Put: 1-Beth Mallory (Ash) 39-7, 2-Alex Miller (TC) 37-3, 3-Meg Nalley (Ross) 35-7, 4-Jen Hillier (Ross) 34-7.5, 5-Sarah Musser (C) 34-6.	
Long Jump: 1-Tamala Perryman (Sand) 17-2.6, 2-Amanda Showman (C) 15-6.5, 3-Erin Conti (TC) 14-11.25, 4-Echo Vargas (C) 14-10.	
High Jump: 1-Abbie Kuenzli (US) 5-0, 2-Melissa Hauser (Sand) 4-10, 3-Michelle Kyle (Ash) 4-8.	

Lytle, Ross girls excel at big meets

Young Gibsonburg girls place second

News-Messenger reports

Kelly Lytle won a prestigious race in Mansfield, and the Fremont Ross girls tied for third at the Bill Krause Relays in Tiffin to highlight a busy day for the Little Giants track and field teams Saturday.

Lytle won the 200-meter dash at the Mehock Relays in a time of 22.5 seconds.

"His 200 race was picture perfect," Ross coach Cathy Esposito said. "He came out of the blocks like an airplane taking off the runway. He gained momentum as the race went on."

Ross sent four of its best athletes to compete in Mansfield. Allen



LYTLE

Track and Field

Lutes placed seventh in the long jump with an effort of 20 feet, nine inches. Jeremy Framstad was 16th in the 1,600 run in a time of 4:47.4. Tyrus Hamilton failed to qualify for the finals in the 100 and 200 dashes.

Lytle finished 10th in the 100 dash after slipping out of the blocks.

At Tiffin, the Ross girls won three events and scored 70 points, tied for third with Gahanna Lincoln. Worthington Kilbourne won the 14-team race with 99 points. Hilliard was second with 73.5 points.

Fallon Bailey won the 100 dash in 11.9 seconds and ran the anchor leg of the 1,600 relay, which claimed first with a time of 4:10.4. She was

joined on the relay by Delana Simms, Taneschia McKinstry and Keia Irons.

The Ross shot put team of Jamie Smith, Jen Hillier and Meg Nalley won with a combined throw of 102-1.25.

"Tiffin is a very tough meet to score high in many events," Esposito said. "The girls are finally settling into their positions in their events. The handoffs are becoming extremely exciting to watch; they are very smooth and exact."

The Little Giants boys team, depleted by the absence of its top athletes, scored eight points and tied for 14th with Elida.

The boys' best finish came in the long jump. Bo Martin, Josh Emly and Richy Teeters combined to jump 57-3.5 and come in fourth.

The Ross teams host Admiral King and Findlay on Tuesday.

Inside: Baseball, softball roundups. Page B3

Gibsonburg girls second at Fostoria
FOSTORIA — The Gibsonburg girls didn't win a single event, but they managed second place behind powerful Liberty-Benton in the small-school division of the Sky Bank Track Invitational.

The Golden Bears scored 80 points, five more than third-place Hopewell-Loudon. Liberty-Benton blew away the field with 201 points.

Twenty-one of the 24 Gibsonburg athletes are freshmen or sophomores.

"I was extremely pleased," Gibsonburg coach Michelle Newsome said. "I just told the girls to go out and do the best they could. When we heard we were second about halfway

See WOODMORE, B3

Track & Field

High School Boys

Mehock Relays

100 dash
Semifinals

10- Kelly Lytle 11.2
100 dash
Prelims.

15- Lytle 11.4

1600 m. run
Finals

16- Jeremy Framstead 4:47.4

Long Jump
Finals

7- Allen Lutes 20-09.00

200 dash
Finals

1- Lytle 22.5

Bill Krause Relays

Team Scores

1. Sandusky	93
2. Worthington Kilbourne	85
3. Gahanna Lincoln	77
4. Perkins	68
5. Hilliard Davidson	63
6. st. Francis DeSales	47
7. Tiffin Columbian	46
8. Whitmer	45
9. Avon Lake	40
10. Findlay	26
11. Southview	17
12. Piqua	16
13. Anthony Wayne	12
14. Ross	8
14. Elida	8

N

Ross results

Long Jump: 4- Bo Martin, Josh Emily,
Richy Teeters 57-3.5

Shot Put: 6- Chris Kayser, Hershey, Joe
Kaiser 127-9

400 m. relay: 6- Bo Hudson, Martin,
Matt Ziemke, David Rhodes 46.2

Pole Vault: 5- Teeters, Coberson, Mike
Ziemke 31-6

High School Girls

Bill Krause Relays

Team Scores

1. Kilbourne.....	99
2. Hilliard.....	73.5
3. Gahanna Lincoln.....	70
3. Ross.....	70
5. Perkins.....	52
6. Notre Dame.....	48
7. Avon Lake.....	42
8. Elida.....	37
9. Anthony Wayne.....	29
10. Sandusky.....	27
11. Findlay.....	26
12. Tiffin Columbian.....	25.5
13. Piqua.....	14
14. Southview.....	5

