

LANCASTER GOLDEN GALES BOYS TRACK

Gales Second in District Championship

The Golden Gales took five firsts in 17 events and advanced 10 athletes in 7 events to next week's Region 3 Championship. Lancaster scored a total of 93.5 points, second only to Watkins Memorial and well ahead of the 15 other teams in District 2. District Champions for the Gales were Isaiah Dexter in the Discus, Nik Curtiss in the Shot put, Andrew Koksal in the Pole Vault and Stephen Sparks in the 1600M and 800M. Also qualifying for Regional competition were Austin Crist, 2nd in the Discus, Christian Herold, 3rd in the Shot Put, Beau Stewart, 3rd in the 300H and the 3rd place 4x800M Relay team of Nick Bosser, James Fox, Matt Young and Stephen Sparks.

Other strong individual performances for the Gales included Beau Stewart's 5th place finish in the 200M, Jeremiah England, 6th in the 300H, Remington Burwell, tied for 6th in the Pole Vault and Patrick Wagner's 8th place finish in the 110HH. Lancaster's 4x400M Relay team of Harrison Taylor, Phelan Shaw, Barkley Zenoby, Stephen Sparks and Beau Stewart finished 5th. The Gales 4x100M Relay of Patrick Wagner, Beau Stewart, Drew Smith and Harrison Taylor took 6th.

The Golden Gales open Regional competition on Wednesday, with the top four finishers in each event advancing to the State Championship.

Gales won the 4x800M Relay

The Gales won the 4x800M Relay and took three of top four places in the Shot Put to lead the OCC Ohio Division Championship after Day One of competition. Lancaster athletes qualified to compete in the finals of every event on the final day of competition this Saturday.

Gales win Larkin Crosten Classic

The Golden Gales completed their regular season Track & Field schedule by defeating Pick North, Pick Central and five other teams at the Larkin - Crosten Classic in Upper Arlington. Final scores: Lancaster - 155, Pick Central - 123, Pick North - 113, Dublin Coffman - 94, Watterson - 55, Dublin Scioto - 54, Upper Arlington 46, Northland - 12. The Gales end the regular season with a composite record of 115 wins against 10 losses, with championships in three of their last four invitationals.

At the Larkin, Lancaster again benefited from balanced scoring as the sprinters had their most impressive meet of the season to complement another sweep by the throwers and strong finishes by distance crew and the vaulters. Event Results: 4x800M Relay; Lancaster 2nd (8:21.49) Nick Bosser, James Fox, Matt Young, Stephen Sparks. 110HH; Patrick Wagner 4th (15.94), Dakota Fox 5th (16.07). 100M; Harrison Taylor 1st (11.01), Beau Stewart 2nd (11.15). 4x200M Relay; Lancaster 8th (1:36.88) Drew Smith, Rylee Lane, Phelan Shaw, Barkley Zenoby. 1600M; Noah Ball 2nd (4:32.16), Nick Weaver 3rd (4:33.18). 4x100M Relay; Lancaster 3rd (44.32) Wagner, Smith, Stewart, Taylor. 400M; Sparks 2nd (49.96). 300H; Stewart 2nd (40.18), Jeremiah England 4th (41.78). 800M; Sparks 2nd (2:00.02). 3200M; Weaver 3rd (10:02.21), Ball 5th (10:08.20). 4x400M Relay; Lancaster 3rd (3:31.37) Stewart, Shaw, Zenoby, James Fox. Discus; Isaiah Dexter 1st (159-2), Austin Crist 2nd (151-1). Shot Put; Nik Curtiss 1st (54-9), Christian Herold 2nd (53-2.5). Pole Vault; Andrew Koksal 2nd (13-6), Remington Burwell 4th (11-6). High Jump: Davonte Herron 5th (5-8), Ryan Edwards 8th (5-6).

The Gales compete in the OCC Ohio Division Championship on Thursday and Saturday at Thomas Worthington High School.

Gales 7th of 54 teams at Wayne Invitational

In a meet billed as a possible preview of the State Championship, the Golden Gales finished 7th at the Huber Heights Wayne Invitational this weekend. Pick North won the meet with 82 points, followed by Wayne (68), St. Xavier (63), Glenville (59), Hilliard Davidson (57), Centerville (56) and Lancaster (55). Lancaster athletes scored a total of 60 points in the meet; however, 5 points were earned by a athlete on the "B" team and were not included in the team score.

