

2012 Track & Field Team Season Accomplishments

<u>Meet Name</u>	<u>Results 2011</u>	<u>Results 2012</u>
District Boys	8 th of 16 teams	7th of 16 teams
District Girls	13 th of 14 teams	15 of 17 teams
MSL Boys	2 nd of 8 teams	2nd of 8 teams
MSL Girls	4 th of 8 teams	4th of 8 teams
Grandview Boys	2 nd of 6 teams	Rain Out
Grandview Girls	3 rd of 6 teams	Rain Out
All-Star Boys	2 nd of 8 teams	3 rd of 12 teams
All-Star Girls	8 th of 8 teams	7th of 15 teams
Kallner Boys	1 st of 11 teams	2nd of 11 teams
Kallner Girls	4 th of 12 teams	1st of 11 teams
Stallion Boys	6 th of 11 teams	5th of 13 teams
Stallion Girls	11 th of 11 teams	6th of 11 teams
Eastmoor Inv Boys	did not attend	6 th of 15 teams
Eastmoor Inv Girls	did not attend	2nd of 16 teams
Wildcat Premiere Boys	did not attend	13 th of 20 teams
Wildcat Premiere Girls	did not attend	17 th of 17 teams
Booster Boys	1 st of 8 teams	1st of 10 teams
Booster Girls	3 rd of 9 teams	4 th of 10 teams
Icebreaker Inv Boys	did not attend	4 th of 16 teams
Icebreaker Inv Girls	did not attend	6 th of 16 teams

Teams Defeated by Boys Track & Field Team: (48)

Africentric Early College, Amanda Clearcreek, Beechcroft, Bishop Hartley, Bishop Ready, Bishop Watterson, Bloom Carroll, Brookhaven, Buckeye Valley, Centennial, Centerburg, Central Crossing, Circleville, Columbus Academy, Columbus East, Columbus International, Columbus West, Chillicothe, Dayton Meadowdale, Fairborn, Fairfield Union, Franklin Heights, Galloway Westland, Grove City, Grove City Christian, Heath, Hilliard Darby, Independence, Johnstown Monroe, Linden McKinley, Lima Senior, Logan Elm, London, Marion-Franklin, Marion Harding, Marysville, Mifflin, Millersport, Mount Vernon, Northland, Ridgedale, St. Charles, Teays Valley, West Jefferson, Westerville South, Whetstone, Whitehall_Yearling, Worthington Kilbourne

Teams Defeated by Girls Track & Field Team: (34)

Africentric Early College, Amanda Clearcreek, Bishop Watterson, Brookhaven, Buckeye Valley, Centennial, Centerburg, Central Crossing, Columbus Academy, Columbus East, Columbus International, Dayton Dunbar, Eastmoor Academy, Fairfield Union, Franklin Heights, Grove City, Heath, Independence, Johnstown Monroe, Lancaster, Lima Senior, Linden McKinley, Logan Elm, Marion Franklin, Marion Harding, Millersport, Northland, Pickerington North, Rigidale, Teays Valley, Thurgood Marshall, Walnut Ridge, West Jefferson, Whitehall-Yearling

Season By the Numbers

(7) School Records Broken

- 1) Austin Niemann: 400m (49.03)
- 2) Austin Niemann: 800m (1:59.20)
- 3) Nick Rhoades: Pole Vault (13'9")
- 4) Ashley Freshkorn: Shot Put (39'08.5") Discus (114'05")
- 5) Megan McClain: Pole Vault (10'0")
- 6) Boys 4x800 Meter Relay (8:12.15)
4x8: Austin Niemann, Damari Harris, Curtis Tyler, Tom Maynard
- 7) Boys 4x400 Meter Relay (3:24.69)
4x4: Austin Niemann, Damari Harris, Brandon Fort, Tom Maynard

(140) All-Time Records Broken

**See "Record Book" for new "All-Time" record holders.

(3) Columbus Dispatch Track & Field Honor Roll

Austin Niemann: 400m
Ashley Freshkorn: Shot Put
Megan McClain: Pole Vault

(7) Regional Qualifiers

Brandon Fort: 4x400
Damari Harris: 4x400
Tom Maynard: 4x400
Austin Niemann: 400m & 4x400
Nick Rhoades: Pole Vault
Raymond Sweet: 110m Hurdles
Ashley Freshkorn: Shot Put

(12) District Placers

Lorenzo Bridges: 110mH, High Jump
Brandon Fort: 100, 200, 4x400
Damari Harris: 4x800, 4x400
Tom Maynard: 4x800, 4x400
Austin Niemann: 4x800, 400, 4x400
Nick Rhoades: Pole Vault
Raymond Sweet: 110mH, 300mH
Curtis Tyler: 4x800
Ashley Freshkorn: Shot Put
Megan McClain: Pole Vault
Danielle Reynolds: Pole Vault
Natalia Welton-Torres: 100mH

