

Toledo *Track Report*

Vol. 1, No. 1

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High School News – Regional Championships

AW Girls Win Title

AMHERST – Anthony Wayne won the girls' championship at the Division I regional, with four wins and ten state meet qualifiers.

Leading the way for the Generals were [Ashley Zaper](#) and [Erika Schmidt](#), who had a hand in all the victories and each qualified to state in four events. Zaper won the 300 hurdles and long jump, took second in the 100 hurdles, and teamed up with Schmidt to win the 4x200 relay. Schmidt defended her 200 title from last year and took seconds in both the 100 and 4x100 relay.

Ashley's twin sister [Alecia](#) was third in the 100 hurdles, [Udoka Okoro](#) was third in the high jump, and [Brittany Green](#) was fourth in the long jump.

Northview's Meredith Wagner won the 3200 meters in 11:00.97, one of the fastest times ever run by a Toledo-area high schooler. [Shatora Lewis](#) of Scott, the defending state shot put champ, won easily (42' 11"). Bowsher's 4x100 relay also came away winners.

Riffle Impresses, Kynard Survives

St. John's [Cody Riffle](#) won both the shot put and discus, the latter in a meet record 187' 5", marking his fourth time each over the 60' and 180' barriers.

[Erik Kynard](#) of Rogers, the state indoor and outdoor high jump record holder, was in some doubt after suffering a groin injury at the district meet. He scratched in all but his signature event and got the fourth and last qualifying spot at 6' 7".

Whitmer's [Mo Frisch](#) was third in the fastest regional-meet 800 in state history. His 1:51.82 breaks his own City League record. St. John's [Kevin Yarnell](#), won the 1600 in 4:13.57, which moves him to #3 on the all-time City League list. The area's other winner was [DerJuan Gambrell](#) of Rogers, who took the 400 meters.

Eastwood Boys Impress

LEXINGTON – Eastwood's boys' team won three events at the Division II regional and dominated the competition with depth.

The way was led by [Justin Welch](#), who just missed the discus meet record (194' 2") and took third in the shot (55' 9¾"). [Crosby Schemenauer](#) won the pole vault (15' 4") and took second in the 110 hurdles, and the Eagles' 4x100 relay was victorious as well (43.03).

Eastwood was state runners-up last year and are expected to again challenge for the title. [Cody Siefert](#), 3rd in the 100m, [Josh Hoodlebrink](#), 2nd in the long jump, and the 4x400 relay of [Jason Faykosh](#), [Lucas Hoodlebrink](#), [Josh Beaudoin](#) and Josh Hoodlebrink round out their state qualifiers.

Delta's [Korbin Smith](#) won the long jump (22' 11½") and qualified to state in the 200 and 400 as well. Napoleon's [Holly Baird](#) won the girls' 3200 by nearly the length of the straightaway in 11:29.25.

Regional meet results are on p. 2-3

Bedford's Kaiser Wins Michigan 800 Title

EAST KENTWOOD, MI – Nick Kaiser, a senior at Bedford High School, won Michigan's Division 1 state championship 800 meter race.

His winning time, 1:52.13, broke his own school record, which he set at last week's regional meet.

Kaiser plans on running one or more post-season competitions and could go faster yet.

Erie Mason's girls scored fifth in the Division 3 4x800 relay (9:52.24) with Kaylin Beliar, Meagan Sawasky, Mariah Whipple and Emily Wonser.

Jamieson Sets Record

TIFFIN – Ottawa Hills junior [Katherine Jamieson](#) won the 300 hurdles in 43.58, a new Division III regional record.

Jamieson won the 100 meters as well (12.31) and was second in the 200 (25.06) behind Elmwood's [Katie Reiser](#) (25.02).

Woodmore's [Erin Pendleton](#), the defending state discus champion, was in fine form and barely missed her lifetime best with 167' 6", ranking her second in the nation. She was third in the shot put. Archbold's 4x100 relay ([Haley Nemcik](#), [Melinda Sauder](#), [Katherine Moody](#), [Autumn Lantz](#)) won in 49.97.

The boys' 4x800 relay from Woodmore of [Devaughnte Askeew](#), [Brock Avers](#), [Justin Garver](#) and [Chris Jacobsen](#) won in 8:04.93, just a step short of the regional record. The other area winner was another relay, Archbold's quartet of [Jake Fidler](#), [Nate Hammersmith](#), [Breon Price](#) and Garrett [Waidelich](#) in the 4x200 (1:30.99).

