

2004 State...

STATE TRACK PREVIEW

Time to top times

Area stars' best
needed at state

By MATTHEW HORN
Sports Writer

Area athletes competing at state this weekend are as prepared as possible, cognizant they can't control the opposition.

They want to avoid leaving Columbus with what ifs and almosts.

It's time to rise to the opposition's level or make certain it can't rise to yours.

Fremont Ross junior Adam Wilhelm hopes to have fortified his chances of improving his standing in the Division I 400-meter dash and winding up on the podium in the 1,600 relay this weekend.

Wilhelm will run in the 200 and 400 and the third leg on the 1,600 relay at state.

Cleveland Glenville's Ted Ginn won a regional crown in the 200 (21.34 seconds) and anchored the 1,600 relay to another title (3:14.94). He also had the third-fastest time in the 400 (48.11).

"I don't know a whole lot about him," Wilhelm said. "I know he's pretty quick. I've heard from a lot of people that he's the stuff and I should be shooting for him."

"I'd rather not have to see him but nothing comes easy."

That could be the theme for many of the area's individuals in 13 events and six relays as many rekindle familiar challenges.

Wilhelm will not see Ginn in any event unless both make the finals, and teammate Elon Simms would have the unenviable task of running the final leg against him in the 1,600.

Wilhelm's past experiences at state, including a 13th-place finish as a freshman and sixth as a sophomore in the 400, have taught him that qualifying times can be misleading.

"The last two years I went to state ranked worse than what I finished," he said.

The 1,600 relay, which defeated four teams that entered regionals with faster times, comes in with the fifth-best time (3:21.30). Wilhelm is seeded eighth in the 400.

See AREA STARS, B4

State participants

There are area athletes in 13 individual events and six relays at this weekend's state meet. Here are the local athletes, with the top seed in their events.

DIVISION I Boys

400 — 1. Zach Logan (Trotwood-Madison) 47.60; 8. Adam Wilhelm (Ross) 49.12

200 — 1. Ted Ginn Jr. (Cleveland Glenville) 21.34; 14. Adam Wilhelm (Ross) 22.40

1600 relay — 1. Cleveland Glenville 3:14.94; 5. Ross 3:21.30

Area stars head to Columbus

Continued From B1

Having had Simms in the fold on the same team could be beneficial to Wilhelm's plight in the 400. Wilhelm and Simms finished first and second in a majority of the team's early 400 races before Simms incurred a few nagging injuries.

"It always helps to have someone on the team that can push you," Wilhelm said.

Wilhelm said he feels best about his chances in the 400 because he controls his own destiny but would rather see the 1,600 meet its goals.

"So we can share the success," he said.

Simms and Wilhelm believe the 1,600 relay, which set a school record (3:21.30) to win regionals, can drop the time even further.

"We've only been pushed one time — at the regional finals — and everybody still could have run a little stronger leg," Wilhelm said. "I think we can get under 3:20. You have to believe."

And Wilhelm of the opinion that the time is now.

"We might not be this good with Tim (Burris) graduated," Wilhelm said. "You don't want to waste the opportunity."

Bellevue's Greg Keys, who will compete in the 110 and 300 hurdles and the 400 and 800 relays in Division II this weekend, is also just a junior. He finished second to Shelby's Austin Wechter in each hurdle event last season but beat him in the 110s four times and didn't lose in the event this year.

Keys, who said he has a year and a track meet left before he begins to concentrate solely on football, will literally have to navigate a gauntlet as he participates in each of his races before the running events are half over.

Clyde's Jared Martin, a favorite to place in the 110s before he fell in the regional preliminaries, has the third-fastest time in the 300 hurdles.

Oak Harbor's Jeanne Osborne has dealt with the disappointment of qualifying for but not placing at state in the Division II hurdle events the last three seasons. Columbus Hamilton Township's Ashley Trimble will again join Osborne in Columbus after winning each event last season.