MSL Award Winners

MSL Track Athlete of the Year

AUSTIN NIEMANN

1st Team All-MSL

Brandon Fort
Damari Harris
Tom Maynard
Austin Niemann
Curtis Tyler
Megan McClain
Ashley Freshkorn

2nd Team All-MSL

Lorenzo Bridges
Dequan Justice
Jon Stewart
Ray Sweet
Curtis Tyler
Abigail Dillon
Brandee Edwards
Zadei Edwards
Megan McClain
Ashley Freshkorn

Honorable Mention All-MSL Team

Nick Rhoades
Danielle Reynolds

MSL Place Winners

Micky Crum
Colin Freshkorn
Isaiah Smith
Eliza Ayers
Cheyenne Carter
Kiera Flaherty
A'riel Harris
Miali Morales
Megan Phimmasone
Danielle Reynolds
Natalia Welton-Torres

VARSIITY LETTER AWARD WINNERS

Boys

1st Year Winners

Brandon Blevins (Fr.)
Micky Crum (So.)
Brandon Fort (Fr.)
Greg Jankowski (Fr.)
Aaron Johnson (Fr.)
Dequan Justice (Sr.)
Heath Napier (Jr.)
Quinton Napier (So.)
Isaiah Smith (Sr.)
Jon Stewart (Jr.)
Thomas Wilson (Fr.)

2nd Year Winners

Lorenzo Bridges (So.)
Colin Freshkorn (So.)
Damari Harris (Jr.)
Austin Niemann (So.)
Ray Sweet (Sr.)

3rd Year Winner

Curtis Tyler (Jr.)

4th Year Senior Winners

Brandon Hedges
Tom Maynard
Nick Rhoades

Girls

1st Year Winners

Taylor Ayers (Sr.)
Miranda Cromer (Sr.)
Zadei Edwards (Fr.)
Kiera Flaherty (Fr.)
A'riel Harris (So.)
Danielle Shaw (Fr.)
Natalia Welton-Torres (Fr.)

2nd Year Winners

Cheyenne Carter (Jr.)
Abigail Dillon (So.)
Brandee Edwards (Jr.)
Courtney Horlocker (So.)
Maili Morales (Jr.)
Kristina Pickett (So.)
Danielle Reynolds (Jr.)
Hannah Sewell (Jr.)

3rd Year Winners

Eliza Ayers (Jr.)
Sarah Brush (Jr.)
Ashley Freshkorn (Jr.)
Megan Phimmasone (Sr.)

4th Year Senior Winner

Megan McClain

Senior Athlete Career Summary
Megan McClain (Pole Vault/Jumps)

Megan McClain	2009	2010	2011	2012
Pole Vault	8 - 6	8 - 6	9 - 6	10 - 0
High Jump	4 - 8	4 - 10	4 - 6	4 - 6
Long Jump	13 - 4	-	-	14 - 2
Triple Jump	-	26 - 10	-	29 - 5

SCHOOL RECORD HOLDER IN THE POLE VAULT

4-YEAR VARSITY LETTER WINNER

**2012 INDOOR TRACK & FIELD STATE QUALIFIER IN THE
POLE VAULT AND TRIPLE JUMP**

**5x District Place Winner
10x MSL Buckeye Place Winner**

2012: Central District Pole Vault 6th
 MSL Pole Vault Champion
 MSL 4x100 Runner-Up
 MSL 4x200 3rd

2011: Central District Pole Vault 7th
 MSL Pole Vault Runner-Up
 MSL High Jump 5th

2010: MSL 4x200 5th

2009: Central District (DII) 4x200 7th
 Central District (DII) Pole Vault 6th
 Central District (DII) High Jump 7th
 MSL Pole Vault 6th
 MSL High Jump 6th
 MSL 4x200 4th
 MSL 4x100 6th

Megan is planning on attending Columbus State University to
 enroll in the Dental Hygiene Program.

Senior Athlete Career Summary
Megan Phimmasone (Jumps/Hurdles)

Megan Phimmasone	2009	2010	2011	2012
Long Jump	-	12 – 6	15 – 0	15 – 8
High Jump	-	4 – 8	4 – 6	4 – 6
100 Hurdles	-	-	18.15	17.75
300 Hurdles	-	-	53.07	54.74

3-YEAR VARSITY LETTER WINNER

4x MSL BUCKEYE PLACE WINNER

2012: MSL Long Jump 5th

2011: MSL Long Jump 3rd
MSL 300m Hurdles 7th
MSL 100m Hurdles 8th

Megan is attending the University of Cincinnati.