Toledo Area Pro Runs in Reebok Grand Prix

NEW YORK CITY – Toledo's [Katie Waits](#) ran in the [Reebok Grand Prix](#), part of the IAAF's [World Athletics Tour](#) and USATF's [VISA Championship Series](#).

Waits took fifth in the 800 meters in 2:02.42, with splits of 58.00 and 64.42. She was third at 400 meters before being passed by Maggei Vesey and winner Anna Willard (1:59.29) on the backstretch

Waits is the 2009 USA indoor champion at 800 meters and was a 10-time All-American at Michigan.

College News: NCAA Division I Regionals

LOUISVILLE, KY – College athletes competed at the Mideast Regional to qualify to the NCAA Division I outdoor championships, and one who made it has Toledo area roots.

[Emily Pendleton](#), a sophomore at the University of Michigan originally from Woodmore High School, took fourth in the discus with 55.06 meters (180' 8"), earning her a trip to Eugene for the nationals.

The Toledo Rockets had two regional competitors. [Shari Harmon](#) (Bedford HS) was 21st in the pole vault with a height of 3.81 meters (12' 6"), and [Dagna Szykiel](#) was 16th in the steeplechase in 10:59.19.

Bowling Green also had two competitors, both in the shot put. [TaKarra Dunning](#) was 14th with a distance of 15.19 meters (49' 10"), and [Whitney Hartman](#) (Eastwood HS) was 30th with 14.38 (47' 2¼").

Other athletes with Toledo area connections:

- Andy Hills, Notre Dame (St. John's), 19th in the shot put, 16.35m / 53' 7¾"
- Logan Lynch, Michigan State (Bedford), 9th in the pole vault, 5.06m / 16' 7¼"
- Bahiyjau Allen, Ohio University (Southview), 17th in the shot put, 15.05m / 49' 4½"
- Courtney Siebenaller, Dayton (Whitmer), no height in the pole vault

[Ohio Division I Regionals](#)

Amherst, May 27 & 29; top 4 to state

Boys

100m (w: -1.4) 1. Seth Cunningham (Lkwd St Edward) 10.89 2. Armon Richardson (Sco) 11.21 6. Josh McBride (Wai) 11.34 8. Blake Dedo (SFS) 11.55
200m (w: -0.3) 1. Seth Cunningham (Lkwd St Edward) 21.90 6. Armon Richardson (Sco) 22.74 8. Bernard Pinckney (SSV) 23.50
400m: Der Juan Gambrell (Rog) 48.74 PR 2. Bernard Pinckney (SSV) 48.81 PR 4. Denzel Fitzgerald (Bow) 49.06 PR

