

Lancaster Golden Gales

2008



2009



Track

2008-2009 Varsity Boys Track Results

[Go to Division I Track Tournament information at ohsaa.org](http://ohsaa.org)

[Go to Division I Track Tournament information at cdab.org](http://cdab.org)

March 7, 2009

This weekend at OSU, Nathan Cheek set a new Golden Gale School Record in the Indoor Weight Throw with a distance of 60' 0". Nathan currently ranks 3rd in the State and 21st in the Nation in this event. In addition to Nathan, Alex Koksal (5th in the 3200M) and Brannon Kidder (7th in the 800M) also posted elite finishes. Gales setting new personal bests included Cheek in the Shot Put as well as the Weight Throw, David Hartranft in the Shot and the Weight, Derek Kline in the Weight, Stephen Hood in the 400M and the 800M, Brannon Kidder in the 400M and the 800M, Joey Snook and Matt Connell in the 800M and Brandon Meadows in the 200M.

The Golden Gales now begin preparing for their first outdoor competition, the Hammond Relays at Pickerington Central High School on March 28th."

NATHAN CHEEK QUALIFIES FOR NATIONAL INDOOR MEET

Nathan Cheek has qualified for the High School National Invitational Indoor Track meet by throwing the indoor weight throw more than 60 feet last Saturday at Ohio State University. He will compete with 23 other high school weight throwers who also qualified by throwing 60+ feet. The competition is at the Reggie Lewis Center in Boston and will take place Saturday March 14th.

February 27, 2009

The Golden Gales Track & Field turned in several strong performances this weekend at Marietta College. The Gales finished 2nd in 4x200M Relay, in the best indoor time since the 2006 season. Top individual finishers were Brannon Kidder – 2nd in the 800M, Alex Koksall – 4th in the 3200M and Derek Kline – 6th in the Shot Put. In total, the Gales set nine new Indoor PRs; Derek Kline and David Hartranft in the Weight Throw, Caleb George in the 55M dash, Brandon Meadows in the 200M, Stephen Hood in the 400M, Brannon Kidder in the 800M, and Daniel Moore, Josh Thompson and Colton Wallace in the 1600M.

February 21, 2009 - Central District Indoor Championship

The Golden Gales Track & Field team finished 7th of 19 teams at the Division 1, Central District Indoor Championship at OSU this weekend. Three Gales won individual events; Derek Kline won the Shot Put, Nathan Cheek won the Weight Throw and Kevin Brown won the 400M. Steven Hood (800M and 60M Hurdles), Eli Schmelzer and Eron Knece (Pole Vault), Brannon Kidder (1600M) and the 4x400M Relay team of Hood, Kidder, Schmelzer and Brandon Meadows also contributed to the scoring for the Gales. In total, Golden Gale athletes set 11 new indoor personal bests as the team continues to rapidly improve.

February 7, 2009 - Cedarville University

The Golden Gales competed this weekend against 40 other Track & Field Teams at Cedarville University. Seven Gales set new indoor personal bests, including Josh Thompson in the 800 and 1600 meters, Steven Hood in the 55 meter Hurdles and the 400, Brandon Meadows in the 55 meter dash, Curtis Ewing in the 1600 meters, and Alex Koksall in the 3200 meters. Koksall's effort was good for 2nd place points and was also an all-time personal best.

Lancaster shot putters and weight throwers compete next Saturday at Troy. The entire team will compete next at the Central District Indoor meet on February 21st at OSU's French Field House

January 31, 2009 - Bishop Hartley Indoor Invitational

The Golden Gales Track & Field Team competed in the Bishop Hartley Indoor Invitational on Saturday, Jan. 31 at French Field House. The Team continues to improve, despite the poor weather, and several Gales finished well individually. Nathan Cheek was 2nd in the Weight Throw and 8th in the Shot Put. Derek Kline recorded an all-time personal best in the Shot and finished 6th. Austin Kerns finished a strong 7th in the Weight Throw in his first meet as a Golden Gale.

Steven Hood PR'd in the prelims and then again in the finals to finish 6th in the High Hurdles. Brandon Kidder and Daniel Moore finished 6th and 8th, respectively in the 1600M; Moore was 6th again in the 3200M, just behind Josh Thompson who finished a strong 5th.

Relay teams of Hood, Kevin Brown, Brandon Meadows and Tony Lalli in the 4x200M and

Hood, Kidder, Eli Schmelzer and Nathan Cheek in the 4x400M both recorded Top 7 finishes.

