

## **2010 Track and Field Recap**

### **MSL Buckeye**

The Boys placed 4th and the Girls 7th out of all the Buckeye schools in the 2010 Championships. This is an improvement from the 2009 seasons 6th and 8th places, accomplishing the goals we set out at the beginning of the year to be in the top half of the league on the boys side and improve status in the girls section.

MSL CHAMPION: DOMINIC GRAY (Sr.) in the 110 Hurdles!!!!!!!!!!!!

League Medalists:

Silver- Girls 400m: Denerica Curry (Sr.)

Silver- Boys High Jump: James White (Jr.)

Silver- Boys 4x200 Relay: J. White, T. Ingram (Jr.), D. Gray, A. Williams

Bronze- Boys 400m: Aireese Williams (Sr.)

Bronze- Boys 300H: Dominic Gray (Sr.)

Bronze- Girls Shot Put: Ashley Freshkorn (Fr.)

Bronze- Girls Pole Vault: Maddy Davisson (Jr.)

### **Grandview Heights**

The boys team was Runner-Up at this Friday night invitational meet out of 6 teams, getting narrowly edged by Big Walnut in the team race. The girls team placed 3rd out of 6 teams at this event.

#### **Boys Event Winners**

4x800 Relay: H. Smith, A. Springer, S. Malone, C. Tyler

110H: Dominic Gray

300H: Dominic Gray

Shot Put: Alonzo Burley

#### **Girls Event Winners**

4x800 Relay: D. Curry, S. Rakes, C. Andrews, S. Scarberry

100H: Maddy Davisson

400m: Denerica Curry

Shot Put: Ashley Freshkorn

Pole Vault: Maddy Davisson

Long Jump: Maddy Davisson

## **Red Devil Relays**

The boys placed 6th and the girls 8th out of 15 teams at the Marion Franklin Red Devil relays on Friday night.

Ashley Freshkorn (Fr.) Smashed the school record in the Shot Put by over two feet by hurling the 4k shot 37'7.5"!!!!!!

### **Boys Medalists**

Silver - Shuttle Hurdles - J. White, H. Smith, N. Leach, D. Gray

Silver - High Jump Relay - James White & Harrison Smith

Bronze - Shot Put Relay - Alonzo Burley & Brandon Hedges

### **Girls Medalists**

Silver - Shot Put Relay - Ashley Freshkorn & Karen Ingram

Bronze - Distance Medley Relay - D. Curry, M. Pace, C. Andrews, S. Rakes

## **Ranger Invitational**

### **BOYS RANGER INVITATIONAL CHAMPIONS!**

The boys team won their second invitational of the season Friday night at the last home invitational.

**Boys Team Scores:** Hamilton Twp. 128.5; Whitehall 119;  
Columbus Academy 101; Grandview Heights 85.5;  
Columbus Independence 44; Logan Elm 41

### **Boys Event Winners**

400m: Aireese Williams

110H: Dominic Gray

300H: James White

Shot Put: Alonzo Burley

Pole Vault: Nick Rhoades

4x200 Relay: J. White, T. Ingram, D. Gray, A. Williams

**Girls Team Scores:** Columbus Academy 146; Logan Elm 131;  
Grandview Heights 107; Whitehall 55; Hamilton Twp. 52;  
Columbus Independence 28

### **Girls Event Winner**

Pole Vault: Maddy Davisson

## Westfall Dual

### Boys Team Scores

Hamilton Twp. 73  
Westfall 65

### Girls Team Scores

Westfall 74  
Hamilton Twp. 63

### Girls Event Winners

Shot Put: Ashley Freshkorn

Discus: Karen Ingram

Pole Vault: Maddy Davisson

4x800 Relay: D. Adams, D. Curry, C. Andrews, S. Rakes

100H: Maddy Davisson

100m: Marika Pace

1600m: Jessica McManus

4x100 Relay: S. Brush, M. Davisson, A. Thomas, M. Phimmasone

400m: Denerica Curry

### Boys Event Winners

Shot Put: Alonzo Burley

4x800 Relay: H. Smith, N. Leach, A. Springer, C. Tyler

110H: Dominic Gray

100m: Mike Jacob

4x200 Relay: J. White, T. Ingram, D. Gray, A. Williams

4x100 Relay: M. Jacob, J. White, G. Pearson, T. Ingram

400m: Aireese Williams

300H: Dominic Gray

200m: Tahir Ingram

3200m: Sean Marcum

## **Kallner Invitational**

The Ranger boys placed 3rd and the girls 5th out of 11 teams at the latest running of our own Kallner Invitational meet on Saturday.

