

# LANCASTER GOLDEN GALES BOYS TRACK

## SPRING 2016 RESULTS

Led again a dominant throws group, the Golden Gales finished 3rd of 57 teams at the prestigious Wayne Invitational.

Centerville was first, scoring 93 points on superior strength in the jumps, sprints and hurdles, Mason was 2nd with 73 points, scoring big in the sprints and sprint relays, Lancaster was 3rd with 66 points, followed by Cleveland Glenville - 52 points, Wayne - 42.25, Hilliard Davidson - 39, Dayton Stivers - 30 and 37 other scoring teams. Nik Curtiss won the Discus (165-6) and Hammer Throw (199-3) events on Thursday, then returned on Friday to win the Shot Put competition (62-11.75). Isaac Goss was 3rd in the Discus (156-11); Luke Sheridan took 5th in the Hammer Throw (161-1), with Nash Wilson placing 8th (145-7); Dillon Denault placed 4th in the Shot Put (52-8.25). Thursday on the track, the Gales Distance Medley Relay of Mason Kieffer, Evan Franke, Andy Ferris and Noah Ball took second in 10:32.55, the 4th fastest time in Ohio for the 2016 season and a qualifying time for the outdoor track and field nationals. Lancaster's 4x800M Relay team of Zach Whipple, Drew Ward, Justin Nauman and Jackson Brengman fought through a 25 team field to place 5th (8:21.51). Whipple returned to the track on Friday to place 7th in the 1600M (4:31.71), with Will Metcalf right behind in 8th (4:31.81). Andy Ferris placed 4th in the 800M in 1:58.13 and Noah Ball was 8th in the 3200M at 9:37.35. The Gales composite record for the 2016 season now stands at 117 wins against 7 losses. The seven losses are to a total of four teams; twice each to Centerville, Mason and Watkins Memorial and the Gales have split with Wayne on the season.

The Golden Gales compete next in the Larkin - Crosten Classic, next Friday at Upper Arlington. Lancaster underclassmen and JVs close the competitive season at Westerville South on Thursday and Pickerington Central the following Monday.

### Throwers lead Strong Finish for Gales

Led by Nik Curtiss, the Golden Gales swept the three throwing events en route to a strong 4th place finish at the prestigious Centerville Elk Relays. Curtiss threw 202-5 in the Hammer, 63-1.75 in the Shot Put and 171-7 in the Discus, all three the longest throws of the competition. Curtiss' throws in the Hammer and the Shot Put are currently the best in the State. Joining Curtiss in the Lancaster first place efforts were Luke Sheridan and Isaac Goss in the Hammer Throw, Dillon Denault and Nash Wilson in the Shot Put, Isaac Goss and Nash Wilson in the Discus. Winning the Pole Vault relay was the threesome of Remington Burwell, Joey Hutsler & Tyler Woodruff. Mason Kieffer, Justin Nauman, Andy Ferris and Noah Ball teamed up to win the Distance Medley Relay, running the 4th fastest time in the State for 2016, then returned to finish a close 2nd in the 4x800M Relay. Also placing for the Gales were Ryan Edwards, Mason Hamilton, Ty Schmelzer and Rylee Lane - 6th in the Sprint Medley; Zac Dalton - 6th in the 2000M Steeplechase; Bryden Moxley, TJ Ooten, Kaspa Walter with Dalton for 6th in the 4x400M Steeplechase Relay. Edwards, Joel White and Caden Searls finished 7th in the High Jump Relay. Bryce Brumfield, and Dalton Stumbo joined Walter and Moxley to take 8th in the Shuttle Hurdles and the 4x300M Low Hurdle Relay. Tyler Carter, Drew Smith, Lane & Schmelzer placed 8th in the 4x100M Relay.

Final Standings: Huber Heights Wayne - 100.33, Mason - 88.5, Centerville - 86, Lancaster - 73, Pick

North - 61, Kings Mills Kings - 55, Hilliard Darby - 49, with 11 other competing teams. The 4th place finish at Centerville moves the Gales composite season record to 49 wins against 4 losses. The Golden Gales host the Fulton Relays this Friday at Fulton Field.

Results: Lancaster vs. Logan, April 5, 2016

Team Score: Lancaster - 109, Logan - 70, Logan Elm - 7

[View Results](#)

Results: Lancaster vs. Canal Winchester, March 29, 2016

Team Score: Lancaster 86 - Canal Winchester 51

[View Results](#)

2016 Hammond Relays Results: March 26, 2016

[View Results](#)

[2015 5K Lancaster Festival Race Results](#)

36th Annual Lancaster 5K Memorial Rooster's Run on May 2011 - [View Photos](#) / [Race Results](#)



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**Senior Track and Cross Country runner Luke Sanderell signs his National Letter of Intent to compete at Division I Southern University. Luke is surrounded by his LHS XC and Track teammates.**



**Terry Oehrtman**, cross country and track & field coach at Lancaster High School for 45 years (assistant and head), member of the 2014 class of the Ohio Capital Conference Hall of Fame.



### **2014 Hall of Fame Release**

(Columbus, Ohio) Two new members will be inducted into The Ohio Capital Conference's Hall of Fame at the Fall Executive Committee Meeting on Monday November 10th at The Medallion Club in Westerville, Ohio. The Conference inducted the first Hall of Fame members in the Spring of 1997 and there are currently 44 individuals who are enshrined in the Hall of Fame.

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Gales 13th at Indoor T&F State Championship



