



Sunday, November 13, 2011

Zishka competes at the Nike Midwest Cross Country Championships
Sammie Zishka competed last weekend at the Nike Midwest Region Cross Country Championships in Terre Haute, Indiana. The Championship race included some of the best runners from Ohio, Michigan, Indiana, Illinois, and Missouri. Zishka finished 139th overall in the field of almost 300 runners on the challenging Laverne Gibson Cross Country Course. The race completes Zishka 2011 cross country season.

All girls are reminded about the Awards program for Thursday, November 17 at the Liberty Center at 6:30 PM. Athletes are asked to bring a dessert. Dinner will be provided. Also, all equipment must be returned to coach Zishka by the end of the week.

Saturday, October 29, 2011

Lancaster runners compete in Regional Championships

Junior Sammie Zishka and freshman Savannah McCray competed last Saturday in the Regional Cross Country Championships at Pickerington North High School. Both runners ran strong races on the difficult, muddy race course.

Zishka moved up well during most of the race to place 20th overall in the Championship field. McCray likewise ran a strong second half of her race to place 46th overall. The Division I race included over 120 runners. Both runners finished good seasons and ranked among the top athletes in central Ohio.

A reminder to all girls cross country athletes that the Awards Program will be November 17th at 6:30 PM at the Liberty Center. Girls are asked to provide a dessert.

Uniforms must be cleaned and returned to Coach Zishka at Fulton Field office in a bag clearly marked with your name.

Saturday, October 22, 2011

Lady Gales Place Seventh; Zishka and McCray advance to Regional Championships. The Lancaster Girls Cross Country team finished in 7th place out of 13 teams at the Central District Cross Country Championships last Saturday. Sammie Zishka led the Lady Gales through the muddy and wet Watkins Memorial course to place 6th overall and qualify for the Regional Championships. Savannah McCray also qualified for the Regional Championships by placing 18th overall.

Other Lady Gales scoring for Lancaster were Kellie Arter, Courtney Heimberger, and Kayla Culbertson. Also competing for the Lady Gale varsity were Aubrey Tobin and Michelle Cotterman.

Leading the Lady Gales in the Central District Junior Varsity race was Mariekate Evans. Also competing in the Junior Varsity race was Lindsey Eveland, Sarah Cruit, and Jaime Doty.

Zishka and McCray will compete in the Regional Championships this Saturday at Pickerington North.

Saturday, October 15, 2011

Lancaster Girls Place Third At OCC Cross Country Championships - Zishka earns All-OCC

The Lancaster Girls Cross Country team ran their best team race of the year to finish third overall at the OCC Cross Country Championships last Saturday at Hilliard Bradley. Coach John Zishka said that the team has made steady progress this season and began eyeing a top three league finish about two weeks ago. "We thought a realistic goal was to finish in the top three in the conference meet. The girls were really focused and ran well. I am very proud of them."

Sammie Zishka paced the Lady Gales with a 2nd place finish overall and earned First Team All-OCC. Savannah McCray finished in 8th place, Kellie Arter placed 15th, Aubrey Tobin finished 32nd, and Kayla Culbertson placed 35th to round out the scoring for the Lady Gales. Also running in the Team race was Marikate Evans and Sarah Cruit.

In the OCC Open race, Michelle Cotterman and Lindsey Eveland competed for the Lady Gales.

The Lady Gales compete again this Saturday, October 22 in the Central District Championships at Watkins Memorial.

Saturday, October 8, 2011

Lancaster Girls Compete At Thomas Worthington

The Lancaster Girls Cross Country team competed Saturday at the Thomas Worthington Eisenhart Invitational. The Lady Gales finished 11th overall in the 13 team field. Sammie Zishka ran a strong race for the Lady Gales to finish 7th overall in a time of 19:16. Her time is the 4th best all-time in Lancaster Girls Cross Country history and currently ranks among the best in Central Ohio. Also running well for the Lady Gales were Savannah McCray

running a personal best of 20:30, Kayla Culbertson running a personal best of 21:55, and Kellie Arter running a seasonal best of 21:59. Rounding out the scoring for Lancaster was Aubrey Tobin.

Other Lady Gales competing in the Open Races were: Mariekate Evans, Makinsey Campbell, Lindsey Eveland, Jaime Doty, and Alisa Eveland.