### **Girls Medalists**

Gold- 400m: Denerica Curry

Silver- Pole Vault: Maddy Davisson (9'0" School Record)

Bronze- 4x800 Relay: S. Scarberry, C. Andrews, D. Curry, S. Rakes

### **Boys Medalists**

Gold- 110H: Dominic Gray

Gold- 4x200 Relay: G. Pearson, T. Ingram, D. Gray, A. Williams

Gold- High Jump: James White

Silver- 200m: Aireese Williams

Bronze: Pole Vault: Nick Rhoades

## **Home Tri Meet**

The Varsity Boys and Girls team had their first Double win of the season beating Fairfield Union and Bloom Carroll in a triangular meet!

### **BOY SCORES**

Hamilton Township 71

Fairfield Union 67

Bloom Carroll 37

### **GIRLS SCORES**

Hamilton Township 73

Fairfield Union 56

Bloom Carroll 45

### **GIRLS EVENT WINNERS**

Long Jump: Maddy Davisson

Pole Vault: Maddy Davisson

100 Hurdles: Maddy Davisson

400m: Denerica Curry

800m: Christy Andrews

3200m: Jessica McManus

4x800 Relay: D. Adams, D. Curry, S. Rakes, J. McManus

4x400 Relay: S. Scarberry, S. Rakes, C. Andrews, D. Curry

### **BOYS EVENT WINNERS**

High Jump: James White

Pole Vault: Nick Rhoades

110 Hurdles: Dominic Gray

3200m: Curtis Tyler

## **Shadyside Relays**

The track athletes awoke before the sunrise to travel to Shadyside, Ohio, on the banks of the Ohio River. 22 teams, five from West Virginia, participated in the 39th annual Shadyside Relays. The boys team placed 5th and the girls 15th in the "Finest Meet in Ohio".

### **Boys Medalists**

Silver- 4x110 Shuttle Hurdles: (J. White, N. Leach, R. Sweet, D. Gray)

Silver- 4x100 Relay: (M. Jacob, J. White, G. Pearson, A. Williams)

Bronze- 100m: Aireese Williams

Bronze- High Jump: James White

### **Girls Medalist**

Silver- Pole Vault: Megan McClain

## Amanda Clearcreek Booster Invitational

### BOYS AC BOOSTER CHAMPIONS!

The boys placed 1st out of seven teams at the Amanda-Clearcreek Booster Invitational, with 169 points. Second place was Logan with 140 points, and third place was Amanda-Clearcreek with 139.5 points.

The girls team scored 100.5 points in the invitational to place fourth behind Amanda-Clearcreek, Logan, and Fisher Catholic.

### Boys Medalists

Gold- 100m: Aireese Williams

Gold- 110H: Dominic Gray

Gold- High Jump: James White

Gold- 4x100: (M. Jacob, J. White, G. Pearson, A. Williams)

Gold- 4x200: (B. Thomas, T. Ingram, D. Gray, J. Frakes)

Silver- 100m: James White

Silver- 400m: Harrison Smith

Silver- 3200m: Curtis Tyler

Silver- Discust: Brandon Hedges

Silver- 4x800: (N. Rhoades, A. Springer, C. Tyler, S. Malone)

Silver- 4x400: (S. Malone, H. Smith, D. Gray, G. Pearson)

Bronze- 200m: Brandon Thomas

Bronze- 400m: Gary Pearson

Bronze- 800m: Shawn Malone

Bronze- Long Jump: James White

Bronze- Shot Put: Brandon Hedges

### Girls Medalists

Gold- 400m: Denerica Curry

Gold- Shot Put: Ashley Freshkorn

Bronze- 3200m: Maili Morales

Bronze- Pole Vault: Megan McClain

Bronze- 4x200: (M. Pace, M. McClain, S. Scarberry, D. Curry)

Bronze- 4x400: (S. Scarberry, C. Andrews, S. Rakes, D. Curry)

Bronze- 4x800: (S. Rakes, M. Morales, J. McManus, D. Adams)

## **Cedarville Impson Invitational**

21 teams registered to run at the Cedarville Impson Booster Invitational on Saturday, April 10th. The Hamilton Township boys team placed 4th and the girls team 7th in the team running for the day.

