



2013 Mid-State League Champions

2013 Track & Field Team Season Accomplishments

<u>Meet Name</u>	<u>Results 2012</u>	<u>Results 2013</u>
Region 3 Boys	31 st of 38 teams	13 th of 39 teams
Region 3 Girls	did not place	36 th of 39 teams
District Boys	7th of 16 teams	7th of 16 teams
District Girls	15 of 17 teams	11th of 16 teams
MSL Buckeye Boys	2nd of 8 teams	1st of 8 teams
MSL Buckeye Girls	4 th of 8 teams	6 th of 8 teams
Grandview Boys	Rain Out	1st of 6 teams
Grandview Girls	Rain Out	2 nd of 6 teams
Warrior Relays Boys	did not attend	4 th of 13 teams
Warrior Relays Girls	did not attend	3 rd of 13 teams
All-Star Boys	3 rd of 12 teams	3 rd of 14 teams
All-Star Girls	7 th of 15 teams	10 th of 16 teams
Kallner Boys	2 nd of 11 teams	1st of 9 teams
Kallner Girls	1 st of 11 teams	5 th of 9 teams
Mehock Relays Boys	did not attend	10 th of 36 teams
Mehock Relays Girls	did not attend	14 th of 25 teams
Golden Eagle Relays Boys	did not attend	8 th of 14 teams
Golden Eagle Relays Girls	did not attend	8 th of 15 teams
Wildcat Premiere Boys	13 th of 20 teams	14 th of 21 teams
Wildcat Premiere Girls	17 th of 17 teams	16th of 21 teams
Booster Boys	1 st of 10 teams	1st of 12 teams
Booster Girls	4 th of 10 teams	1st of 11 teams
Icebreaker Inv Boys	4 th of 16 teams	3rd of 16 teams
Icebreaker Inv Girls	6 th of 16 teams	6 th of 16 teams

Teams Defeated by Boys Track & Field Team: (67)

Amanda Clearcreek, Africentric Early College, Beechcroft, Beavercreek, Bishop Hartley, Bishop Ready, Big Walnut, Bishop Watterson, Bloom Carroll, Brookhaven, Briggs, Buckeye Valley, Caldonia River Valley, Canal Winchester, Central Crossing, Centerburg, Chillicothe, Circleville, Columbus Academy, Columbus Independence, Cleveland Central Catholic, Cleveland Rhodes, Clio (MI), Colnel Crawford, Cuyahoga Falls, Dayton Dunbar, Delaware Hayes, Dublin Coffman, Dublin Scioto, East Liverpool, Fairfield Union, Logan, Logan Elm, Loudenville, Eastmoor Academy, Elyria Catholic, Franklin Heights, Galion, Gilead Christian, Grandview Heights, Grove City, Groveport-Madison, Harvest Prep, Hilliard Bradley, Lexington, Madison Comprehensive, Mansfield Senior, Marion Franklin, Marion Harding, Mifflin, New London, Northland, Ontario, Reynoldsburg, River View, Sagatuck (MI), Shelby, Sheridan, St. Charles, Teays-Valley, Twinsburg, Upper Arlington, Worthington Christian, Wellington, Westland, Whetstone, Whitehall-Yearling,

Teams Defeated by Girls Track & Field Team: (49)

Amanda Clearcreek, Ashland, Ashland Crestview, Africentric Early College, Beechcroft, Bexley, Big Walnut, Bishop Hartley, Bishop Ready, Bishop Watterson, Bloom Carroll, Briggs, Brookhaven, Buckeye Valley, Centennial, Centerburg, Columbus Academy, Columbus Independence, Crestline, Dayton Dunbar, Delaware Hayes, Fairfield Union, Franklin Heights, Grandview Heights, Grove City, Groveport-Madison, Harvest Prep., Logan Elm, Loudenville, Lucas, Madison Comprehensive, Maplewood, Marion Franklin, Marion Harding, Marysville, Mifflin, Minerva, Newark, Northland, Ohio Virtual Academy, Ontario, Reynoldsburg, River View, Toledo Scott, Wellingt, Worthington Christian, Whetstone, Whitehall-Yearling

Season By the Numbers

(4) School Records Broken

1) Boys 4x200 Relay (1:29.37)

