

2019 Three Rivers Athletic Conference Results

Track

Three Rivers Athletic Conference Championships

Fremont Ross freshman Ethan Green won the discus Wednesday at 165-feet, 9-inches.

Jason Burling was second in the discus at 165-01 and Keaton Jordan was second in the pole vault for the Little Giants.

Ross' Green wins TRAC crown as freshman

Matthew Horn

Fremont News-Messenger
USA TODAY NETWORK

Before the season, Fremont Ross freshman Ethan Green thought a Three Rivers Athletic Conference championship was decidedly outside his realm of possibilities.

He tossed the discus 165-feet, 9-inches Wednesday to finish first at Toledo Whitmer.

Now, Green is thinking he just might reach 177 this season. That would establish a record for a Little Giants freshman.

His mark from the TRAC meet is the best in Ohio for a freshman this season and second in the nation (169-6).

Green's personal-best was 154 before his crown. It was 146 before that and then around 120 and 110 following 100 at the first meet.

"In the throwing world, 10 feet is a lot," he said. "Now that I set the 165 mark, I'd like to gain five feet. I'd have thought (177) was impossible coming in, but it's in the back of my mind.

"I'd like to get 170 to beat that 169-6. Every week I try to PR. We've talked. It's possible."

Ross throws coach Travis Bates encourages Green to believe.

"I'm not nearly as strong as kids like

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Fremont Ross freshman Ethan Green won the discus at the Three Rivers Athletic Conference Championships. Little Giants junior Jason Burling was second. SUBMITTED

Green

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(Ross teammates) Jason Burling and Mike Thomas,” Green said. “Things started to click. Coach Bates worked on my technique.

“I wanted to throw 160 and jump out in front (in Ohio). I came in wanting to win.”

Green topped Burling, a junior, for only the second time Wednesday. Burling was second at 165-01.

“It’s special as a freshman and beating an upperclassman is a big thing,” Green said. “We challenge each other in practice and compete in practice. Our drive against each other is pushing our throws out and helping us both. Without him, I don’t think I’d be throwing as far.”

Green, who struggled initially after

he started throwing in the seventh-grade, is nearly 6-feet, 6-inches tall and weighs about 235 pounds. He grew several inches last summer.

“I had a growth spurt and my body started to develop,” he said. “I still have lots of work to do, but I am progressing. I thank my wrestling and football and track coaches for helping with strength.”

Bates changed Green’s mechanics from middle school.

“Being long and using my long arms to my advantage has helped,” Green said. “Keeping my legs short and quick. Coach is phenomenal.”

Green advanced to state and finished fourth in eighth grade. He feared a heavier disc would impact his results.

“I was nervous for the competition,” he said. “I wanted to be part of it, but I was scared how I’d adapt. I get more and more excited as I progress. I get more excited for meets because I can throw farther than I did the week before.”

Three Rivers Athletic Conference Championships

Freshman Briana Morrisette won the 100 at 12.70 and AnneMarie Moses the pole vault clearing 11-6 as Fremont Ross' girls beat Findlay by one point to finish first.

Nadia Kirksey, Morrisette, Jazzele Lindsey and freshman Jadyn Rozzell won the 4x100 at 49.65 and Kimora Rapp, Ashanti Elkins, Lindsey and Morrisette the 4x200 at 1:44.53.

The 4x200 is unbeaten this season and the 4x100 failed to finish first only once.

McKela Elder won the 800 at 2:21.18. Rapp was second in the 400 and Rapp, Elder, Madalyn Metcalf and Elkins second in the 4x400.

Jason Burling won the shot put at 52-5 as the Little Giants' boys were third. He was second in the discus Wednesday.

Bryce McKinstry was second in the 400.

mhorn@gannett.com

419-307-4892

Twitter: @MatthewHornNH

TRAC CHAMPIONSHIP 2019

May 8, 2019 - May 10, 2019

Whitmer HS Track

Toledo, OH

Meet History

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Fremont Ross Results

Sort:

Event

GIRLS		ATHLETE	PLACE	SECTION	RESULTS
100 METER DASH					
	12.70	Briana Morrisette	1st	Finals H1	Complete Results
	12.81	Briana Morrisette	2nd	Prelims H1	Complete Results
	13.72	Jadyn Rozzell	13th	Prelims H1	Complete Results
200 METER DASH					
	26.01	SB Briana Morrisette	3rd	Finals H1	Complete Results
	26.62	Briana Morrisette	4th	Prelims H1	Complete Results
	26.85	SB Ashanti Elkins	9th	Prelims H1	Complete Results
400 METER DASH					
	59.50	Kimora Rapp	2nd	Finals H1	Complete Results
	59.89	Ashanti Elkins	3rd	Finals H1	Complete Results
	1:00.27	Kimora Rapp	2nd	Prelims H1	Complete Results
	1:01.47	Ashanti Elkins	3rd	Prelims H1	Complete Results
800 METER RUN					