800m: 1. Willie Brown (Cle. John Adams) 1:51.52 3. Moise Frisch (Whi) 1:51.82 PR, City League record 6. Kevin Yarnell (SJJ) 1:55.66 7. Joe Rodriguez (Sta) 1:55.85
1600m: 1. Kevin Yarnell (SJJ) 4:13.57 PR
3200m: 1. Julian Meyer (Richfield Revere) 9:16.26 4. Jacob Barnes (SNV) 9:33.81 7. Greg Turissini (SJJ) 9:48.51
110H (w +0.3): 1. Clay Febus (Medina) 14.60 5. Ray Bush (Rog) 14.90 6. Talen Patterson (Bow) 14.99.
300H: 1. Clay Febus (Medina) 38.22 6. JB Bowns (SNV) 39.36 7. Anthony Donald (AW) 40.00 8. Jordan Brown (Whi) 40.72.
4x100: 1 Cle. St. Ignatius 42.33 5. St. John's 42.91
4x200: 1 Lkwd St. Edward 1:27.78
4x400: 1. Cle. John Adams 3:20.18. 3. Whitmer 3:22.07 4. Rogers 3:22.27 5. Bowsher 3:24.32
4x800: 1. Medina 7:49.86 3. St. John's 7:53.12 4. Clay 7:55.66 7. Whitmer 8:01.44
HJ: 1 Cody Westbrook (Marietta) 6' 8" 3. Shaun Joplin (SSV) 6' 7" 4. Erik Kynard (Rog) 6' 7".
PV: 1. Mike Stine (Brecksville) 14' 8" 3. Dan Hardin-Wallace (Bow) 14' 4" PR SR 6. James Howe (Spr) 13' 8"
LJ: 1. Josh Price (North Olmsted) 22' 8¼" 2. Shaun Joplin (SSV) 22' 3¾" 7. Nathaniel White (SJJ) 21' 6¾"
SP: 1. Cody Riffle (SJJ) 61' 7½" 3. Dalante' Heard (Rog) 53' 9"
DT: 1. Cody Riffle (SJJ) 187' 5" MR 8. Mark Kutzke (Bow) 143' 10"
Teams: 1. Medina 69 3. St. John's 47 7. Rogers 30 9. Southview 23
Girls
100 (w: -1.3) 1. Mahagony Jones (Cle. Rhodes) 12.02 2. Erika Schmidt (AW) 12.19 3. Cameron Gardner (Pbg) 12.28 5. Joy Franklin (Bow) 12.51 7. Chantel Cross (Bow) 12.65
200 (nwi): 1. Erika Schmidt (AW) 24.50 3. Cameron Gardner (Pbg) 24.70 PR 7. Samantha Gwin (Whi) 27.76
400: 1 Mahagony Jones (Cle. Rhodes) 54.26 3. Samantha Gwin (Whi) 55.98 PR
800: 1. Madeline Chambers (Rocky Riv. Magnificat) 2:11.49
1600: 1. Madeline Chambers (Rocky Riv. Magnificat) 4:49.38 3. Kaitlyn Llewellyn (Pbg) 5:03.03 6. Lauren Duncan (NDA) 5:12.03 PR 8. Ashley Aberl (NDA) 5:15.08 PR

Track & Field on TV

Prefontaine Classic (live, HD)

NBC, Sunday, 2-4 p.m.

Jesse Owens Classic (rerun)

Big Ten Network, Friday, midnight

Big Ten Women's Indoor

Championships (rerun)

Big Ten Network, Sunday, 1 p.m.

3200: 1. Meredith Wagner (SNV) 11:00.97 PR 6. Alissa Miller (AW) 11:28.28 PR 8. Alexandra Aughenbaugh (NDA) 11:34.32 PR
100H (w: -0.3): 1. Brooke Hutchings (Medina Highland) 14.95 2. Alecia Zaper (AW) 15.00 3. Ashley Zaper (AW) 15.05 6. Brianna Scott-Glover (Rog) 15.58
300H: 1 Ashley Zaper (AW) 44.39 2. Brianna Scott-Glover (Rog) 44.40 PR 4. Noel Luther (SNV) 44.75 PR 5. Meghan Scharer (Clay) 45.68 PR
4x100: 1. Bowsher 48.30 2. Anthony Wayne 48.47 5. Perrysburg 49.35 7. Rogers 49.91
4x200: 1. Anthony Wayne 1:42.25 2. Notre Dame 1:43.07 3. Bowsher 1:43.16 6. Rogers 1:45.09
4x400: 1. Medina Highland 3:56.70 2. Central 3:58.50 6. Notre Dame 4:01.00
4x800: 1. Rocky Riv. Magnificat 9:07.20 MR 5. Central 9:25.49
HJ: 1. Taylor Burke (Medina) 5-08¼ 2. Udoka Okoro (AW) 5' 2" 5. D'Ashlee Pettaway (Bow) 5' 2" 6. Emily Beddoes (SSN) 5' 2" 7. Alexis Knannlein (Cen) 5' 1"
LJ: 1. Ashley Zaper (AW) 17' 11" 4. Brittany Green (AW) 17' 3½ 7. Ksenia Kriatchkova (SSN) 16' 7¼"
LJ: 1. Ashley Zaper (AW) 17' 11" 4. Brittany Green (AW) 17' 3½ 7. Ksenia Kriatchkova (SSN) 16' 7¼"
PV: 1. Katie Nageotte (Olmsted Falls) 13' (state record) 7. Meghan Scharer (Clay) 10' PR
SP: 1. Shatora Lewis (Sco) 42' 11" 6. Lywanna Melvin (BG) 36' 8" PR 7. Jasmine Whitley (Rog) 36' 1½" PR
DT: 1. Hillary Perrea (Brunswick) 142' 7" 2. Lywanna Melvin (BG) 133' 2" PR 4. Shatora Lewis (Sco) 131' 3" 6. Maddie Gutkoski (Pbg) 116' 5" PR 7. Allie Missler (Whi) 114' 10" PR
Teams: 1. Anthony Wayne 86 7. Bowsher 26 8. Perrysburg 25