Brandon Fort, Derek Phouthavong, Thomas Wilson, Austin Niemann

2) Boys 4x400 Relay (3:23.28)

Brandon Fort, Damari Harris, Jon Stewart, Austin Niemann

3) Austin Niemann: 400m (48.95)

4) Ashley Freshkorn: Shot Put (42'0")

(65) All-Time Records Broken

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

(5) Columbus Dispatch Track & Field Honor Roll

Austin Niemann: 400m

Ashley Freshkorn: Shot Put

Boys 4x200: Fort, Phouthavong, Wilson, Niemann

Boys 4x400: Fort, D.Harris, Crumley, Niemann

Boys 4x800: D.Harris, W.Johnson, D.Napier, Niemann

(7) Regional Placers

Brandon Fort: 4x200 & 4x400

Ashley Freshkorn: Shot Put

Damari Harris: 4x400

Austin Niemann: 400m & 4x400

Deric Phouthavong: 4x200

Jon Stewart: 4x200 & 4x400

Thomas Wilson: 4x200

(9) Regional Qualifiers

Lorenzo Bridges: High Jump & 110 Hurdles

Caleb Crumley: 4x400

Brandon Fort: 4x200 & 4x400

Ashley Freshkorn: Shot Put & Discus

Damari Harris: 4x400

Austin Niemann: 400m, 4x200 & 4x400

Deric Phouthavong: 4x200

Jon Stewart: 4x400

Thomas Wilson: 4x200

(9) District Placers

Lorenzo Bridges: High Jump & 110 Hurdles

Brandon Fort: 4x200 & 4x400

Ashley Freshkorn: Shot Put & Discus

Damari Harris: 4x400

Austin Niemann: 400m, 4x200 & 4x400

Deric Phouthavong: 4x200

Danielle Reynolds: Pole Vault

Jon Stewart: 4x400

Thomas Wilson: 4x200

MSL Award Winners

1st Team All-MSL

Lorenzo Bridges: 4x100
Caleb Crumley: Pole Vault. 4x400
Brandon Fort: 100m, 400m, 4x200
Damari Harris: 4x200, 4x400, 4x800
Ashley Freshkorn: Shot Put
Wilbert Johnson: 4x800
Dylan Napier: 4x800
Austin Niemann: 800m, 1600m, 4x400, 4x800
Deric Phouthavong: 4x100, 4x200
Jon Stewart: 4x100, 4x400
Thomas Wilson: 4x100, 4x200

2nd Team All-MSL

Khari Berger: 400m
Lorenzo Bridges: 110 Hurdles, High Jump
Brandon Fort: 200m
Danielle Reynolds: Pole Vault
Thomas Wilson: 100m

Honorable Mention All-MSL Team

Zadei Edwards: 300m Hurdles
Mike Phimmasone: Long Jump
Deric Phouthavong: 200m

MSL Place Winners

Sarah Brush: Shot Put
Caleb Crumley: High Jump
Zadei Edwards: 100m, 100 Hurdles, 200m
A'riel Harris: 800m
Damari Harris: 800m
Aaron Johnson: Shot Put
Dylan Napier: 1600m

MSL Buckeye Running Athlete of the Year

Austin Niemann

MSL Buckeye Boys Coach of the Year

Adam Beggrow

VARSIITY LETTER & PARTICIPATION AWARDS

Boys

Participation Award

Gunner Glass
Amante Gray
Jajuan Hopkins
Greg Jankowski
Miguel Morales
Austin Napier
Wesley Payne
Donny Rakes
Jacob Ralston
Ben Sipe

1st Year Varsity Award

Khari Berger
Caleb Crumley
Josh Gregory
Xavier Harris
Wilbert Johnson
Mike Phimmasone
Deric Phouthavong
Kenny Smith
Josh Sweet
Kyle Ziklo

2nd Year Varsity Award

Brandon Fort
Aaron Johnson
Dylan Napier
Heath Napier
Quinton Napier
Sean Marcum
Jon Stewart
Thomas Wilson

3rd Year Varsity Award

Lorenzo Bridges
Damari Harris
Austin Niemann

4th Year Varsity Award

Curtis Tyler

Girls

Participation Award

Kiera Flaherty
Sierra Green
Katie Perez
Disa Patel
Kristina Thompson
Maddie Thornton

