

Lansing Sexton, Cass Tech win track meet

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MT. PLEASANT — The Lansing Sexton boys track team was disqualified in one event Friday afternoon and dropped a baton in another, finishing last, but it made no difference.

Sexton won the Class A part of the 47th annual Lyle Bennett Relays for the sixth time in eight years Friday and the Big Reds did it in impressive fashion.

Led by Roget Ware, one of the most gifted athletes in the Midwest, Sexton won the 110-meter high hurdles (Ware), the 3,200-meter relay, the high jump (Orlando Scott), the 100-meter dash (Allen Haller), the 400-meter relay and the 1,600-meter relay.

In addition to the hurdles, Ware took part in the 1,600-meter relay, the 400-meter relay and the 800-meter relay. The 800-meter relay team was disqualified for an illegal exchange.

"Roget is definitely our main man," said Sexton coach Paul Pozega. "He is a four-event man and he really gives us that spark

to go through and win these things."

It is the third team title this spring for the Big Reds, who hope to repeat as Class A state champs.

"We like to use this as a progression thing," said Pozega. "We hope to keep progressing through this to the regionals, the conference meet and the state meet. We use these meets to experiment, too. For example, this is the first time we ran this combination in the 400-meter relay and it looks like this is going to be our combination."

The Class A girls title went to Detroit Cass Tech, competing for the first time in this event.

Cass Tech got victories in the long jump (Trinette Johnson), the 110-meter hurdles (Darchelle Ross), the 100-meter dash (Danielle Pierce), the sprint medley relay and the shot put and discus (both won by Rugina Hendricks).

"I thought we should have won more events," said Cass Tech coach Bob Glenn. "A lot of our seniors are on the senior trip. This will help the younger kids. Now they know

they can run good even without the seniors."

Cass has the premier track team in the Detroit Public School League, and when Glenn was asked how many straight PSL titles the Technicians have won, he pointed to his hat. The hat proclaimed Cass champs in 1982, '83, '84 and '85. What about 1986?

"It's an old hat," Glenn said. "We won last year, too."

Glenn is hoping some of that championship magic will carry over to the state meet where the Technicians have finished second the last two years and third and fourth, respectively, the two years before that.

"Our goal is to win the state championship this year," he said. "We've been so close."

The girls at Morley Stanwood have come close here before but never walked away with the championship until this year.

The Mohawks won the 1,600-meter relay and also got first-place performances from Cris Vredenburg, who won the 110-meter hurdles, the long jump and the high jump. What also helped the Mohawks is they

placed in 13 of the 14 events.

"Let's face it, last year (Detroit) Country Day had a fantastic team," said Morley Stanwood coach Fred Jaeger. "It usually takes 40 to 45 points to win this thing and last year we got 65 but couldn't win it because Country Day was winning every relay."

"This year this means everything to finally get this. We've got three seniors, five juniors and a bunch of freshmen who are just pushing them like crazy. And I've got to tell you, this was won on four cylinders; we're injured. We've got kids running half the events they should be running."

Charlevoix took a first place in just one event — the Lyle Bennett relay — but won the boys Class C title by placing in 10 events.

The Lyle Bennett relay, introduced this year by Central Michigan track coach Jim Knapp, is an event in which the first runner runs 300-meter low hurdles, the second runner runs 200-meters, the third goes 400-meters and the fourth 800-meters.

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