

Lancaster Golden Gales



2009

2010



Track

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Track

GOODRICH
TRACK & FIELD



Varsity Girls 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)

May 28, 2010 - **REGIONAL TOURNAMENT**

Lancaster 36th at 1

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

May 22, 2010 - **DISTRICT TOURNAMENT**

Lancaster 6th at 38

Regional Qualifiers: Karissa Conrad (100H, 300H). The Lancaster Girls Track and Field team finished sixth place overall in the Central District Championships last Saturday. Karissa Conrad advanced to the Regional Championships with 4th place finishes in the 100m and 300m hurdles. Also scoring for the Lady Gales were the 4 x 800m relay team of Kelsey Conrad, Lorynne Sheline, Jeylan Turkoglu, and Allie McRitchie; Dana McClurg in the 100m hurdles, the 4 x 200m relay team of McClurg, Emily Flowers, Raven Francis, and Courtney

Heimberger; McRitchie in the 1600m; Kelsey Conrad in the 400m; the 4 x 100m relay team of Francis, Betsy Noll, Erin Gerds, and Karissa Conrad; the 4 x 400m relay team of Heimberger, Noll, McClurg, and Kelsey Conrad; and Justina Baker and Emily Flowers in the Pole Vault. [Click here for complete District Tournament results at baumspage.com.](#)

May 15, 2010 - OCC Championship

Lancaster 5th at 59.5

[Click here for complete results at oh.milesplit.us.](#)

May 7, 2010 - **LANCASTER SIXTH AT CROSTEN CLASSIC**

The Lancaster Girls Track and Field team placed sixth in the eight team Crosten Classic Invitational last Friday night at Upper Arlington. The Lady Gales had several good performance led by the strong showing of Erin Gerds. Gerds placed 2nd overall in the 300m hurdles with a personal best of 47.15, placed 6th in the high jump with a personal best of 4' 8", and ran on the 2nd place 4 x 100m relay team which ran a seasonal best time of 51.34 seconds. Other top performances were Kamry Aegersold 2nd in the shot put with a personal best throw; Justina Baker second in the pole vault; Karissa Conrad placing 3rd in the 100m hurdles and 3rd in the 300m hurdles; Allie McRitchie placing 5th in the 1600m; Aegersold 5th in the discus; Emily Flowers placing 4th in the pole vault; the 2nd place 4 x 100m relay team of Raven Francis, Courtney Heimberger, Gerds, and Karissa Conrad; the sixth place 4 x 400m relay team of Heimberger, Dana McClurg, Ashley Cook, and Kelsey Conrad; and Heimberger placing 6th in the 200m. Also competing for the Lady Gales were Francis in the 100m, McClurg in the 100m hurdles and 4 x 200m relay; Cara Glenn, Flowers, and Cook in the 4 x 200m relay; Heimberger in the 100m; Betsy Noll in the high jump; Kelsey Conrad in the 400m; Jeylan Turkoglu in the 1600m and 800m; Erica Smith in the 3200m; Kristin White in the discus and shot put; Kelly Scott in the long jump; Cook in the 200m; Alisa Burnside in the long jump; and Alexis Harris in the 400m.

May 4, 2010 - **LADY GALES DEFEAT PICKERINGTON NORTH IN DUAL MEET**

The Lancaster Girls Track & Field team defeated Pickerington North 103-34 last Tuesday at Pickerington North. Leading the Lady Gales was Kristin White who threw two personal bests in winning the shot put and discus throws. Kelly Scott also had an excellent meet by winning the long jump, placing second in the both the shot put and discus, and running a leg on the winning 4 x 200m relay team. Coach John Zishka said that several other athletes set personal bests and are competing very well right now. He noted, the high jump duo of Betsy Noll and Erin Gerds had a good meet and that Raven Francis, Kelsey Conrad, Jeylan Turkoglu are running well. Other winners for the Lady Gales were Emily Flowers in the pole vault; Betsy Noll in the high jump; Karissa Conrad in the 100m hurdles, Kelsey Conrad in the 400m; Gerds in the 300m hurdles, Turkoglu in the 800m; Francis in the 200m; Amber Cree in the 3200m; the 4 x 400m relay team of Courtney Heimberger, Noll, Ashley Cook, and Kelsey Conrad; the 4 x 100m relay team of Francis, Noll, Gerds, and Karissa Conrad; and the 4 x 200m relay of Flowers, Scott, Heather Milhon, and Heimberger. Other scorers were Justina Baker in the pole vault, Gerds in the high jump, Kayla Messner in the discus, Dana McClurg in the 100m hurdles, Francis in the 100m, Leigh Roberts and Cree in the 1600m, Alexis Harris in the 400m, Alisa Burnside in the 300m hurdles, Erica Smith in the 800m, and Flowers in the 200m.

