



LANCASTER GOLDEN GALES BOYS TRACK

2012-2013 Varsity Boys Track Results / News:

Results through Day 2: Central District III Championship

The Golden Gales lead the District 3 Track & Field Championships after the first day of competition. The Gales were strong in the field events with Kyle Trout and Christian Herold finishing 1-2 in the Shot Put; Trout winning the Discus and Andrew Koksall taking third in the Pole Vault. Lancaster scored 34 points to Westerville Central's 22, 19 for Hilliard Darby and 18 for Granville. By finishing in the top four, Trout, Herold and Koksall all qualify for next week's Regional competition. The Gales take to the track tomorrow, with District semi-finals in several running events as well as the 4x800M Relay final.

May 13, 2013 - Panther JV Invitational Results

May 07, 2013 - Westerville South 9-10 Relay Results

May 02, 2013 - Wayne Invitational Results

April 20, 2013 - Throwers Lead Gales at Walsh Warrior Relays

Lancaster finished in a tie for 4th place at Saturday's Walsh Jesuit Warrior Relays. Solon finished 1st, followed by Walsh Jesuit, Akron Hoban and Lancaster tied with Toledo St John's. Christian Herold, Kyle Trout and Nik Curtiss teamed to win the Shot Put Relay with a total of 148' 7" (8th best 3-man Relay in LHS history). Trout then teamed with Isaiah Dexter and Zac McNeal to win the Discus relay with a total of 423' 6" (7th best in LHS history). Stephen Sparks won the 800M to remain undefeated on the 2013 season. Other top finishers for the Gales included Patrick Wagner finished 3rd in the 110 High Hurdles and led off the Gales 4th place shuttle hurdle relay which also included Neil Winstead, Dakota Fox and Jeremiah England. Adam McNally, Ryan Edwards and Jeremy Hill teamed up to tie for 3rd in the High Jump Relay. Andrew Koksall and Remington Burwell teamed to take 4th in the Pole Vault Relay. Jon Urbine, Spencer Gilmore, Trent Lindsey and Isaak Kaiser placed 4th in 4x1600M Relay.

Lancaster's season record now stands at 40 - 10 -1 as a result of Saturday's finish. The Gales compete next at Zanesville on Tuesday then host the 48th Fulton Relays on Friday.

April 13, 2013- Gales 3rd at Stingel Invitational

Winning efforts in six of 18 events carried Lancaster to a 3rd place finish in Saturday's Stingel Invitational at Pickerington North. The host team won the 16 team meet, followed by New Albany and Lancaster. Christian Herold won the Shot Put with a personal best effort of 51' 7.5", with Nik Curtiss taking 4th at 45' 5", also a personal best. Isaiah Dexter won the Discus with a throw of 153' 4", with Austin Crist taking 4th at 144' 10". Both discus throws were also personal bests. Andrew Koksall won the Pole Vault at 13' 0", in windy conditions difficult for everyone.

The Gales also scored well in the distance events; with winning efforts in the 1600M, 800M and 3200M, a 2nd place finish in the 4x800M Relay and a 3rd in the Distance Medley. Stephen Sparks ran a tactical race to win the 1600M in 4:37.77, then returned to the track to win a tough 800M in 2:00.42. Nick Weaver

patiently ran in the cover of the pack through 1200 meters, then broke away to win the 3200M in a personal best time of 9:55.91. Jon Urbine, McCray Wooten, Nick Bosser and Robbie Harris ran on Lancaster's 3rd place DMR, while Patrick Sabol and Noah Ball joined Sparks and Weaver on the 2nd place 4x800M Relay team.

Patrick Wagner overcame the tough conditions to finish 4th in a strong field in the 110 High Hurdles. The team of Wooten, Sabol, Urbine and Barkley Zenoby closed out the Lancaster scoring with an 8th place finish in the 4x400M Relay.

The Gales compete next on Tuesday in a triangular meet with Upper Arlington and St. Charles, then on Saturday in the Warrior Relays at Walsh -Jesuit High School in Cuyahoga Falls.

April 9, 2013 - Watkins Defeats The Gales

The Watkins Memorial boys outscored a young Lancaster squad 99 to 38 in Tuesday's dual meet at Fulton Field. Gales event winners included the 4x800M Relay team of Adam McNally, Patrick Sabol, Jon Urbine and Stephen Sparks; Kyle Trout in the Discus, Christian Herold in the Shot Put and Andrew Koksal in the Pole Vault. Also scoring for the Gales were; Isaiah Dexter, 2nd in the Discus, Kyle Trout, 2nd in the Shot Put, Jon Urbine, 2nd at 400M, Robbie Harris, 2nd at 3200M, Pat Wagner, 3rd in the 110 High Hurdles, Nick Posser, 3rd in the 1600M and Phelan Shaw, 3rd in the 400M.

