

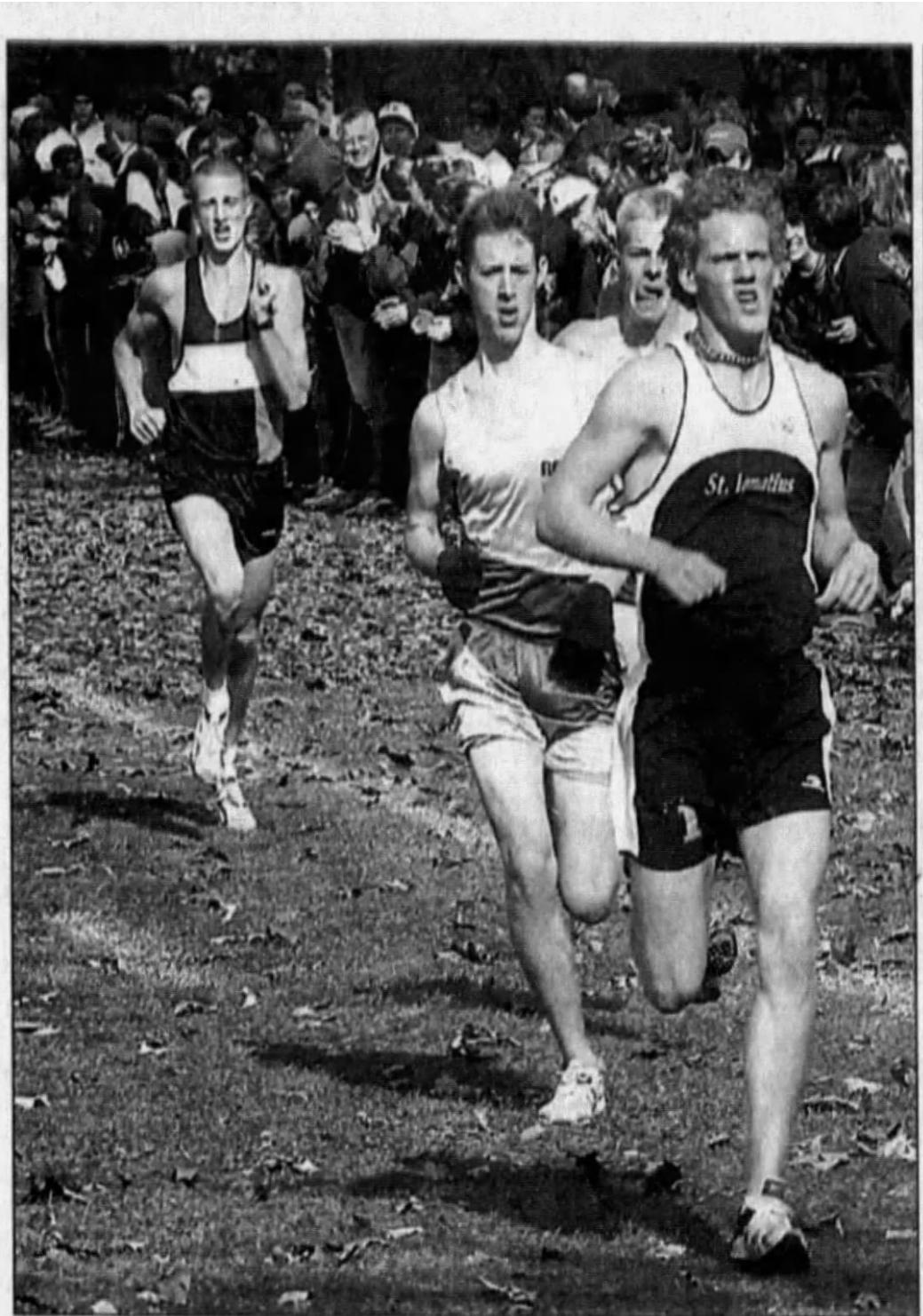
2000 Regional meet...

## Division I

Ross runners Jeremy Framstad and Stacy Hall are making return trips to the regional.

Framstad, a junior and three-time regional qualifier, is shooting for his first berth at state, a feat his brother, Jon, accomplished as a junior. Ross coach John Elder said Framstad will need to break 16:30 to have a shot at the top 15. He ran a 16:44 to finish sixth at last week's district in Oregon.

Hall, a sophomore, placed 12th at the district in a time of 20:48.



News-Messenger/Ben French

**JEREMY FRAMSTAD** (second) of Ross heads down the home stretch of the Division I regional meet, battling Marc Sylvester of St. Ignatius, Jason Gurney of Columbian and Jake Lombardo of Ashland for a berth in the state meet. Framstad held off Gurney and Lombardo for 14th place.

## Division I

The odds were against Framstad as he entered the final mile of the Division I race.

He was solidly in 14th place, but the cold weather and Framstad's lack of a strong finishing kick were weighing against him gaining a state berth.

Still, Framstad held on to his position, holding off Jason Gurney of Tiffin Columbian and Jake Lombardo of Ashland at the finish line and taking 14th in 16:41.

"I fought through the whole thing, actually," Framstad said. "It was cold; it's not my weather. I got tight and stiff.

"I just made it. I'm very relieved. My season's going on."

Framstad's brother, Jon, advanced to his only state meet with a 15th-place finish.

"He had a great week of practice," Ross coach John Elder said of Jeremy Framstad. "It's the best week of practice he's had all year. He said it wasn't his weather, but that's beside the point. Division I is deep. That's just how it is."