Top performances by Lancaster athletes included Austin Crist, 2nd in the Discus at 149'0" and Andrew Koksal, 2nd in the Pole Vault at 14'6". Stephen Sparks was 3rd in the 1600M at 4:17.97, Nik Curtiss was 3rd in the Shot Put at 53'1", Curtiss also took 4th in the Hammer Throw, while Christian Herold finished 4th in the Shot Put. Seth Tribby was 5th in the Hammer, Beau Stewart was 7th in the 300 Hurdles and Isaiah Dexter was 8th in the Hammer.

The Golden Gale relays also scored well. The Distance Medley Relay of Sparks, Barkley Zenoby, Mason Kieffer and Nick Weaver finished 3rd. The 4x800M Relay of Stewart, Nick Bosser, James Fox and Sparks took 4th and the Shuttle Hurdle Relay team of Patrick Wagner, Jeremiah England, Neil Winstead and Dakota Fox took 5th.

In total, the Gales set 18 new personal records and added four entries to the All-time LHS Top 10 lists.

Gales defeated Granville

The Gales defeated Granville 94.5 to 42.5 at Fulton Field on Tuesday night. Mason Kieffer, Jarod DiDomenico, Grant Luby and Matt Young teamed up to win the 4x800M Relay. Deakin Dickerson, Nico Moxley, Aaron Lawson and Seth Sheridan made up the winning Gales 4x100M Relay team. Individual event winners for the Gales were Harrison Taylor in the 100M, Austin Crist in the Discus, Robbie Harris in the 1600M and 3200M, Nick Bosser in the 400M, Ryan Edwards in the High Jump, Beau Stewart in the 300M Hurdles and the 200M, Nik Curtiss in the Shot Put, Andrew Koksal in the Pole Vault and Drew Smith in the Long Jump.

Lancaster will host the 49th Fulton Relays this Friday night at Fulton Field.

Gales battled at Stingel Invitational

Lancaster battled to a 3rd place finish in the 16-team Stingel Invitational on Saturday. The Gales scored big early in the field events and distance relays and earned enough points in the later events to stay in contention to last events. In the end, Lancaster fell to 3rd place (102pts) behind Pickerington North (114pts) and Watkins Memorial (111pts). The Gales season record now stands at 39 - 4, with two losses each to Pick North and Watkins.

The throwers led the way for the Gales with Nik Curtiss (57' 5.5") and Christian Herold (51' 8") finishing 1-2 in the Shot Put. Austin Crist (145' 6") and Isaiah Dexter (143' 1") followed up with a 1-2 finish in the Discus. Andrew Koksal won the Pole Vault (14'0"), with Remington Burwell taking 4th (11'0"). Stephen Sparks won the 1600M (4:26.45) after anchoring Lancaster's winning Distance Medley and 4x800M Relay teams. James Fox led off both winning relays; teaming with Noah Ball and Phelan Shaw in the DMR, Nick Weaver and Trent Lindsey in the 4x8. Other top individual finishers for the Gales included; Beau Stewart, 4th in the 300M hurdles (41.53), Nick Bosser, 6th in the 800M (2:03.83), Noah Ball, 6th in the 3200M Run (10:18.70) and Nick Weaver, 8th in the 1600M (4:44.67). Lancaster's 4x100M Relay of Patrick Wagner, Drew Smith, Beau Stewart and Harrison Taylor finished 4th as did the 4x400M Relay team of Sparks, Stewart, Bosser and Barkley Zenoby.

The Gales compete next at Pickerington Central on Tuesday and at the Lebanon Warrior Relays on Thursday.

Gales Strong at Rocky Brands Invitational

Lancaster athletes set 28 new personal bests and scored in 16 of 17 events to best a field of 20 teams at the Rocky Brands Invitational. Team scores: 1) Lancaster - 155, 2) Parkersburg - 92, 3) Logan - 65, 4)

Athens - 59, 5) Warren - 45... 10) Lancaster "B" - 22. Event winners for the Gales were Christian Herold (53'10") in the Shot Put, Isaiah Dexter (152' 2") in the Discus, Andrew Koksai (14' 3") in the Pole Vault, Trent Lindsey, Matt Young, Nick Bosser & Stephen Sparks (8:31.33) in the 4x800M Relay and Sparks (9:46.76) in the 3200M. Runners-up for Lancaster were Nik Curtiss (52' 1.5") in the Shot Put, Austin Crist (147' 6") in the Discus, Patrick Wagner (16.12) in the 110 High Hurdles, Beau Stewart (11.48) in the 100M Dash and (41.83) in the 300 Intermediate Hurdles, Bosser (2:02.34) in the 800M and the 4x400M Relay of Stewart, Sparks, Phelan Shaw and James Fox (3:33.39). Drew Smith (19'4") took 3rd in the Long Jump. Noah Ball (4:39.41) was 3rd in the 1600M and the 4x200M squad of Stewart, Shaw, Rylee Lane and Barkley Zenoby also took 3rd. Also scoring for the Gales were the 4x100M Relay of Wagner, Smith, Edwards and Lane (4th), Shaw (4th -400M), Crist (4th - SP), Nick Weaver (4th - 3200M), Dexter (5th - SP), Jeremiah England (5th - 110H), Zenoby (5th - 400M), James Fox (5th - 800M & 6th - 1600M), Matt Young (6th - 800M), Remington Burwell (6th - PV), Ryan Edwards (6th - HJ), Seth Tribby (7th - D), Robbie Harris (7th - 3200M) and the 4x800M Relay of Jarod DiDomenico, Grant Luby, Jack Weaver and Reilly Linehan in 8th.