Ohio Division II Regionals

Lexington, May 28 & 30; top 4 to state

Boys

100 (w: +1.2) 1. Cody Miller Creston Norwayne 10.96 3. Cody Seifert (Eaw) 11.15 5. Korbin Smith (Del) 11.19 7. Matt Schlumbohm (Eaw) 11.24

200 (w: +2.0) 1. Michael Craig (Orrville) 21.65 2. Korbin Smith (Del) 22.02 5. Matt Schlumbohm (Eaw) 22.35 PR

400: 1. Cody Miller (Creston Norwayne) 48.44 3. Korbin Smith (Del) 48.97 5. Louis Miller (Swa) 50.54 PR

800: 1. Zach Lathrop (Caledonia River Valley) 1:52.68

1600: 1. Kyle Miller (Medina Buckeye) 4:19.30 8. Zack Powell (Lake) 4:37.09

3200: 1. Chase Robinson (Navarre Fairless) 9:35.56 4. Colin Fisher (Del) 9:56.60 PR

110H (w: +0.9) 1. Sam Miller Orrville 14.55 2. Crosby Schemenauer (Eaw) 15.00

300H: 1. Ben Rumbaugh (Wooster Triway) 38.70 8. Tim Sintobin (Del) 42.18

4x100: 1. Eastwood 43.03

4x200: 1. Clyde 1:29.87

4x400: 1. Clyde 3:22.54 3. Eastwood 3:23.43

4x800: 1 Defiance 8:13.03

HJ: 1. Ken Hosp (Marion Pleasant) 6' 4" 7. Josh Hoodlebrink (Eaw) 6' 2"

PV: 1. Crosby Schemenauer (Eaw) 15' 4" PR 8. Jake Rogers (Eaw) 13'

LJ: 1. Korbin Smith (Del) 22' 11½" 2. Josh Hoodlebrink (Eaw) 22' 9"

SP: 1. Matt Hoty (Sand. Perkins) 64' 8¼" (D-II state record) 2. Marcus Vicars (Gen) 58' 3¼" PR 3. Justin Welch (Eaw) 55' 9¾" 7. T.J. Christy (Wau) 51' 8½"

DT: 1. Justin Welch (Eaw) 194' 2" 3. T.J. Christy (Wau) 161' 9" 5. Marcus Vicars (Gen) 156' 7" 8. Evan Bingham (Wau) 143' 9"

Teams: 1. Eastwood 72½ 5. Delta 34

Girls

100 (w:+1.5) 1. Brittany Brown (Ak. Hoban) 12.09 MR 8. Sam Scott (Oak) 12.98

200 (w: +2.3) 1. Christy Campbell (Ak. Buchtel) 24.75 8. Alexis Levin (Ots) 27.29

400: 1. Brittany Brown (Ak. Hoban) 57.33 8. Rhea Black (Eaw) 62.79

800: 1. Julianna Libertin (Ak. Hoban) 2:17.54 5. Kristin Rios (Oak) 2:22.69 PR

1600: 1. Julianna Libertin (Ak. Hoban) 5:12.66 6. Jessica Kern (Del) 5:25.49

3200: 1. Holly Baird (Wau) 11:29.25

100H (w: +1.9) 1. Melissa Wohlheter (Mass. Tuslaw) 14.91 2. Macy Caldwell (PC) 15.21 PR

300H: 1. Melissa Wohlheter (Mass. Tuslaw) 44.05

4x100: 1. Akron Buchtel 50.20 3. Oak Harbor 50.53 8. Wauseon 52.02

4x200: 1. Akron Buchtel 1:43.24

4x400: 1. Ak. Hoban 3:59.03

4x800: 1. Defiance 9:35.56 4. Genoa 9:51.48 6. Wauseon 9:55.21

HJ: 1. Brandy Kelley (Doylestown Chippewa) 5' 4"

PV: 1. Chelsea Lucas (Lima Shawnee) 10' 8" 4. Amandalee Rabender (Wau) 10' PR

LJ: 1. Kendall Homan (Napoleon) 17' 10" 7. Alexis Levin (Ots) 16' 3½"