Senior Athlete Career Summary
Nick Rhoades (Pole Vault)

Nick Rhoades	2009	2010	2011	2012
Pole Vault	12 - 0	12 - 0	13 - 6	13 - 9

SCHOOL RECORD HOLDER IN THE POLE VAULT

4-YEAR VARSITY LETTER WINNER

2012 INDOOR TRACK & FIELD STATE QUALIFIER

2x REGIONAL QUALIFIER
2x DISTRICT PLACE WINNER
4x MSL BUCKEYE PLACE WINNER

2012: Central District Pole Vault Runner-Up
MSL Pole Vault 3rd

2011: Central District Pole Vault 4th
MSL Pole Vault 2nd

2010: MSL Pole Vault 7th

2009: MSL Pole Vault 4th

Nick will be attending Ashland University on an academic scholarship.
He will participate on the AU's Track & Field team as a pole vaulter.

Senior Athlete Career Summary
Ray Sweet (Hurdles)

Ray Sweet	2009	2010	2011	2012
110 Hurdles	20.51	18.54	17.24	15.80
300 Hurdles	50.69	-	45.20	42.69

2-YEAR VARSITY LETTER WINNER
4-YEAR TRACK ATHLETE

2012 REGIONAL QUALIFIER
2x DISTRICT PLACE WINNER
4x MSL BUCKEYE PLACE WINNER

2012 MSL RUNNER-UP in 4x100 and 4x200
2012 MSL HONORABLE MENTION IN THE 110M HURDLES

Ray will be attending the University of Central Florida and be a walk on for the UCF Knights football program.

Senior Athlete Career Summary
Taylor Ayers (Hurdles/Jumps)

Taylor Ayers	2009	2010	2011	2012
100 Hurdles	-	-	19.74	19.86
300 Hurdles	-	-	69.01	62.34
High Jump	-	-	4 – 6	4 - 4

VARSITY LETTER WINNER

2x JV MSL BUCKEYE HIGH JUMP CHAMPION

Taylor will be attending Columbus State Community College.

Senior Athlete Career Summary
Dequan Justice (Sprints)

Dequan Justice	2009	2010	2011	2012
100 Meters	-	-	-	11.80
200 Meters	-	-	-	24.71

VARSDITY LETTER WINNER

2012 MSL 4x100 and 4x200 RUNNER-UP

2nd TEAM ALL-MSL BUCKEYE

Senior Athlete Career Summary
Colin Freshkorn (Throws)

Colin Freshkorn	2009	2010	2011	2012
Shot Put	27 - 10	39 - 0.5	37 - 8.5	40 - 10
Discus	81 - 11	95 - 6	101 - 9	112 - 2.5
Weight Throw	-	27 - 8	-	42 - 10

2x VARSITY LETTER WINNER

4-YEAR TRACK & FIELD ATHLETE

2012 MSL BUCKEYE SHOT PUT PLACER

Colin will be attending Ohio University.

Senior Athlete Career Summary
Brandon Hedges (Throws)

Brandon Hedges	2009	2010	2011	2012
Shot Put	34 - 2.5	41 - 11	42 - 5.5	44 - 2
Discus	109 - 0	124 - 7	119 - 7	120 - 11

4-YEAR VARSITY LETTER WINNER

WEIGHT THROW SCHOOL RECORD HOLDER

3x MSL BUCKEYE PLACE WINNER

Brandon will participate on the football and track & field teams at Otterbein University.

Senior Athlete Career Summary
Tom Maynard (Mid-Distance)

Tom Maynard	2009	2010	2011	2012
800 Meters	2:11.48	2:19.33	2:04.93	2:09.0
400 Meters	60.3	57.20	55.0	50.89

SCHOOL 4x800m RELAY RECORD HOLDER
SCHOOL 4x400m RELAY RECORD HOLDER

4-YEAR VARSITY LETTER WINNER

2012 REGIONAL QUALIFIER

2012: Central District 4x800 6th
Central District 4x400 3rd
MSL Buckeye 4x800 & 4x400 1st

2011: Central District 4x800 8th
MSL Buckeye 800m 3rd
MSL Buckeye 4x800 & 4x400 2nd

Tom will attend The Ohio State University of Newark.

Senior Athlete Career Summary
Isaiah Smith (Mid Distance)

Isaiah Smith	2009	2010	2011	2012
800 Meters	-	-	2:27.68	2:06.42
400 Meters	-	-	58.07	58.07
100 Meters	-	-	14.05	13.34

VARSIITY LETTER WINNER

2-YEAR TRACK & FIELD ATHLETE

2012 MSL BUCKEYE 800m PLACER

2012 CENTRAL DISTRICT 800m FINALIST

Isaiah will attend Columbus State Community College.

Senior Athlete Career Summary
Miranda Cromer (Distance)

Miranda Cromer	2009	2010	2011	2012
1600 Meters	-	-	-	7:39.49
800 Meters	-	-	-	3:19.0
200 Meters	-	-	34.26	-
100 Meters	-	-	16.64	-

VARSITY LETTER WINNER

2-YEAR TRACK & FIELD ATHLETE

Miranda will attend Columbus State Community College.