The Golden Gales compete next on Tuesday at Watkins Memorial, then Saturday at the Stingel Invitational at Pickerington North.

Gales second at Hammond Relays

The Golden Gales opened the 2014 outdoor track and field season with a runner-up finish at the Hammond Relays. Pickerington North took first with 116 points, followed by Lancaster's 102 and 98 for the host school, Pickerington Central. Reynoldsburg and Canal Winchester also competed in Hammond Relays. Event winners for Lancaster were: Christian Herold, Nik Curtiss and Austin Crist in the three-man Shot Put Relay; Crist, Curtiss and Alex Dexter in the Discus Relay; Andrew Koksai, Remington Burwell and Chris Fetherolf in the Pole Vault Relay; James Fox, Nick Bosser, Phelan Shaw and Stephen Sparks in the Middle Medley Relay; Noah Ball, Shaw, Bosser and Sparks in the Distance Medley Relay. The Gales compete next one Wednesday at Canal Winchester and then Saturday at the Rocky Brands Invitational.

Indoor T&F State Championship

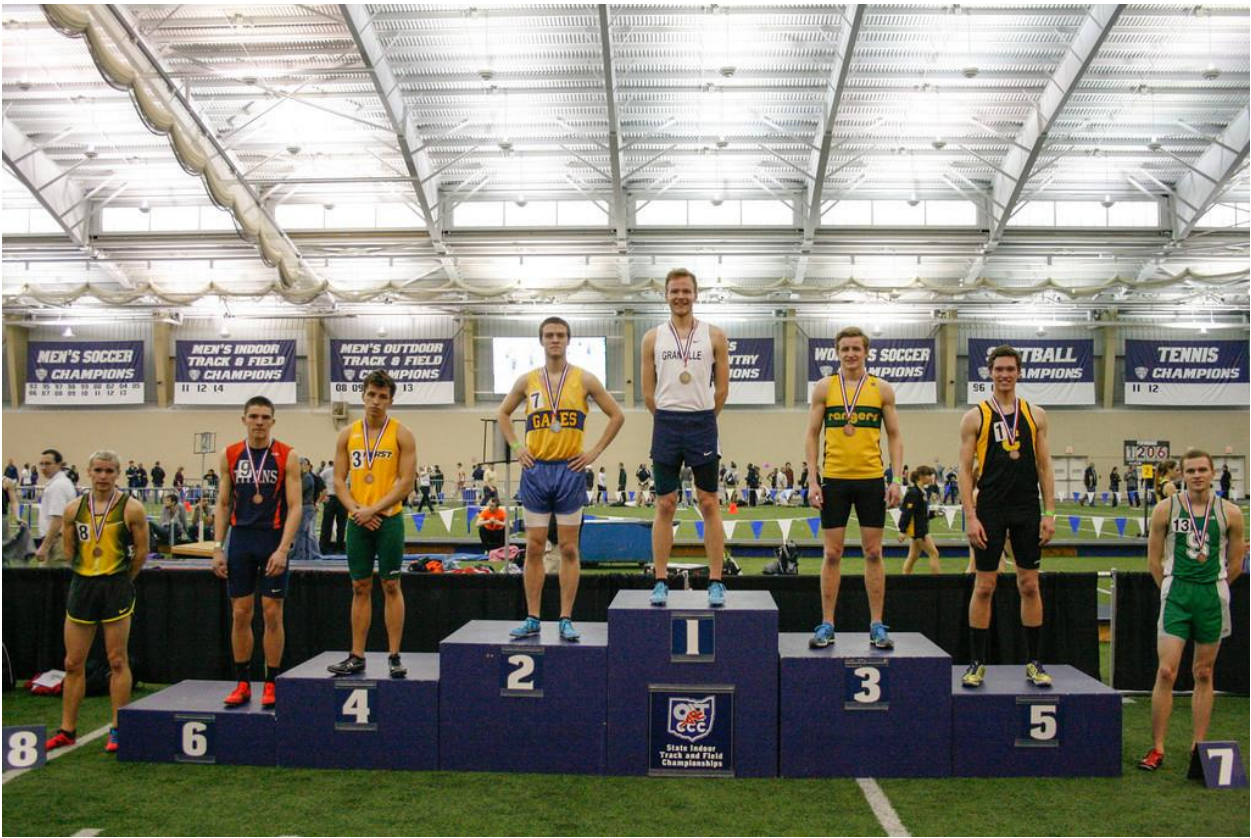
Gales 13th at Indoor T&F State Championship