SP: 1. Ashtan Hibar (Mans. Ontario) 42' 7½" 5. Sarah Garvin (Wau) 38' 2½" PR

DT: 1. Anna Knapski (Cant. South) 119' 6" 5. Jennifer Behnken (Oak) 118' 6" PR

8. Sarah Garvin (Wau) 110' 1"

Teams: 8. Wauseon 24

Ohio Division III Regionals

Tiffin, May 27 & 29; top 4 to state

Boys

100 (w:-1.9) 1. Roger Guerra (Lakota) 11.29 4. Nathaniel Hammersmith (Arch) 11.45

200 (w:-0.9) 1. Sam Spallinger (Pandora-Gilboa) 22.16 2. Nathaniel Hammersmith (Arch) 22.56 6. Kyle Gunn (Nwd) 22.93

400: 1. Derek Schroeder (Col. Grove) 50.17 7. Thor Bottesch (Elm) 51.94 8. Devaughnte Askew (Wdm) 52.57

800: 1. Seth Butler (Liberty-Benton) 1:57.66 3. Nate Konzen (TC) 1:58.56 6. Michael Volkman (Arch) 2:00.79

1600: 1. Carson Britton (Col. Crawford) 4:24.71

3200: 1. Andrew Trusty (Sycamore Mohawk) 9:47.81 5. Lance Wood (TC) 9:58.55 8. Nick Goebel (Elm) 10:13.43

110H (w:-2.6) 1. Lucas Horstman (Cory-Rawson) 14.60 2. Kyle Gunn (Nwd) 14.71

300H: 1. Lucas Horstman (Cory-Rawson) 39.23 6. Spencer Guerrero (Nwd) 40.83 PR

4x100: 1. Sand. St. Mary 43.52 4. Archbold 43.92 7. Toledo Christian 44.44

4x200: 1. Archbold 1:30.99 3. Northwood 1:31.22

4x400: 1. Seneca East 3:28.13 3. Archbold 3:28.36 5. Elmwood 3:29.26 7. Woodmore 3:34.04

4x800: 1. Woodmore 8:04.93 3. Elmwood 8:08.76

HJ: 1. Roger Guerra (Lakota) 6' 5" 4. Kyle Gunn (Nwd) 6' 3" 8. Jeffrey Senecal (NBal) 6' 1"

PV: 1. Clint Eagy (Spencerville) 14' 2"

LJ: 1. Sam Spallinger (Pandora-Gilboa) 22' 7"

SP: 1. Isiah Kent (Col. Crawford) 57' 5¼"

DT: 1. Isiah Kent (Col. Crawford) 176' 2"

Teams: 4. Archbold 37

Girls

100 (w:-0.5) 1. Katherine Jamieson (OtH) 12.31 2. Katie Reiser (Elm) 12.34 6. Autumn Lantz (Arch) 13.11

200 (w:+0.0) 1. Katie Reiser (Elm) 25.02 PR 2. Katherine Jamieson (OtH) 25.06 PR

5. Autumn Lantz (Arch) 25.83

400: 1. Lauren West (Greenwich So. Central) 58.58 7. Julia Borysiak (Str) 61.59

800: 1. Jessica Phillips (Seneca East) 2:17.43 4. Stephanie Micham (MVCDS) 2:22.26 PR 6. Trisha King (Arch) 2:23.74

1600: 1. Shayla Siefker (Ottoville) 5:08.67

3200: 1. Lyndie Brown (Spencerville) 11:36.15 8. Christina Snyder (TC) 12:21.96

100H (w:-2.0) 1. Alecia Daniels (Edgerton) 14.81 8. Jessica Grindle (Nwd) 16.78

300H: 1. Katherine Jamieson (OtH) 43.58 PR, MR 5. Jessica Grindle (Nwd) 46.92 PR

4x100: 1. Archbold 49.97 4. Toledo Christian 50.87 7. North Baltimore 52.24 8. Northwood 52.70

4x200: 1. Columbus Grove 1:45.58 6. Toledo Christian 1:47.62 7. Ottawa Hills 1:48.49 8. Archbold 1:50.19

4x400: 1. Ottoville 4:02.86 5. Stritch 4:09.97

4x800: 1. Ottoville 9:35.97 5. Elmwood 10:02.35 7. Toledo Christian 10:06.70

HJ: 1. Lydia Guagenti (Bluffton) 5' 3" 4. Tatijana Jacobson (Wdm) 5' 2"