### **Boys Medalists**

Silver- 110 Hurdles: Dominic Gray

Silver- Long Jump: James White

Silver- 4x100 Relay: (B.Thomas, J.White, G.Pearson, A.Williams)

Bronze- 4x200 Relay: (B. Thomas, D. Gray, G. Pearson, A. Williams)

### **Girls Medalists**

Gold- Shot Put: Ashley Freshkorn

Bronze- 800m: Denerica Curry

Bronze- 4x200 Relay (S.Brush, M.McClain, S.Scarberry, D.Curry)

## **Home Tri Meet**

### **Boys Results:**

Hamilton Township 87; Columbus Academy 50; Amanda CC 38

### **Girls Results:**

Amanda CC 74; Columbus Academy 64; Hamilton Township 37

### **Meet Event Winners:**

Boys Shot: Alonzo Burley

Girls Shot: Ashley Freshkorn

Boys High Jump: James White

Boys Long Jump: James White

Boys 4x8: Maynard, Rhoades, Malone, Tyler

Boys 110H: Dominic Gray

Boys 100: Aireese Williams

Boys 4x2: Thomas, Ingram, A.Williams, Gray

Girls 4x2: Brush, Scarberry, Pace, Curry

Boys 4x1: Jacob, White, Pearson, Ingram

Boys 300H: Dominic Gray

Girls 300H: Sara Scarberry

Boys 200: Tahir Ingram

Girls 4x4: Scarberry, Rakes, Andrews, Curry

## **London Red Raider Relays**

The boys team placed 3rd of 12 teams with 71 points, behind Benjamin Logan (72pts) and Teays Valley with (75pts). The girls team finished 6th of 12 teams in the meet. Overall it was a successful day with the boys improving on 9 of 14 events and the girls 10 of 14 events from the 2009 season.

### **Boys Medal Winners**

Gold - High Jump Relay (James White & Harrison Smith)

Silver - Pole Vault Relay (Nick Rhoades & Nathan Leach)

Silver- Shot Put Relay (Brandon Hedges & Alonzo Burley)

Silver - Shuttle Hurdle Relay

(Dominic Gray, Nathan Leach, Rayond Sweet, Chris Chandler)

Silver - Middle Distance Medley Relay (200,200,400,800)

(Brandon Thomas, Tahir Ingram, Dominic Gray, Tom Maynard)

Bronze - Long Jump Relay (James White & Dalen Williams)

### **Girls Medal Winners**

Gold - Middle Distance Medley Relay (200,200,400,800)

(Sarah Brush, Marika Pace, Denerica Curry, Samantha Rakes)

Bronze - Shot Put Relay (Ashley Freshkorn & Karen Ingram)

## **HT Booster Invitational**

The Varsity Girls and Boys Track Teams both placed 3rd of 8 teams at Tuesday nights Hamilton Township Booster Invitational. Both teams bested their 4th place finish from the 2009 season.

### **Top 3 Finishers (Girls)**

Gold - 400m: Denerica Curry (1:03.63)

Gold- Shot Put: Ashley Freshkorn (34'9.75")

Gold- Pole Vault: Megan McClain (8'6" PR)

Silver- 3200m: Jessica McManus (13:37.00)

Silver- 4x400 Relay (4:40.80)

(Sarah Scarberry, Samantha Rakes, Jessica Minnear, Denerica Curry)

Bronze- 4x800 Relay (11:55.16)

(Samantha Rakes, Maili Morales, Darby Adams, Jessica Mcmanus)

### **Top 3 Finishers (Boys)**

Gold- High Jump: James White (6'4" PR)

Silver- 110 Hurdles: Dominic Gray (16.19 PR)

Silver- 3200m: Curtis Tyler (11:15.96)

Silver- Pole Vault: Nick Rhoades (11'0")

Bronze- 1600m : Arno Springer (5:25.27 PR)

Bronze- 4x800 Relay (9:21.63)

(Nick Rhoades, Arno Springer, Sean Marcum, Curtis Tyler)