April 29, 2010 - Mingo Relays

LANCASTER GIRLS FINISH 4TH IN GENE COLE INVITE

The Lancaster Girls track team finished in a 4th place tie at the Gene Cole Invitational last

Thursday night at Fulton Field. The meet included 9 teams with Sheridan winning the overall team title.

The Lady Gales had several good performances led by Courtney Heimberger who won the 200m dash and ran on the winning 4 x 400m relay team. She also ran on the scoring 4 x 100m and 4 x 200m relays.

Also scoring for the Lady Gales were Kayla Messner and Ciara Patrick in the discus; Heather Milhon in the Pole Vault; Messner in the Shot Put; Dana McClurg in the 100m hurdles; the 4 x 200m relay of Heimberger, McClurg, Milhon, and Ashley Cook; Amber Cree in the 1600m and 3200m; the 4 x 100m team of Heimber, Milhon, McClurg, and Cara Glenn; Cook and Glenn in the 400m; Kayla Culbertson in the 800m; Cook in the 200m; and the winning 4 x 400m relay team of McClurg, Heimberger, Glenn, and Cook.

April 27, 2010

Lancaster 72 Reynoldsburg 46

The Lancaster Girls track and field team had a home victory against Reynoldsburg last Tuesday, defeating the Raiders 72-46 at Fulton Field. Leading the Gales with first place finishes were the 4 x 800m relay team of Jeylan turkoglu, Leigh Roberts, Kayla Culbertson, and Amber Cree; Karissa Conrad in the 100m hurdles; Raven Francis in the 100m; Betsy Noll in the high jump; the 4 x 200m relay team of Dana McClurg, Heather Milhon, Kelly Scott, and Kayla Culbertson; the 4 x 100m relay team of Francis, Noll, Erin Gerds, and Karissa Conrad; Conrad in the 300m hurdles; the 4 x 400m relay team of McClurg, Ashley Cook, Alexis Harris, and Noll; and Justina Baker in the pole vault.

Also scoring for the Gales were McClurg in the 100m hurdles, Courtney Heimberger in the 100m; Scott and Culbertson in the long jump, Gerds in the high jump; Kamry Aegersold in the shot put and discus; Kelsey Conrad and Cara Glenn in the 400m; Emily Flowers and Milhon in the pole vault; and Heimberger and Cook in the 200m dash.

April 23, 2010 - Fulton Relays

LADY GALES THIRD AT 44TH ANNUAL FULTON RELAYS

The Lancaster Girls Track and Field team placed third overall in a very competitive field at the 44th Annual Fulton Relays. Dublin Scioto won the meet and Hilliard Darby was second. Lancaster was third, Westerville North was fourth, Worthington Kilbourne was fifth, Pickerington North was sixth, and Newark was seventh. The Lady Gales established many seasonal best relay marks and scored in all the events entered. The field event relays scored well for the Lady Gales with the shot put relay of Kamry Aegersold and Kristin White winning the event and the Pole Vault relay of Justina Baker and Emily Flowers tying for first place. The High Jump relay of Betsy Noll and Erin Gerds placed 2nd overall while the discus relay of Lauren Shull and Aegersold placed 4th. The Long Jump relay of Kelly Scott and Kayla Culbertson finished 5th.

On the track, the Shuttle Hurdle relay of Dana McClurg, Alexis Harris, Erin Gerds, and Karissa Conrad placed 2nd. The 4 x 800 meter relay of Kelsey Conrad, Sammie Zishka, Ashley Cook, and Allie McRitchie placed 3rd. The 4 x 100 meter relay of Raven Francis, Noll, Gerds, and Karissa Conrad placed 4th. McClurg, Scott, Heather Milhon, and Courtney Heimberger also placed 4th in the 4 x 200m relay. Francis, Heimberger, Karissa and Kelsey Conrad placed 4th in the Sprint Medley Relay. Jeylan Turkoglu, Leigh Roberts, Amber Cree, and Erica Smith placed 5th in the 4 x 1600 meter relay. The Middle Medley of Smith, Harris,

Cara Glenn, and Roberts placed 5th and Heimberger, Gerds, McRitchie, and Noll placed 5th in the 4 x 400 meter relay.