The Gales compete next at the Stingel Invitational, Saturday at Pickerington North.

Gales 2nd at Rock Brands Invitational

Lancaster finished second to Logan in the 22 team field at Saturday's Rocky Brands Invitational. Stephen Sparks led the Gales, taking individual firsts in the 1600M (meet record) and the 800M. Sparks also anchored the Gales winning 4x400M Relay, teaming with McCray Wooten, Phelan Shaw and John Urbine to set a meet record. Patrick Wagner also had a great day, placing 3rd in the 100 High Hurdles, 6th in the 300M Intermediate Hurdles and 8th in the Long Jump.

The Gales depth in the distance events was apparent as Lancaster placed two teams in the top five of the 4x800M Relay - Nick Bosser, Luke Sanderell, Matt Young and Nick Weaver took 2nd, with Trent Lindsey, Noah Ball, James Fox and Nick Bermoy following in 5th. John Urbine added a 6th place finish in the 1600M; Wooten took 5th in the 400M; Bosser placed 4th in the 800M, Spencer Gilmore was 3rd in the 3200M, followed by Weaver in 5th and Sanderell in 6th.

The Gale Throwers posted another big day as Christian Herold won the Shot Put and Austin Crist took first in the Discus. Isaiah Dexter (4th) and Nik Curtiss (5th) also scored for the Gales in the Shot Put, while Dexter (7th) and Zac McNeal (8th) added valuable points in the Discus. Andrew Koksal took 2nd in the Pole Vault as Remington Burwell set a new PR and scored for the first time in the vault placing 8th.

Nineteen young Gales competed for the first time in Tuesday's Tri-meet with Liberty Union and Canal Winchester. Liberty Union won the day with 69 points, follow closely by Lancaster with 62 points and Canal Winchester with 44 points. Event winners for Lancaster included Andrew Koksal in the Pole Vault, Isaiah Dexter in the Discus, Christian Herold in the Shot Put, Robbie Harris in the 1600M, Nick Weaver in the 800M and the 4x400M Relay team of McCray Wooten, John Urbine, James Fox and Barkley Zenoby.

Throwers Lead Gales to 3rd At Hammond Relays

Lancaster's winning relays in the Shot Put and Discus accounted for 20 of the Gales 69 points at Saturday's Hammond Relays. Christian Herold, Austin Crist and Zac McNeal teamed up to win the Discus Relay, while Herold and Crist teamed with Nik Curtiss to win the Shot Put Relay. Herold was the top individual in the Shot Put with a new personal best toss of 51' 4". Andrew Koksall vaulted 13' 6" to take individual honors in the Pole Vault and teamed with Remington Burwell for 5th in the vault relay. The Gales Long Jump Relay of Pat Wagner, Jeremiah England and Ryan Edwards placed 4th.

The Gales also took a pair of firsts on the track; Nick Bosser, John Urbine, James Fox and Stephen Sparks finished 1st in the Middle Medley while Sparks, McCray Wooten, Luke Sanderell and Nick Weaver won the Distance Medley Relay. Bosser and Urbine teamed with Noah Ball and Matt Young to place 2nd in the 4x800M Relay. Nick Weaver teamed up with brother Jack, Robbie Harris and Spencer Gilmore to take 3rd in the 4x1600M Relay. Wagner and England teamed with Dakota Fox and Hunter Greene for 4th in the Shuttle Hurdles; Sparks, Wooten, James Fox and Barkley Zenoby took 4th in the 4x400M Relay. England, Edwards, Zenoby and Phelan Shaw took 6th in the 4x200M Relay.

Gales 12th at Indoor State Track & Field Championships

Stephen Sparks and Isaiah Dexter led the Golden Gales taking the podium for their finishes in the 800M and the Weight Throw. Sparks won the 800M in a new LHS indoor school record time of 1:53.91. Spark's effort eclipsed the previous indoor school record of 1:54.04 set by Brannon Kidder in 2011. Dexter took 4th in the Weight Throw with a best effort of 68' 5". Dexter's effort surpassed his previous school record of 64'10" by over three feet. Other strong performances by the Gales included Austin Crist - 11th in the Weight Throw; the team of John Urbine, Nick Weaver, Nick Bosser and Pat Sabol - 12th in the 4x800M Relay and the team of Sparks, Sabol, Urbine and McCray Wooten - 15th in the 4x400M Relay.