Ross results

High Jump: 6- Taneschia McKinstry, Keia Irons, Adrianne Robertson 13-9

Discus: 3- Meg Nalley, Jamie Smith, Jen Hillier 283-3

Shot Put: 1- Smith, Hillier, Nalley 102-1.25

6400 m. relay: 5- Kelly Biehler, Brittany Dohanos, Megan Neeley, O'Connor 26.06.2

3200 m. relay: 6- Shana Frontz, Ceara Barr, Wendy Farrell, Stacy Hall 10:57.2

100 hurdles: 6- Nicole SanGregory 17.5

100 m. dash: 1- Fallon Bailey 11.9

800 m. relay: 4- Robertson, Taneschia McKinstry, Delana Simms, Irons 1:50.5

1600 m. run: 3- Hall 5:36.6

400 m. relay: 2- McKinstry, Irons, Robertson, Bailey 51.5

Distance Medley: 6- Frontz, Barr, Dohanos, Biehler 14:34.0

300 hurdles: 5- Rachel Ruiz 50.7

800 m. run: 5- Hall 2:24.3

Sprint Medley: 5- Robertson, SanGregory, Ruiz, Simms 2:00.4

200 m. dash: 3- BAiley 25.0

1600 m. relay: 1- Simms, McKinstry, Irons, Bailey 4:10.4

TRACK AND FIELD

Ross sweeps GLL duo



News-Messenger photos/Ben French

KELLY LYTHE, center, and **Tyrus Hamilton**, left, run for Fremont Ross in the 100-meter dash during Tuesday's meet against Findlay and Lorain Admiral King at Ross High School. Lytle won the event.

Bailey's four victories highlight girls' dominance

News-Messenger reports

Fallon Bailey was involved in four victories Tuesday as the Fremont Ross girls swept Great Lakes League foes Findlay and Lorain Admiral King.

Bailey won the 100- and 400-meter dashes and ran on winning 400 and 1,600 relay teams as Ross racked up 104 points. Findlay scored 62 points, Admiral King 5.5.

Stacy Hall was a part of three victories, winning the 1,600 and 3,200 runs and running on the victorious 3,200 relay team.

"The girls are now undefeated in the GLL with this double victory. Every area of the girls' performance was near perfect," Ross coach Cathy Esposito said. "This team is very balanced with a lot of depth to push them one step closer to a league championship."

The boys also defeated Findlay and Admiral King behind Kelly Ly-



HALL

tle's three victories. The Little Giants scored 89 points, Findlay managed 67 points and Admiral King scored 12 points.

Lytle claimed the 100 and 200 dashes in 10.8 and 23.07 seconds, respectively. He joined David Rhodes, Tyrus Hamilton and Mike Ziemke on the 400 relay team, which won in 44.62 seconds.

Ricky Teeters won the pole vault with a 12-foot vault, Allen Lutes took the high jump with a 6-2 leap, Bo Martin won the long jump at 20-4 and Joe Kaiser took the shot put with a 49-9.5.

"The boys are also settling into their event areas very well," Esposito said. "This performance by the entire team will lead to much anticipation for the league meet."

Bailey ran the 100 in 12.4 seconds and the 400 in 1:01. She ran the anchor on the 400 relay team, which also included Taneshia McKinstry, Keia Irons and Adrienne Robertson and won in 50.9 seconds. The 1,600 relay team of Delana Simms, McKinstry, Irons and Bailey won in 4:15.

Hall won the 1,600 in 5:40 and the

3,200 in 12:38. She ran the anchor for the 3,200 relay team of Ceara Barr, Shana Frontz and Wendy Farrell, which won in 10:38.

Simms took the long jump with an effort of 14-7, Jen Hillier won the shot put with a 36-3.75, Rachel Ruiz claimed the 300 hurdles in 51.8 seconds, Robertson claimed the 200 dash in 27.5 seconds, Jamie Smith won the discus with a toss of 121-1 and Farrell won the 3,200 run in 12:38.

The 800 relay team of McKinstry, Robertson, Irons and Simms won in 1:50.

Ross is at the Sandusky Invitational on Friday.

Gibsonburg girls whip Otsego

GIBSONBURG — Mallory Fleming had a hand in four victories as the Golden Bears girls recorded a 94-34 victory over Otsego in a dual meet.

She won the high jump with an effort of 4-8 and took the 400 dash in 1:08.29. Fleming was also a member



NICOLE SANGREGORY competes in the 100 hurdles during Tuesday's meet at Ross.