The Golden Gales posted nine season best marks on their way to a fifth consecutive top 15 finish at the Ohio Division I Indoor Track & Field State Championship. Stephen Sparks led the Gales, leading off the 8th place Lancaster 4x800M Relay squad and then later taking second in the 800M run. The relay's time of 8:07.53 was a season best by over 11 seconds and Sparks' individual 800M time of 1:55.40 was also a season best. Nick Bosser, James Fox and John Urbine completed the Gales podium group in the 4x8, each one running a personal best indoor split. Isaiah Dexter and Austin Crist placed 4th and sixth, respectively in the Weight Throw, accounting for the other ~half of the Lancaster scoring. Crist's mark of 61'4" makes him the #3 All-time Golden Gales performer in the Weight Throw. Dexter is the School Record holder in the event.

Also competing for the Gales was Andrew Koksai who matched his season best of 14'0" to take 9th in the Pole Vault. Christian Herold threw an indoor best mark of 52' 7.25" to take 10th in the Shot Put. Nik Curtiss finished 14th and was the youngest athlete to qualify and participate in the Shot Put competition.

The Gales open the outdoor season at the Pickerington Central - Hammond Relays on Saturday, March 29th.







Results: Central District Indoor, Kent State Qualifer #3
March 1st & 2nd, 2014

The Golden Gales have qualified nine athletes in five events for next Saturday's State Indoor Track & Field Championship. Isaiah Dexter and Austin Crist will compete for the Gales in the Weight Throw. Christian Herold and Nik Curtiss will compete in the Shot Put. Andrew Koksall will compete in the

Pole Vault and Stephen Sparks returns to defend his 2013 championship in the 800M. Sparks also joins John Urbine, Nick Bosser and James fox to compete for Lancaster in the 4x800M Relay.

The Lancaster 4x400M Relay of Sparks, Urbine, Bosser and Beau Stewart is a provisional state qualifier; acceptance into the state championship will be determined later in the week. Urbine (800M), Patrick Wagner (60HH), Herold (WT), Curtiss (WT) and Seth Tribby(WT) are also provisional state qualifiers.

The Division I State Championship begins at 9:30AM on Saturday at the University of Akron Stile Field House.

The Golden Gales Track & Field team won the Central District Indoor Championship on Saturday, outscoring Watkins Memorial 89.5 to 81.5.

Hilliard Davidson (59 pts) was third, with 24 other teams also scoring. The Lancaster throwers led the way, taking 1st and 2nd in the shot put and the weight throw. The Gales were also strong on the track, posting season best efforts in all three relays, winning the 4x200M and 4x800M and taking 3rd in the 4x400M Relay. Golden Gale scorers included Isaiah Dexter and Austin Crist, 1-2 in the weight throw with Christian Herold and Nik Curtiss, 1-2 in the shot put. The 1st place 4x200M relay included Harrison Taylor, Rylee Lane, Ryan Edwards and Beau Stewart. The winning Gales 4x800M relay included Stephen Sparks, John Urbine, Nick Bosser and James Fox. Sparks also took 2nd in the open 800M and ran a leg on the Gales 3rd place 4x400M relay, along with Stewart, Bosser and Matt Young. Other scorers for the Gales were Patrick Wagner, 4th in the 60HH; Beau Stewart, 4th in the 60M dash; Isaak Kaiser, 5th in the 3200M; Andrew Koksall, tied for 5th in the pole Vault; Noah Ball, 8th in the 1600M run and Ryan Edwards, 8th in the High Jump.

The Gales will compete next weekend in the Indoor State Championship at Akron University.

**Results: OSU Buckeye Qualifier #4
February 15th, 2014 @ The Ohio State University**

**Results: Ohio Wesleyan HS Qualifier #1
January 18th, 2014 @ Ohio Wesleyan University**

**Results: WOTOA Elite Invitational
January 11th, 2014 @ Ohio Northern University**

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.

Congratulation to the
Boys Indoor
Track and Field Team
2014 Central District Champions