The Gales open the outdoor track and field season on March 30th at the Hammond Relays hosted by Pickerington Central.

Gales 3rd at Central District Indoor Track Championship

The Lancaster men finished behind Hilliard Davidson and Watkins Memorial in the 24 team field at Otterbein's Clement Center on Saturday. Christian Herold, Isaiah Dexter and Stephen Sparks led the Gales with first place finishes; Herold threw a season-best 49'6.5" to win the Shot Put; Dexter maintained his Central Ohio leadership for the indoor weight with a throw of 60' 8.5"; Sparks held off strong challengers to win the 800M in 159.05. Other scorers for the Gales included Austin Crist, 2nd in the Weight throw, John Urbine, 4th in the 800M, Nick Weaver, 5th in the 1600M, Andrew Koksall, 5th in the Pole Vault; Nik Curtiss, 7th in the Shot Put, McCray Wooten, 8th in the 400M, Robbie Harris, 8th in the 3200M; the 4x800M Relay of Nick Bosser, Noah Ball, Mason Kieffer and Jack Weaver (7th); and the 4x400M Relay of Wooten, Koksall, Matt Young and Patrick Wagner (8th).

Gales Indoor Track Results

The Gales performed well in **weekend qualifiers at Capital University and Kent State**. At Capital, Lancaster's Sprinters and Jumpers led the way, setting personal best in 15 of 28 events. Adam McNally led the Sprint group results with a 5th place finish in the 200M and then anchored the Gales squad of Stephen Sparks, John Urbine and Patrick Sabol to a strong 2nd place finish in the 4x400M Relay. The team of Nick Weaver, John Urbine, Adam Wise and Stephen Sparks were dominant in winning the 4x800M relay as the Gales Distance squad set new personal bests in eight of 22 opportunities. Isaiah Dexter,

Austin Crist and Christian Herold led the way for the Throws group, sweeping the 1st three places in the weight throw competition.

The Gales mid and long distance runners returned to the track on Sunday to race on the oversized oval at Kent State. Stephen Sparks was the top Golden Gale finisher, winning the 800M in 1:55.86. Sparks is the fastest high school 800M run in Ohio this season. Other top finishers for Lancaster included Adam Wise, 7th in the Mile Run (4:30.65) and Nick Weaver, 7th in the 3200M Run (9:56.15).

With one weekend remaining to qualify for the 2013 Indoor Track & Field Championships, several Golden Gales are in contention:

- Sparks is currently #2 at 800M,
- Dexter is #5 in the Weight Throw, Crist is #11 and Herold is #17,
- Wise is #7 at 3200M and 17th at 1600M,
- Weaver is 25th at 3200M,
- The Gales 4x800M Relay is 11th, and
- The 4x400M Relay is currently 20th.

The top 16 marks in the State automatically qualify for the State Championships; the 17th to 25th best marks are provisional qualifiers and advance to State Championship if others in the top 16 do not compete for any reason.

The Gales compete next at the Central District Indoor Championships on Saturday at Otterbein.

Adam Wise was the top finisher for the Gales at OSU this weekend, taking first in the 3200M in a season best time of 9:38.37. Wise's time is the fastest in Ohio this season on a standard 200M Track. Other top finishes for the Gales included Stephen Sparks, 2nd in the 800M; Andrew Koksal, 5th in the Pole Vault; Austin Crist, 5th in the Weight Throw; Christian Herold 9th in the Weight Throw and Luke Sanderell, 10th in the 3200M. The Gales 4x400M Relay team of Sparks, Adam McNally, Patrick Sabol and James Fox took 2nd, while the 4x800M Relay team of Sabol, Fox, Noah Ball and Trent Lindsey finished 5th. In total, the Gales set 30 new personal bests this weekend.

2012 Lancaster High School graduate and current Penn State University freshman, Brannon Kidder runs amazing race at Penn State National Indoor Track meet last Saturday.

UNIVERSITY PARK, Pa.: January 26, 2013 - True freshman Brannon Kidder (Lancaster, Ohio) dipped under the 4:00 mile barrier, Saturday at the Penn State National, highlighting a slew of outstanding performances across the board at Ashenfelter III Indoor Track. Junior Casimir Loxsom (New Haven, Conn.) would add another bullet point to his resume on Saturday afternoon, setting an American Collegiate Record in the 600 meters. All told, the Nittany Lions turned in nine victories over the two-day competition, including a collegiate-record setting performance from the men's 4x200-meter relay on Friday evening.