Coach John Zishka pointed to the field events as a strong area for the Lady Gales at the Fulton Relays. "We know that we have some good athletes for these events but, it has taken some time to get them healthy and ready to compete in their specialties." Zishka also noted Erin Gerds' performance as she was part of two second place relays and also ran a key leg on the seasonal best performances of the 4 x 100 and 4 x 400 meter relay teams. Erin is a very good all around athlete. She high jumps, hurdles, spints, and an occasional 400 meter. We asked her to step into that 4 x 400m relay Friday night and she and the team ran well against a very strong field. She leads by her example." [Click here for complete results.](#)

April 17, 2010 - Dublin Coffman Classic

North Canton Hoover 121, Brunswick 103 1/2, New Albany 61, Dublin Scioto 54, Pickerington Central 48, Thomas Worthington 47 1/2, Hilliard Davidson 46, Dublin Coffman 40, Westerville South 32, Centerville 30, **Lancaster 27**, Mount Vernon and Springfield 25, Olentangy 21, Worthington Kilbourne 15, Dublin Jerome 5.

April 10, 2010 - Stingel Invitational

Gahanna 96, Pickerington Central 80, Canal Winchester 72, Dublin Scioto 56, **Lancaster 53**, Marietta 48, Chillicothe 47, Westerville South 47, Thomas Worthington 43 1/2, Upper Arlington 39, Cleveland Heights Beaumont 35, Marysville 31, Pickerington North 23, Logan 18, Teays Valley 10 1/2.

April 3, 2010 - Wildcat Premier

Gahanna 97, Hilliard Davidson 92, Pickerington Central 88, Dublin Scioto 72, Westerville South 70, Cleveland Collinwood 68, Pickerington North 58, Wheeling Park, W.Va. 55, **Lancaster 53**, Hilliard Darby 49, Dublin Coffman 41, Westerville North 39, Marysville 28, Central Crossing 7.

March 30, 2010

Lancaster 68, Canal Winchester 59, Liberty Union 47

The Girls Track & Field began their dual meet season by defeating Canal Winchester and Liberty Union last Tuesday at Canal Winchester. Winning their events for the Lady Gales were Karissa Conrad in the 100m hurdles, 300m hurdles and the 400m relay; Kamry Aebersold in the Shot Put and Discus; Sammie Zishka in the 1600m run; Justina Baker in the Pole Vault; the 1600m relay of Ashley Cook, Betsy Noll, Alexis Harris, and Kelsey Conrad; and the 400m relay of Raven Francis, Besty Noll, Erin Gerds, and Karissa Conrad. Also scoring for the Lady Gales were: Alexis Harris and Racheal Fay in the 100m hurdles, Courtney Heimberger and Raven Francis in the 100m, Erica Smith in the 1600m, Kelsey Conrad and Cara Glenn in the 400m, Erin Gerds in the 300m hurdles, Erin Gerds and Alexis Harris in the High Jump, Courtney Heimberger, Cara Glenn, and Alexis Harris in the 200m.

March 27, 2010 - Hammond Relays

The Lancaster girls track team competed last Saturday at the Pickerington Hammond Relays and finished 6th overall in the team standings. Pacing the Lady Gales was the first place shuttle hurdle relay team of Dana McClurg, Erin Gerds, Alexis Harris, and Karissa Conrad winning in a time of 1 minute 10 seconds.

Other top track relays were the 2nd place distance medley of Sammie Zishka, Dana McClurg, Kelsey Conrad, and Allie McRitchie; the 2nd place 4 x 100m relay of Raven Francis, Betsy Noll, Erin Gerds, and Karissa Conrad; the 3rd place Middle Medley of Sammie Zishka, Kelsey Conrad, Ashley Cook, and Allie McRitchie; and the 4th place 4 x 800m relay of Jeylan Turkoglu, Amber Cree, Leigh Roberts, and Erica Smith.

In the Field Event relays, the team of Kamry Aegersold, Kristin White, and Taylor Mulder placed 4th in the Shot Put and 5th in the Discus, while the High Jump team of Erin Gerds and Alexis Harris also placed 5th.