1st Year Varsity Award

Naomi Dillon
Alexis Finney
Cianna Green
Tailor Kennebrew
Kaitlyn Yost

2nd Year Varsity Award

Zadei Edwards
A'riel Harris
Kristina Pickett
Danielle Shaw
Natalia Welton-Torres

3rd Year Varsity Award

Cheyenne Carter
Abigail Dillon
Maili Morales
Hannah Sewell
Danielle Reynolds

4th Year Varsity Award

Eliza Ayers
Sarah Brush
Ashley Freshkorn

Senior Athlete Career Summary
Eliza Ayers (Distance)

Eliza Ayers	2010	2011	2012	2013
800	3:04.70	3:03.00	2:51.00	2:41.00
1600	6:40.49	6:20.10	5:59.00	5:41.67
3200	15:42.30	13:37.98	12:40.44	12:48.90

4-YEAR VARSITY LETTER WINNER

SCHOOL RECORD HOLDER INDOOR 1600m
SCHOOL RECORD HOLDER INDOOR 3200m

2012: - MSL Placer 3200m

ATTENDING ASHLAND UNIVERSITY

Senior Athlete Career Summary
Sarah Brush (Sprints/Jumps/Throws)

Sarah Brush	2010	2011	2012	2013
Shot Put	-	-	22 - 8.75	30 - 3.25
Long Jump	-	12 - 7	13 - 1	13 - 3
200	29.68	29.51	29.39	31.98

4-YEAR VARSITY LETTER WINNER

2013: - MSL Placer Shot Put

2011: - MSL Placer 4x200

ATTENDING COLUMBUS STATE UNIVERSITY

Senior Athlete Career Summary
Cheyenne Carter (Distance)

Cheyenne Carter	2010	2011	2012	2013
800	-	3:06.00	2:47.86	2:48.21
1600	-	6:56.24	6:27.35	3:30.16
3200	-	-	14:08.36	14:44.00

3-YEAR VARSITY LETTER WINNER
ATTENDING WEST VIRGINIA UNIVERSITY

Senior Athlete Career Summary
Caleb Crumley (Pole Vault/Jumps/Mid-Distance)

Caleb Crumley	2010	2011	2012	2013
Pole Vault	-	11 - 6	-	13 - 6
High Jump	-	-	-	5 - 10
800	-	-	-	2:12.30

VARSIY LETTER WINNER

SCHOOL RECORD HOLDER INDOOR POLE VAULT

2013: - District Runner-up 4x400
MSL Champion Pole Vault
MSL Champion 4x400

ATTENDING COLUMBUS STATE UNIVERSITY

Senior Athlete Career Summary
Ashley Freshkorn (Throws)

Ashley Freshkorn	2010	2011	2012	2013
Shot Put	37-7.5	39-2	39-9.5	42-00
Discus	86-11	100-7	114-5	111-2
Weight Throw	30-0	31-9	43-10	46-6.5

**4x INDOOR TRACK STATE QUALIFIER
 INDOOR TRACK STATE PLACER SHOT PUT
 INDOOR TRACK STATE PLACER DISCUS**

**4x YEAR VARSITY LETTER WINNER
 4x MSL BUCKEYE CHAMPION**

**SHOT PUT SCHOOL RECORD HOLDER
 DISCUS SCHOOL RECORD HOLDER
 WEIGHT THROW SCHOOL RECORD HOLDER**

- 2013: - Regional Qualifier Shot Put
 Regional Qualifier Discus
 MSL Champion Shot Put
- 2012: - Regional Qualifier Shot Put
 MSL Champion Shot Put
- 2011: - Regional Qualifier Shot Put
 District Placer Discus
 MSL Field Athlete of the Year
 MSL Champion Shot Put
- 2010: - District Placer Shot Put
 MSL Placer Shot Put
 MSL Placer Discus

ATTENDING CAPITAL UNIVERSITY

Senior Athlete Career Summary
Damari Harris (Mid-Distance)

Damari Harris	2010	2011	2012	2013
400	-	55.35	52.53	52.00
800	2:34.17	2:11.92	2:06.39	2:07.19