2:21.18		Mckela Elder	1st	Finals H1	Complete Results
2:37.57		Allison Taylor	9th	Finals H1	Complete Results
1600 METER RUN					
5:14.69	SB	Mckela Elder	3rd	Finals H1	Complete Results
5:57.00	SB	Allison Taylor	10th	Finals H1	Complete Results
3200 METER RUN					
14:15.27		Grace Egbert	10th	Finals H1	Complete Results
15:58.85		Sarah Widman	11th	Finals H1	Complete Results
100 METER HURDLES					
18.12		Makenna Englund	10th	Prelims H1	Complete Results
20.33		Madalyn Metcalf	14th	Prelims H1	Complete Results
110 METER HURDLES					
19.98		Samuel Sweeney	15th	Prelims H1	Complete Results
300 METER HURDLES					
49.13	SB	Madalyn Metcalf	3rd	Finals H1	Complete Results
51.05		Samuel Sweeney	13th	Prelims H1	Complete Results
51.17		Madalyn Metcalf	4th	Prelims H1	Complete Results
55.45		Makenna Englund	13th	Prelims H1	Complete Results
4X100 METER RELAY					
49.65		Relay Team	1st	Prelims H1	Complete Results
49.65		Relay Team	1st	Finals H1	Complete Results
4X200 METER RELAY					
1:44.53		Relay Team	1st	Prelims H1	Complete Results
1:44.53		Relay Team	1st	Finals H1	Complete Results
4X400 METER RELAY					
4:06.90		Relay Team	2nd	Prelims H1	Complete Results
4:06.90		Relay Team	2nd	Finals H1	Complete Results
4X800 METER RELAY					
10:47.70		Relay Team	6th	Finals H1	Complete Results
HIGH JUMP					

5-0		Sarah Watson	5th	Finals H1	Complete Results
LONG JUMP					
17-1		Jazzele Lindsey	3rd	Prelims H1	Complete Results
17-1		Jazzele Lindsey	3rd	Finals H1	Complete Results
POLE VAULT					
11-6		Annemarie Moses	1st	Finals H1	Complete Results
9-10		Allison Taylor	6th	Finals H1	Complete Results
DISCUS					
105-9	SB	Marissa Overmyer	3rd	Finals H1	Complete Results
101-7		Marissa Overmyer	4th	Prelims H1	Complete Results
84-7		Caroline Cahill	10th	Prelims H1	Complete Results
SHOT PUT					
33-10.5		Emma Jahns	2nd	Prelims H1	Complete Results
33-10.5		Emma Jahns	4th	Finals H1	Complete Results
31-10		Olivia Baptista	7th	Finals H1	Complete Results
30-10.5		Olivia Baptista	7th	Prelims H1	Complete Results
BOYS					
ATHLETE					
PLACE					
SECTION					
RESULTS					
100 METER DASH					
11.95		Andrew Born	12th	Prelims H1	Complete Results
12.51		Kyle Waggoner	14th	Prelims H1	Complete Results
200 METER DASH					
23.39		Ivan Starkweather	6th	Prelims H1	Complete Results
23.53		Ivan Starkweather	5th	Finals H1	Complete Results
24.86		Jonathan Martin	15th	Prelims H1	Complete Results
400 METER DASH					
50.59	SB	Bryce Mckinstry	2nd	Finals H1	Complete Results
51.63		Bryce Mckinstry	1st	Prelims H1	Complete Results
52.94	SB	Jonathan Martin	8th	Prelims H1	Complete Results
53.49		Jonathan Martin	8th	Finals H1	Complete Results
800 METER RUN					

4X800 METER RELAY

8:25.17	Relay Team	3rd	Finals H1	Complete Results
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HIGH JUMP

6-6.75	SB	Hayden Lehman	7th	Finals H1	Complete Results
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5-10		Bryce Mckinsty	3rd	Finals H1	Complete Results
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LONG JUMP

19-7.5		Kavon Martin	3rd	Prelims H1	Complete Results
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19-7.5		Kavon Martin	9th	Finals H1	Complete Results
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18-10.5		Spencer Price	11th	Prelims H1	Complete Results
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POLE VAULT

14-0		Keaton Jordan	2nd	Finals H1	Complete Results
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9-6		Spencer Price	8th	Finals H1	Complete Results
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DISCUS

165-9		Ethan Green	1st	Prelims H1	Complete Results
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165-9	SB	Ethan Green	1st	Finals H1	Complete Results
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165-1		Jason Burling	2nd	Prelims H1	Complete Results
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165-1	SB	Jason Burling	2nd	Finals H1	Complete Results
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SHOT PUT

52-5		Jason Burling	1st	Prelims H1	Complete Results
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52-5		Jason Burling	1st	Finals H1	Complete Results
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41-8		Mike Thomas	9th	Finals H1	Complete Results
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41-7		Mike Thomas	8th	Prelims H1	Complete Results
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