In other events for the Lady Gales were; Justina Baker in the Pole Vault; Smith, Cree, Roberts, and Turkoglu in the 4 x 1600m relay; Courtney Heimberger, Harris, Cara Glenn, and Karissa Conrad in the 4 x 200m relay; Francis, Glenn, Heimberger, and Baker in the Sprint Medley Relay; and McClurg, Heimberger, Glenn and Cook in the 4 x 400m relay.



March 20, 2010

LANCASTER GIRLS SHOW WELL AT STATE INDOOR CHAMPIONSHIPS

The Lancaster Girls track and field team had three individuals compete last Saturday at the State Indoor Track Championships at the University of Akron.

Karissa Conrad led the Lady Gales with an All-Ohio finish in the 60 meter hurdles. Conrad was ranked 8th state wide going into the Championships. She ran a solid race to make the finals and in the championship race she ran a personal best time to take 5th place and earn the All-Ohio honors. Head coach John Zishka said that Conrad was pretty nervous but emphasized that she stayed in her prerace routine and controlled her emotions. "It was business as usual for her and she responded to the competition. Coach Rebekah Diehl has Karissa really focused on her technique At this high level it's the little things that make the difference."

Other Lady Gales competing were Kamry Aegersold in the Shot Put and the Weight Throw and Emily Flowers in the Triple Jump. Aegersold, ranking 19th in the shot put before the meet, was a late addition to the field and took advantage by placing 10th overall. Aegersold came back later to place 9th in the Weight Throw with a personal best effort. "Coach Aaron Henwood really progressed Kamry in the throws this indoor season. She peaked at the right time", said Zishka.

Emily Flowers placed 10th in the Triple Jump. Flower competed well said Zishka. "She has been nursing a sore hip flexor tendon the past couple of weeks so she struggled a bit at the meet. She still out-jumped some pretty good kids today."

The Lady Gales will begin their outdoor season this Saturday at the Hammond Relays at Pickerington.

March 13, 2010 - CENTRAL DISTRICT INDOOR CHAMPIONSHIPS

LADY GALES SIXTH AT CENTRAL DISTRICT INDOOR CHAMPIONSHIPS

The Lancaster Girls Track team placed sixth in the Central District Indoor Championships last Saturday at Ohio State University. Kamry Aegersold led the Lady Gales scorers by throwing personal bests to take 2nd in the weight throw and 3rd in the shot put. Karissa

Conrad also had an outstanding meet with a 2nd place and personal best in the 60 meter hurdles and a 5th place in the 200 meter dash. The 4 x 200m relay team of Dana McClurg, Emily Flowers, Erin Gerds, and Ashley Cook also ran a seasonal best to place 3rd overall. The 4 x 400 meter relay of Ashley Cook, Cara Glenn, Kelsey Conrad, and Courtney Heimberger placed fifth overall with their best time of the indoor season. Also scoring in the championship meet were Flowers taking 6th and Justina Baker 7th in the pole vault and Erin Gerds placing 8th in the high jump. Erica Smith ran a seasonal best in the mile run while Heimberger ran a personal best in the 60 meter and 200 meter dashes. In other events, Alexis Harris competed in the high jump, McClurg in the 60 meter hurdles, and Glenn ran the 60 meter dash, and Kristin White in the Shot Put for the Lady Gales.

Head coach John Zishka was pleased with all of the efforts by the Lady Gales but in particular with freshman Courtney Heimberger, sophomore Ashley Cook, and junior Kelsey Conrad. Zishka said, "both Courtney Heimberger and Kelsey Conrad are new to high school track and field and had outstanding meets. Heimberger completed a very difficult triple and Kelsey Conrad had the fastest split in the 4 x 400 relay in just her very first race - ever! Cook ran two great legs on our relays and showed that she is going to a factor this season." Zishka however pointed to the performances of Aebersold and Karissa Conrad as the key to the Lady Gales team showing. "Not only are they scoring leaders in the track and field events but, they both were recently elected (as well as Betsy Noll) as captains because of the daily leadership they provide to our team."

The Lady Gales will finish the indoor season this Saturday by sending three athletes - Aebersold in the weight throw, Karissa Conrad in the 60 meter hurdles, and Flowers in the triple jump to the State Indoor Championships at the University of Akron. Zishka says, "we have talked about qualifying athletes for the state championships all season, and these girls have set goals and worked hard to achieve them. I know that they are not satisfied to just qualify for the state championships; they have been ranked in the top ten all season and want to perform their very best."