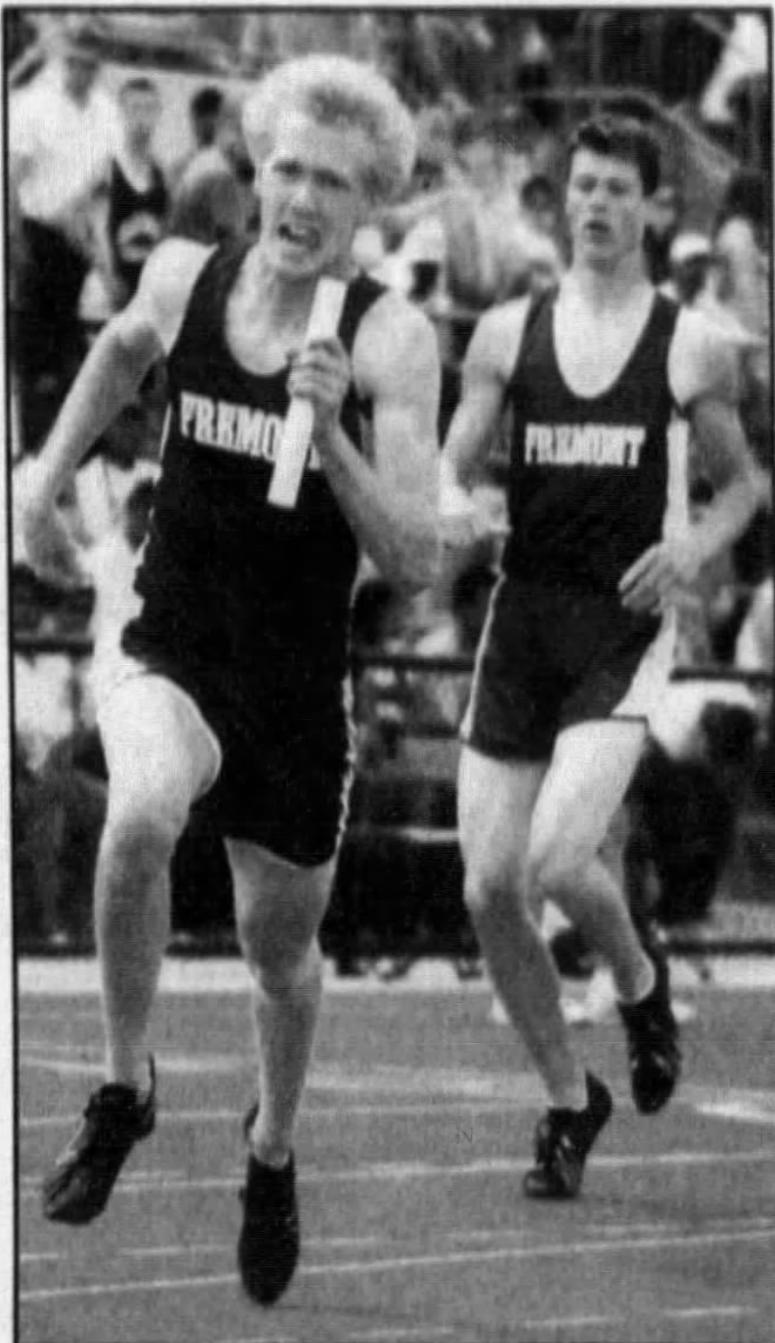
Old Fort's Brandon Kistler comes off a subpar showing at Division III regionals. His 100 time has him ranked 12th and his 200 time 11th.

Kistler said he didn't feel or run well at regionals and would like to give the Stockaders' a state champion for the second straight season after Brian Ryman won the 100 and 200. Kistler was fifth in the 100 and fourth in the 200 last year.

And while nothing for any of the area's athletes is guaranteed, the surest bet at a state title may very well be Woodmore freshman Emily Pendleton. The Wildcat set a regional mark with a discus throw of 152 feet, 1 inch.