Kidder's effort made it seven-straight years of at least one sub-4:00 performance during the PSU National, while the rookie became just the fourth Nittany Lion to join the sub-4:00 club, and the third in the last three years. Kidder joins former Nittany Lion standouts Ryan Foster, and Larry Mangan on the Nittany Lions' sub-4:00 list, as well as current sophomore Robby Creese (Mount Airy, Md.), who bettered the barrier as a freshman during the 2012 campaign. Kidder's performance is currently tops among Big Ten competitors, and ranks sixth in Division I. The freshman trails only Foster (3:58.49), and Creese (3:58.94) in the all-time Penn State standings.

Also running well in Kidder's section was senior Sam Masters (Columbia, Mo.). Masters turned in a PR 4:02.67 to finish fifth in the race. Kidder and Masters currently stand first and third, respectively, among Big Ten milers.

Loxsom, who already holds the World Junior Record in the 600 at 1:16.98, shattering his own Penn State and Ashenfelter III Indoor Track records via a sizzling effort of 1:15.79. Loxsom also overtook the American Collegiate Record in the event, bettering Harun Abda's 1:15.86 from 2012. Coincidentally, the senior's performance came just a few hours too late to overtake the American Record, as Duane Solomon ran 1:15.70 as a part of the British Athletics Glasgow International Match in Glasgow, Scotland on Saturday afternoon. Both athletes bested the former record of 1:15.80, set by Chip Jenkins in 1987.

Proving the mettle of the Nittany Lion middle distance contingent were senior Ricky West (Toronto, Ontario) and freshman Za'Von Watkins (Liverpool, N.Y.), as the duo took second and third, respectively, in the men's invite 800 meters, clocking 1:48.92, and 1:49.03. Along with Loxsom (1:46.98), and Kidder (1:48.17), the Nittany Lions now own four of the top nine times in the NCAA in the event.

[View Video of Race](#)

Gales 4th at Cedarville

Lancaster Track & Field opened team competition for the 2013 Indoor season by finishing 4th of 35 teams at the Richie HS Tune-up. Huber Heights Wayne was team champion, followed by Centerville, Cincinnati Withrow and Lancaster. The Gales 4x800M Relay team of John Urbine, Patrick Sabol, Nick Weaver and Adam Wise took first in a season best time of 8:28.2. Also scoring for the Gales were Stephen Sparks, 2nd in the 800M; Andrew Koksal, 3rd in the Pole Vault; Wise, 4th and Sparks, 7th in the 1600M; Patrick Wagner, 7th in the 55M hurdles, Luke Sanderell, 8th in the 3200M; Adam McNally, 8th in the High Jump. The team of McNally, Rylee Lane, McCray Wooten and Jack Weaver closed the scoring with 3rd place points in the 4x400M Relay. In total, 16 individuals set new personal bests on Saturday.

The Golden Gales set 15 new personal bests and won two events at Saturday's Indoor Track & Field Qualifier at OSU. The 4x800M Relay Team of Stephen Sparks, John Urbine, Patrick Sabol and Adam Wise posted the 2nd fastest time in the state (8:32.48) en route to a solid win. Wise returned late in the day to easily win the 3200M (10:00.35). Robbie Harris placed 3rd and Isaak Kaiser was 6th as the Gales placed four runners in the top 9 of the 3200M. Other placers for the Gales included; Stephen Sparks - 5th in the 800M, Nick Weaver - 6th in the 1600M, Andrew Koksal - 8th in the Pole Vault and Adam McNally - 8th in the High Jump. Christian Herold and Patrick Wagner advanced to the finals in the Shot Put and 60M High Hurdles, respectively. The Gales closed the day by running the 5th fastest time in the State for the 4x400M Relay to finish 4th in a very strong field.

Results: 01.12.13 - Tiffin HS Qualifier #1

The Golden Gales opened the 2013 Indoor Track Season at Tiffin on Saturday, winning five events and setting 14 new Indoor Personal Bests.

Austin Crist won the Weight Throw with a personal best toss of 53' 11.75". Adam Wise won the 1600M in 4:38.19 and Nick Weaver won the 3200M in 10:24.57. Andrew Koksal won the Pole Vault with an indoor personal best mark of 12' 4.75". John Urbine, McCray Wooten, Stephen Sparks and Adam Wise cruised to win the Distance Medley Relay in 11:34.37. Nick Bermoy (400M & 800M), Nick Bosser (800M), Spencer Gilmore (1600M), Robbie Harris (1600M & 3200M), Grant Luby (800M), Pat Sabol (800M), Seth Tribby (SP & WT) and Neil Winstead (400M) also started their 2013 indoor campaign with best ever indoor results.