See ROCKETS, B3

Gibsonburg 5, Woodmore 0

Woodmore	000	000	0	—	0	1	2
Gibsonburg	301	010	x	—	5	5	0

WP — Jamie Wonderly (9-3), LP — Cori Moenter.

2B — Lexe Warren (G) 2, Heather Hill (G).

3B — Hill (G).

Gibsonburg pitching: Wonderly 7 inn., 0 runs, 1 hit, 15 strikeouts, 3 walks.

Gibsonburg hitting: Warren 2-3, RBI; Hill 2-3.

Record: Gibsonburg 9-3 (1-3 SLL).

Margaretta 4, Port Clinton 0

Margaretta	200	110	0	—	4	7	2
Port Clinton	000	000	0	—	0	2	1

WP — Ashlee Cullen, LP — Carey Limestahl

2B — Faulkner (M), Courtney Kennedy (M)

Records: Margaretta 9-4 (5-0 SBC), Port Clinton 4-10 (1-4 SBC).

Track & Field

High School Boys

Ross 89, Findlay 67, Admiral King 12

Ross winners

400 relay — Ross (David Rhodes, Tyrus Hamilton, Mike Ziemke, Kelly Lytle) 44.62.

Pole vault — Richy Teeters 12-0.

High jump — Allen Lutes 6-2.

100 dash — Lytle 10.8.

Long jump — Bo Martin 20-4.

200 dash — Lytle 23.8.

Shot put — Joe Kaiser 49-9.5.

High School Girls

Ross 104, Findlay 62, Admiral King 5.5

Ross Winners

3,200 relay — Ross (Ceara Barr, Shana Frontz, Wendy Farrell, Stacy Hall) 10:38.

1,600 run — Hall 5:40.

Long jump — Delana Sims 14-7.

Shot put — Jen Hillier 36-3.75.

100 dash — Fallon Bailey 12.4.

400 relay — Ross (Taneschia McKinstry, Keia Irons, Adrianne Robertson, Bailey) 50.9.

300 hurdles — Rachel Ruiz 51.8.

800 relay — Ross (McKinstry, Robertson, Irons, Sims) 1:50.

400 dash — Bailey 1:01.

800 run — Hall 2:32.

200 dash — Robertson 27.5.

Discus — Jamie Smith 121-1.

3,200 run — Wendy Farrell 12:38.

1,600 relay — Ross (Sims, McKinstry, Irons, Bailey) 4:15.

Oak Harbor 99, Huron 44, SMCC 18

4x800 relay: 1- Huron 10:36.0; 2- Oak Harbor (Sarah Wilbur, Nicole Leslie, Janet Wilbur, Laura L'Espresso) 10:53.4; 3- SMCC 11:02.8

100 m. hurdles: 1- Jeanne Osborne (OH) 16.1; 2- Katie Gutilla (OH) 16.7; 3- Ashley Brooks (OH) 16.8

100 m. dash: 1- Sara Case (OH) 13.4; 2- Kinsey Goetz (OH) 13.4; 3- Cheryl Dayan (SMCC) 13.5

High Jump: 1- Megan Bodner (OH) 5-; 2- Suzanne Skeel (OH) 5-; 3- Sara Schimmoeller (OH) 5-

1600 m. run: 1- West (H) 5:35.01; 2- Jackie Baumgardner (OH) 5:37.2; 3- A

Ross sweeps Streaks

Oak Harbor girls, boys win Ottawa County meet

News-Messenger reports

SANDUSKY — Fallon Bailey, Stacy Hall, Derek Dalton and Jeremy Framstad each won a pair of events as the Fremont Ross track and field teams swept past Sandusky in a make-up dual meet Tuesday.

The Little Giants girls claimed a commanding 77-55 victory to stay perfect in Great Lakes League meets.

"The girls had a very solid meet with girls scoring in every event," Ross coach Cathy Esposito said.

The Ross boys won by a more narrow 68.5-63.5 margin.

Track and Field

Bailey won the 100- and 400-meter dashes in times of 12.55 seconds and 1:04.5. Hall claimed the 1,600 run in 5:45.8 and the 3,200 run in 12:37.

Rachel Ruiz took the 300 hurdles in 56.8 seconds, Meg Nalley claimed the shot put with a toss of 32-2.5 and Jamie Smith won the discus with an effort of 113-10.

For the boys, Dalton took the 110 hurdles and the 300 hurdles in 16.45 seconds and 42.7 seconds, respectively. Framstad won the 1,600 run in 4:51.9 and the 3,200 run in 11:05.

Kelly Lytle claimed the 100 dash in 11.3 seconds, Joe Kaiser won the shot put with a heave of 47-9, Bo Hudson took the high jump at 5-8 and Richy Teeters won the pole vault at 11-0.

Ross hosts the Fremont Invitational on Saturday.