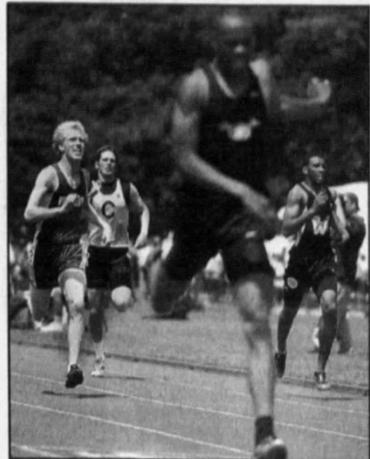
"It's exciting to be down there with the competition," Simms said. "Anything can happen. I'm anxious to see what's going to happen."

STATE TRACK



News-Messenger/David Distelhorst
FREMONT ROSS junior Adam Wilhelm runs in the 1,600-meter preliminary relay on Friday at the state meet in Columbus.

STATE NOTEBOOK



News-Messenger/David Distelhorst

FREMONT ROSS JUNIOR Adam Wilhelm, left, finished fourth in the Division I 400-meter dash at the state track and field championships on Saturday. He also finished third in the 200.

Fremont Ross junior Adam Wilhelm has also been to state each of his three years. He had the fourth-fastest time in the Division I 400 and tied for sixth in the 200.

"I wasn't expecting to get out in the 200," Wilhelm said. "I had a slow start, but I passed a couple guys at the end."

The 1,600 relay, on which Wilhelm runs the third leg, was seeded fifth but failed to advance.

"We didn't run very good splits," Wilhelm said. "We got boxed in and had to fight to get to the inside lanes. Part of it might have been nerves. Jordan (Edwards) and Tim (Burris) hadn't been to state. They may have been a little intimidated by the atmosphere."

Little Giant continues to improve

Wilhelm surprises self, earns two top-four finishes at state

By MATTHEW HORN
Sports Writer

COLUMBUS — Fremont Ross junior Adam Wilhelm finished 13th in the Division I 400-meter dash at state as a freshman and sixth as a sophomore. He was fourth in the race on Saturday.

And he believes he can continue to improve. "I was thinking while I was up (on the podium) that next year I want to walk all the way up to the top instead of just stepping up there," he said.

Wilhelm entered the state tournament seeded eighth before finishing fourth in the prelims.

"I would have liked to place in the top three," he said.

Wilhelm tied for sixth in the 200 prelims. After the 400, Wilhelm replayed Murphy Lee's "Wat da hook gon be" in his head in an effort to take his mind off being tired.

And then he ripped it up.

Wilhelm finished third in an event he didn't expect to advance to the finals in.

"I barely qualified and got third. I shocked myself," he said. "I guess I ran scared. I was all the way out in lane 8. I had a nice kick at the end."

■ **CLAM UP:** If Cleveland Glenville's boys track team were an oyster, Theodore Ginn Jr. would be its pearl.

Glenville finished first at the state meet with a record 80 points, and Ginn won three events and finished second in another. He was a member of the first-place 1,600 relay, won the 200 and 110 hurdles after setting a state record with a time of 13.26 seconds in prelims and was second in the 400.

"We're state champs," Ginn said. "This was a great way to end my career. And it was at my new home."

Ginn will run track and play football at Ohio State University.

Track & Field

High School Boys

State Championships

COLUMBUS — Final results from the 2004 state boys and girls track and field tournament.

DIVISION I

400 Dash

1, Zach Logan, Trotwood-Madison 46.64; 2, Theodore Ginn Jr., Cle. Glenville 46.88; 3, Derek Hoye, Cols. St. Charles 47.97; 4, **Adam Wilhelm, Fremont Ross 48.73**; 5, Andre Walker, Reynoldsburg 48.97; 6, Marque Jones, Wilmington 49.15; 7, Scott Chilinsky, Centerville 49.79; 8, Dan Melton, Mt. Vernon 50.02.

200 Dash

1, Theodore Ginn Jr., Cle. Glenville 21.51; 2, Stephon Fuqua, Cle. Glenville 21.75; 3, **Adam Wilhelm, Fremont Ross 21.75**; 4, Antonio Kellom, Cle. JFK 21.86; 5, Miguel Snyder, Cle. E. Technical 22.06; 6, Zach Logan, Trotwood-Madison 22.06; 7, Ryan Robertson, Pickerington Cent. 22.18; 8, Almoneau Robinson, Cols. E. 22.18.