PV 1. Tori Meyer (Patrick Henry) 10' 8" 2. Amanda Hotaling (NBal) 10' 4" 7. Deena Cowell (Arch) 9' 8"

LJ: 1. Haley Nofziger (Pettisville) 17' 2¼"

SP: 1. Jerrica Stephens (Plymouth) 41' 10½" 3. Erin Pendleton (Wdm) 40' 7¼"

DT: 1. Erin Pendleton (Wdm) 167' 6" 5. Carly Pendleton (Wdm) 129' 6"

Teams: 6. Ottawa Hills 30 9. Woodmore 25

State Meet Preview

State Meet Schedule

Friday, June 5

9:30 a.m. – D-III 4x800

10 a.m. – D-II field events, D-III prelims
Schemenauer, pole vault

1 p.m. – D-III field events
Pendleton, discus

1:30 p.m. – D-II 4x800

2 p.m. – D-II running prelims

4:45 p.m. – D-I 4x800

5:15 p.m. – D-I running prelims

Saturday, June 6

9 a.m. – D-II field events
Welch, discus

9:30 a.m. – D-III running event finals
10:40: Jamieson, 300H

Noon – D-I field events
Riffle, shot put

1 p.m. – D-II running event finals

3 p.m. – D-I field events
Kynard & Joplin, high jump;
Lewis, shot put; Riffle, discus

4:30 p.m. – D-I running event finals
5:10: Yarnell, 1600m
6:00: Frisch, 800m

All competitions in [Jesse Owens Memorial Stadium](#) at Ohio State University
Admission: \$10 per day, all day
Parking: free

Detailed info available at [OHSAA.org](#)

Video available at [OhioHSSports.com](#)

About the Toledo Track Report

The Toledo Track Report is a free, not-for-profit weekly newsletter. To receive it in your e-mail, simply send a message to toledotrackreport@yahoo.com with the word “subscribe” in the subject line. Submissions, tips, information and so on are always welcome.

Chief compiler is Jesse Squire, who also writes at [The Track & Field SuperBlog](#).

Division I

Question #1 is whether Erik Kynard will be healthy, or at least reasonably close. If so, he should easily retain his high jump title. If not, Southview’s Shaun Joplin might be considered the favorite, but he’s also a bit dinged up. The boys’ high jump competition begins at 3 p.m. on Saturday.

Question #2 is what kind of heroics Cody Riffle can pull off. The St. John’s thrower has been making titanic throws of late. He comes into Columbus as a co-favorite in both the shot put and the discus. Toledo hasn’t had a boys’ state champion in either event in 20 years. He throws the shot at noon on Saturday and the discus at 3 p.m.

Question #3 is how much support the St. John’s distance crew can give Riffle. Distance ace Kevin Yarnell has the second-fastest time in Division I, giving St. John’s a shot at three titles. While their 4x800 isn’t expected to score, anything can happen. Could the Titans collect enough points for the runner-up trophy?

Question #4 is whether Shatora Lewis can retain her shot put title. She has set new PRs this year, but Harrison’s Brittany Williams-Farley has gone past 44 feet in each of her last four meets, a distance Lewis has never thrown. She competes at 3 p.m. on Saturday.

Question #5 is what will happen in the boys’ 800 meters. Whitmer’s Mo Frisch was fourth last year, but in a time that wouldn’t even have gotten him there this year. Eight runners in the field have already broken 1:54!

Division II

Eastwood’s boys were state runners-up a year ago and are poised to get on the podium again. Justin Welch is the nation’s best all-around thrower, and only new state shot record holder Matt Hoty of Perkins can keep him from sweeping the events. Crosby Schemenauer is the favorite in the pole vault, and the Eagles have two relay teams and a long jumper as well. The D-II trophies will be handed out at 3:30 p.m. on Saturday.

Division III

Erin Pendleton is the heavy favorite in the girls’ discus throw, as it has been years since she lost to a high schooler not named Pendleton.

Ottawa Hills’ Katherine Jamieson is by far the fastest state meet qualifier in the 300 hurdles, and a solid runner in the 100 and 200 as well. North Baltimore’s Amanda Hotaling has the year’s best pole vault in Division III, but was beaten at the regional meet.