May 29, 2009 - **REGIONAL TOURNAMENT**

Lancaster 41st at 3

No State Qualifiers. [Click here for complete Regional Tournament results at baumspage.com.](#)

May 23, 2009 - **DISTRICT TOURNAMENT**

Lancaster 9th at 39

Regional Qualifiers: Andrew Slater (800m), Steven Hood (300H), Nathan Carpenter (LJ). [Click here for complete District Tournament results at baumspage.com.](#)

May 1, 2009 - Darby Distance Twilight

The Gales finished 3rd in a field of nine teams, winning two events and scoring a total of 29 points. The Gales team of Cody Wendell, Daniel Moore, Josh Thompson and Andrew Slater won the 4x1600M Relay; later Wendell, Jentzen Rohr, Stephen Hood and Alex Koksall combined to win the Distance Medley. Jared Wentz finished 4th in the Freshman 1600M race. Alex Koksall finished 6th in the open 3200M. The team of Moore, Hood, Wentz and Slater finished the scoring for the Gales by taking 4th in the 4x800M Relay.

April 25, 2009 - Gene Cole Invitational

The Gales Track and Field team posted strong showings in the Fulton Relays and the Gene Cole Invitational, finishing a strong second in both events. Among the many notable performances: - Raheem Kerens, Derek Edwards and Xavier West all set personal bests in the long jump in Saturday's Gene Gole Invitational. - Eli Schmelzer was consistent in winning the Pole Vault event; both Schmelzer and 2nd place finisher, Eron Knece continue their steady improvement. - Brandon Meadows won the Gene Cole 100M Dash in 11.4(11.34) seconds. Subject to verification, we believe this mark ties the existing LHS Freshman Record. - The 4x200M team of Brandon Meadows, Ethan Cordle, Jacob Dupler and Cameron Heimberger set an LHS Freshman record of 1:37.6 seconds, breaking the old Freshman record set in 1997 by 0.8 seconds. - Jared Wentz ran an outstanding double on Saturday; edged out in the 1600M by less than 0.1 sec., Wentz came back to win the 3200M, running an outstanding tactical race. - The all-Freshman team of Kerens, Dupler, Meadows and Heimberger easily won the 4x400M Relay in 3:43.4. In total, Golden Gales athletes set 30 new personal bests in this weekend's competition.

April 24, 2009 - Fulton Relays

The Gales Track and Field team posted strong showings in the Fulton Relays and the Gene Cole Invitational, finishing a strong second in both events. Among the many notable performances: - The Long Jump Relay team of Nathan Carpenter and Chris Dilger finished 1st in the Fultons, with the 3rd best combined total in Lancaster Track & Field history - 42' 1/2". Carpenter's jump of 21' 11 1/2 is the 5th best all-time individual mark and currently ranks him 3rd in the Central District. - All four runners set personal records as the 4x800M Relay team improved on their previous season best by over 21 seconds. Team members were Daniel Moore, Joey Snook, Derek Edwards and Andrew Bireley. - The Gales 4x200M Relay team moved up to #2 All-time, winning the Fulton event in 1:31.3 seconds. The team of Carpenter, Connor Smith, Kevin Brown and Jentzen Rohr is currently ranked 4th in Central Ohio. These individuals also combined to win the Sprint Medley in the 2nd fastest

time in LHS Track & Field history. - The Middle Medley team of Cody Wendell, Cameron Heimberger, Stephen Hood and Andrew Slater set a season best by 20 seconds in winning this unusual event. - The Distance Medley team of Daniel Moore, Raheem Kerens, Jared Wentz and Alex Koksall ran a season best time, with Koksall setting a new personal best for the 1600M in 4:39. - In perhaps the most exciting event of the Fulton Relays, the Lancaster team of Cameron Heimberger, Brandon Meadows, Stephen Hood and Kevin Brown lowered their season best mark by seven seconds to finish in 3:27.8. Brown matched his season best split of 48.9 seconds in anchoring this event.

April 11, 2009 - Stingel Invitational

Lancaster 6th at 61.5

[Click here for complete Stingel Invitational results at baumspage.com.](#)

April 8, 2009

Lancaster 104 Pickerington Central 64

Shot: Kline 1st at 45' 2". Discus: Cheek 1st at 130' 10". Long jump: Carpenter 1st at 19' 10". 3200MR: Lancaster 1st at 9:03.3. 110HH: Flowers 1st at 16.4. 800MR: Lancaster 1st at 1:53.2. 1600: Koksall 1st at 4:51. 300IH: Hood 1st at 42.1. 800: Wendall 1st at 2:13.1. 3200: Wentz 1st at 10:34. 1600MR: Lancaster 1st at 3:53.8.

April 4, 2009 - Wildcat Premier

Lancaster 7th at 55

[Click here for complete Wildcat Premier results at baumspage.com.](#)

March 28, 2009 - Hammond Relays

Pickerington Central 92, Pickerington North 92, Reynoldsburg 90, Westerville South 62, **Lancaster 58**, Brookhaven 24.