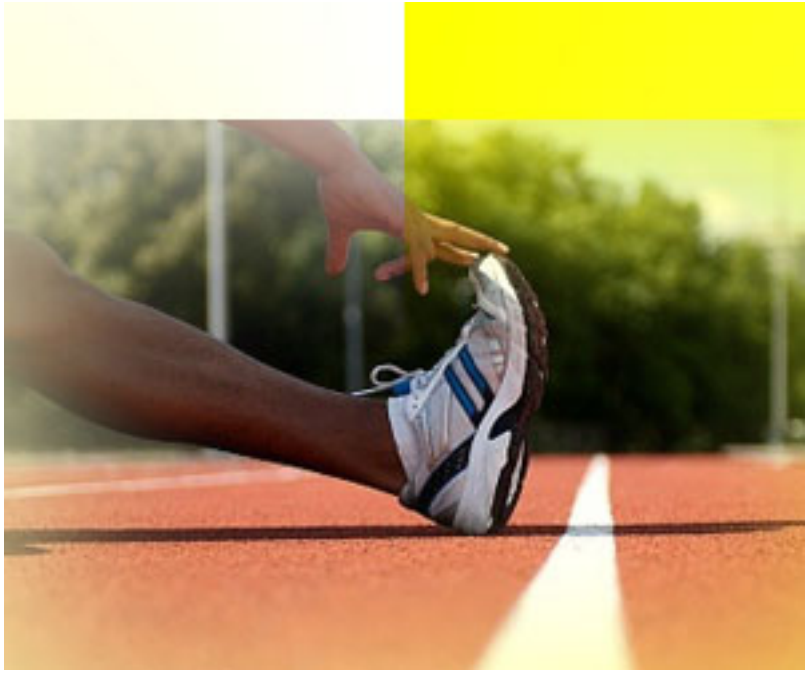

Teammate Amber Davis wants to return to the state. Davis, a senior, finished third in the 800. Also, Amber Dunn is another outstanding sprinter.

By BRYANT K. KIZER

Contributing Writer

For Bryce Jones, his senior year has been surreal.

Jones was a part of a Cleveland Heights' football team that made school history by going a

perfect 10-0 regular season record and a first ever home-game in the state playoffs. He was a part of a very talented basketball team and now he is a part of a great track and field team.

Jones, who selected Division I Boston College to continue his football career, is trying to become state champion in track.

This year, he hopes to end his track career with a state title.

"This will be my last season in track and field," said Jones, who played cornerback in football. "I want to concentrate on football in college."

Jones participates in 110H and 300H hurdles, long and high jump.

Shelton Gibson made it to the state, but he did not leave as a champion. For Gibson, a junior, who also was on the unbeaten regular season football team, hopes that his state experience last year will help him get a title this year.

Junior Marcus McShepard is another speedster that second-year head coach Nick Continenza is looking forward to having a good season. McShepard was part of a 4x200 team that finished second in the state last season. "I think we have improved real well," said McShepard. "We know that we can win become state champs this year."

The Tigers are strong, but there are other heavy hitters that are also contending for the state crown.

The Solon Comets have a lot of talented sprinters as well. Khoury Crenshaw is a highly-touted speedster. Along with Crenshaw, the Comets are returning nine state qualifiers.

The mighty Glenville Tarblooders will always be in the top of people's mind when you talk about track and field. V'Angelo Bentley leads this talented group. Bentley, a senior and Illinois football recruit, will anchor the 4x400. Justin Hardee and Jacquez Riggs were a part of the 4x400 state champs. Hardee is also an Illinois football recruit. Riggs is a junior.

LaKeith Wells anchors Rhodes. Wells, another Illinois football recruit, is probably the best runner in Rams' school history.

Berea's Donovan Robertson blew away the competition on his way to a state title in the 110 and 300 hurdles. The Ohio State recruit looks to keep his title this year.

The evidence is crystal clear that football and track and field goes hand-and-hand. Often the top teams in football, mirrors track and field.

Solon, Cleveland Heights and Glenville are the top teams in 2012 track.

For the girls, Shaker Heights' senior Naleta Andrews has already gotten off on the right foot this season. Last week, the splendid sprinter won three individual events in the West Geauga's Kurt Frankel Wolverine Invitational, last Saturday. Andrews also broke meet records. She was first in the 200 meters (25.73 seconds), 400 (57.23) and 100 (12.61). Only the 200 and 400 were for the record. Andrews also anchored the 4x400 relay.

"This is my senior year and my goal is to be state champ," said Andrews.

Teammate Amber Davis wants to return to the state. Davis, a senior, finished third in the 800. Also, Amber Dunn is another outstanding sprinter.

With seniors Artia Gunn, Taylor Rambo and Emily Sweet, the Euclid Lady Panthers look solid. Gunn and Rambo legs the relays and Sweet is the distance runner.