The Lady Gales compete this Saturday at the OCC Championships at Hilliard Brad

Saturday, October 1, 2011

Lancaster Girls Place 7th at London Distance Classic

The Lancaster Girls Cross Country team competed in sloppy racing conditions on the challenging course at the Erin L. Nance London Distance Classic. The Lady Gales placed 7th overall in the 14 team Division I field. Olentangy Liberty won the team title. The meet, hosted at the London Country Club, included some of the best teams in Central Ohio.

Sammie Zishka led the Gales with a strong race to place 4th overall in a strong Division I field. Also running well and scoring for the Lady Gales were Savannah McCray placing 18th, Kellie Arter placing 41st, Kayla Culbertson placing 61st, and Aubrey Tobin placing 67th. Courtney Heimberger and Katie Thomas also ran in the varsity race for Lancaster.

Running in the Reserve race for the Lady Gales were Lindsey Eveland, Michelle Cotterman, Marikate Evans, and Alisa Eveland.

The Lady Gales compete next Saturday at the Worthington Invitational as the final tuneup race before the OCC Championships on October 15 at Hilliard Bradley.

Saturday, September 24th

Lancaster Girls Cross Country compete well at the Bob Reall Invitational

The Lancaster Girls Cross Country competed the Bob Reall Invitational hosted by Lancaster High School. The meet featured some of the best teams in central Ohio. The Lady Gales competed well on one of the most challenging courses in the state to finish in 6th place overall. Racing for the first time this season, the Gales were led by junior Sammie Zishka who finished in 3rd place in the Division 1 race. Freshman Savannah McCray finished 15th, senior Kellie Arter returned to racing after a 2 week absence and placed 32nd, senior Kayla Culbertson finished 45th, and junior Courtney Heimberger ran a strong race to finish 47th. Sarah Cruik also competed for the Lady Gales in the team race.

Other Lady Gales running the Bob Reall Invitational were Sophomores Katie Thomas and Lindsey Eveland and freshman Marikate Evans in the open race.

Saturday, September 17th

Lady Gales Compete at Galion Cross Country Festival

The Lancaster Girls Cross Country team competed last Saturday at the Galion Cross Country Festival. In one of the largest meets in the state, the Lady Gales finished 29th overall. The Lady Gales were without three of their top runners but still competed well as several runners ran personal best times on the Amann's Reservoir Park course.

Scoring for the Gales were Savannah McCray, Kayla Culbertson, Courtney Heimberger, Aubrey Tobin, and Jen Mills. Other varsity runners were Sarah Cruik and Michelle Cotterman.

The varsity runners all ran seasonal best times in ideal race conditions. Other Lady Gales competing were Marikate Evans and Katie Thomas in the Junior Varsity race.

The Lady Gales host the Lancaster Bob Reall Invitational this Saturday with races starting at 10:00 AM and the high school runners racing at 3:00 PM.

Saturday, September 10th

Lady Gales Third at Athens

The Lancaster Girls cross country team finished third last Saturday at the Athens Invitational. Despite the absence of 2 of the team top 4 runners, the Lady Gales competed well on the Athens course. Savannah McCray led the team across the line with a 5th place finish overall. Kayla Culbertson placed 16th, Aubrey Tobin was 18th, Courtney Heimberger was 20th, and Jen Mills was 24th. Also competing for the Lady Gales were Sarah Cruit, Michelle Cotterman, Makinsey Campbell, and Marikate Evans.

The Lady Gales compete again next Saturday at the Galion Cross Country Festival.

Saturday, September 3rd

Lady Gales Take Fifth

The Lancaster girls cross country team ran their first race of the year and placed fifth overall Saturday in the 16 team Granville Invitational. The Lady Gales scored 154 points. Freshman Savannah McCray was the top finisher for Lancaster in 15th place on the Bryn Du Mansion course. Also running good races and scoring for the Lady Gales were senior Kellie Arter placing 24th, junior Lorynne Sheline placing 33rd, senior Kayla Culbertson placing 38th, and freshman Aubrey Tobin placing 64th. Thomas Worthington won the meet with 53 points.

Also competing for Lancaster were Michelle Cotterman, Katie Thomas, Courtney Heimberger, Makinsey Campbell, and Marikate Evans. The Lady Gales will compete again next Saturday at the Athens Invitational