4-YEAR VARSITY LETTER WINNER

MSL BUCKEYE CHAMPION

4x400m RELAY SCHOOL RECORD HOLDER

4x800m RELAY SCHOOL RECORD HOLDER

- 2013: - District Runner-up 4x400
MSL Champion 4x200
MSL Champion 4x400
MSL Champion 4x800
- 2012: - Regional Qualifier 4x400 Relay
District Placer 4x800 Relay
MSL Champion 4x400
MSL Champion 4x800
MSL Placer 800
- 2011: - MSL Placer 800

ATTENDING MIAMI UNIVERSITY

Senior Athlete Career Summary
Sean Marcum (Distance)

Sean Marcum	2010	2011	2012	2013
3200	11:09.88	10:49.66	did not run	11:10.67

2-YEAR VARSITY LETTER WINNER
ATTENDING OHIO UNIVERSITY

Senior Athlete Career Summary
Mali Morales (Distance)

Mali Morales	2010	2011	2012	2013
800	-	-	2:50.73	2:45.32
1600	6:35.22	6:16.93	5:51.56	5:59.00
3200	14:36.80	13:48.50	13:04.81	13:19.22

3-YEAR VARSITY LETTER WINNER
4-YEAR TRACK ATHLETE

2012: - MSL Placer 1600

ATTENDING MIAMI UNIVERSITY

Senior Athlete Career Summary
Heath Napier (Distance)

Heath Napier	2010	2011	2012	2013
800	2:40.20	-	-	2:29.60
1600	5:45.50	5:23.00	5:08.73	5:20.10
3200	12:34.04	12:34.14	11:23.77	11:36.08

2x VARSITY LETTER WINNER
4-YEAR TRACK ATHLETE
 ATTENDING MIAMI UNIVERSITY

Senior Athlete Career Summary
Danielle Reynolds (Pole Vault/Jumps)

Danielle Reynolds	2010	2011	2012	2013
Pole Vault	-	8-6	9-0	9-6
High Jump	-	4-10	5-10	4-10

3-YEAR VARSITY LETTER WINNER
SCHOOL RECORD HOLDER INDOOR HIGH JUMP

2013: - District Placer Pole Vault
 MSL Runner-up Pole Vault
 2012: - District Placer Pole Vault
 MSL Placer Pole Vault
 2011: - MSL Placer High Jump

ATTENDING CAPITAL UNIVERSITY

Senior Athlete Career Summary
Hannah Sewell (Distance/Jumps)

Hannah Sewell	2010	2011	2012	2013
800	-	-	3:13.60	2:56.02
1600	-	-	6:56.70	6:50.00
Long Jump	10'7"	12'7"	-	11-6"

3-YEAR VARSITY LETTER WINNER
4-YEAR TRACK ATHLETE
 ATTENDING OHIO DOMINICAN UNIVERSITY

Senior Athlete Career Summary
Kenny Smith (Distance)

Kenny Smith	2010-12	Indoor-2013	Outdoor-2013
800	Did not run	2:23.50	2:23.28
1600	Did not run	5:40.96	5:02.86

VARSIY LETTER WINNER
 ATTENDING OHIO UNIVERSITY

Senior Athlete Career Summary
Jon Stewart (Sprints/Relays)

Jon Stewart	2010	2011	2012	2013
60	-	-	7.33	6.84
200	-	-	25.21	22.90
400	-	-	55.62	52.00

4-YEAR VARSITY LETTER WINNER
SCHOOL RECORD HOLDER 4x400
SCHOOL RECORD HOLDER INDOOR 4x200
SCHOOL RECORD HOLDER INDOOR 4x400

2013: - District Runner-up 4x400
 MSL Champion 4x100
 MSL Champion 4x400
 2012: - MSL Runner-up 4x200
 MSL Runner-up 4x100

ATTENDING CAPITAL UNIVERSITY

Senior Athlete Career Summary
Curtis Tyler (Distance)

Curtis Tyler	2010	2011	2012	2013
800	2:17.10	2:15.30	2:11.59	-
1600	5:03.28	4:50.55	4:37.50	-
3200	10:52.77	10:35.20	10:04.48	10:25.66

4-YEAR VARSITY LETTER WINNER
SCHOOL RECORD HOLDER 4x800
SCHOOL RECORD HOLDER INDOOR 1600
SCHOOL RECORD HOLDER INDOOR 3200

ATTENDING OTTERBEIN UNIVERSITY