Lakota sweeps quad

KANSAS — Kris Stafford won both throwing events as the Raiders defeated Old Fort, New Riegel and Bettsville in a quad meet.

Stafford won the discus with a toss of 146-8 and the shot put at 50-9.

The Raiders scored 112 points. Old Fort came in

second with 68 points, New Riegel was third with 32 points and Bettsville scored 20 points.

In the girls meet, Lakota scored 111 points, besting New Riegel's 39, Old Fort's 37 and Bettsville's 36.

The Raiders boys got victories from Brian Jacobs in the pole vault (9-6) and Thomas Crawford in the 200 dash (24.9 seconds). Lakota won each of the relay events. Derrick Santos, Dan Boulee, P.J. Combs and Nick Smith combined to win the 3,200 relay in 9:06.7; Crawford, Andy Babcock,

See ROCKETS, B3

High School Girls

Fremont Ross 77, Sandusky 55

Ross results

4X800 Relay: 1-11:02.2

100 Hurdles: 2-SanGregory 18:08.

100m: 1-Fallon Bailey 12:55, 4-Adri-anne Robertson 13:60.

1600m: 1-Stacy Hall 5:45.8, 2-Farrell 6:00, 3-Dohanos 6:12.2, 4-Frantz 6:13.2.

4X100: 1-51.2.

400m: 1-Bailey 1:04.5, 2-Taneshia McKinstry 1:07.65.

300 Hurdles: 1-Rachel Ruiz 56.8, 2-SanGregory 57.7, 4-Chapman 1:00.7.

200m: 3-Robertson 28.6.

3200m: 1-Hall 12:37, 3-Bieler 13:49.8, 4-Dohanos 13:58.2.

4X400 Relay: 1-4:40.8.

Shot Put: 1-Malhey 32-11.5, 3-Smith 32-1.

Discus: 1-J. Smith 113-10.

High Jump: 3-K. Irons 4-8.

Long Jump: 3-L. Chapman 12-8.4

4X200 Relay: 1-1:50.2.

Track & Field

High School Boys

Ross 68.5, Sandusky 63.5

Ross Results

4X800 Relay: 2-9:28.4.

100 Hurdles: 1-Derek Dalton 16:45, 2-Daugherty 16.55.

100m: 1-Kelly Lytle 11:40, 3-Tyrus Hamilton 12:00.

1600m: 1-Jeremy Framstad 4:51.9, 3-Josh Ohms 4:58.9.

4X100 Relay: 2-44.5.

400m: 2-Lytte 56.0, 3-Bo Martin 56.1.

300 Hurdles: 1-Dalton 42.7, 4-Emily 48.6.

200m: 3-Hamilton 24.48.

3200m: 1-Framstad 11:05, 3-Art Neely 12:07, 4-Copley 12:34.

4X400 Relay: 2-4:05.

Shot Put: 1-Joe Kaiser 47-9, 2-Crawford 44-3.75.

Discus: 2-Kayser 122-0.

High Jump: 1-Hudson 5-8, 3-Dalton 5-6.

Long Jump: 2-Hudson 20-5, 3-Agnew 19-10.25.

Pole Vault: 1-Ricky Teeters 11-0, 2-Matt Ziemke 10-6, 3-Culbertson 10-6.

Lytle chooses Princeton

Lure of Ivy League too strong for Ross sprinter to ignore

News-Messenger reports

Ross sprinting star Kelly Lytle sat out Saturday's Fremont Invitational because he wants to be at full strength for the Great Lakes League meet next week.

At last year's Fremont Invitational, Lytle set the school record in the 100-meter dash by finishing in 10.5 seconds. But minor hip soreness and the raw weather made Lytle think better of running Saturday as he continues his comeback from a second knee surgery.

Instead, he helped out by running a stopwatch for other athletes.

"Today would have been a good workout, but it's cold and windy

and I'd rather heal up for the conference meet next week," Lytle said. "It's fun to win, but they're just workouts to get ready for the conference and then the district and regional."

Speaking of the future, Lytle, who is on track to be his class valedictorian, has announced that he will attend Princeton University and run track. He won't receive an athletic scholarship.

"I visited there in the fall and winter, and I just loved it," Lytle said of the New Jersey campus. "The academics and the opportunity to run track was just too much to pass up."

Lytle said he considered at-

tending Miami of Ohio and running track there but couldn't resist the allure of the Ivy League.

Although Lytle rushed for 458 yards in two-and-a-half football games before injuring his knee last fall, he said he would not pursue a college football career.

"I thought about football for a long time, but I don't really know about the pounding my knees would take in college football and the time it would consume to play it," Lytle said. "I don't know if I'd have been ready for the time commitment in college football. I don't know if I like it that much to spend that much time with it to take it to the next level."