

2010-2011 Varsity Girls Track Results

May 21, 2011 - Lancaster Girls Third at District championships

Baker District Pole Vault Champion as 12 Lady Gales advance to Regionals

The Lancaster Girls Track and Field made a strong showing Saturday in the Central District Championships at Hilliard Bradley. The team scores were Dublin Scioto 139 points, Reynoldsburg 116, Lancaster 91, Upper Arlington 78, Olentangy Orange 73, Worthington Kilbourne 61, Columbus De Sales 46, Teays Valley 21, Grove City 17, Columbus Mifflin 7, and Columbus Whetstone 6. The third place finish was the best for the Lady Gales since their team championship in 2008.

Justina Baker became the district champion in the pole vault with a jump of 10 feet last Thursday and will compete in the Regional Championship meet next Friday at Pickerington North.

Karissa Conrad led a host of other strong Lady Gale performances with her four event day. Conrad was 2nd in the 100m hurdles; 2nd in the 300m hurdles; anchored the 3rd place 400m relay; and ran a leg on the 4th place 1600m relay.

Also having a strong meet was Courtney Heimberger who led off the 400m relay; anchored the 4th place 800m relay; placed 7th in the 200m; and ran a leg on the 1600m relay.

Zoyie Golden had her best day of the season by placing 2nd in the 400m; leading off the 800m and 1600m relays; and running a leg on the 400m relay.

Betsy Noll ran a strong race to finish 3rd in the 800m. She also anchored both the 4th place 3200m (Thursday) and 1600m relays. Both relays will move on to the Regional Championships.

Sammie Zishka ran well and placed 3rd in the 3200m which also advances to the Regionals. She also ran a leg on the 3200m relay.

Erin Gerds ran a very good race in the 300m hurdles to place 3rd and move on to the Regionals as well. She also ran a leg on the 400m relay.

Other members of the Regional bound 3200m relay ran last Thursday were Lorynne Sheline and Alisa Burnside. Sheline also placed 6th in the 800m. Emily Flowers advanced to the Regionals as well with her 3rd place finish in the pole vault. Flowers also ran a leg on the 800m relay.

Caitlyn Poston also ran a leg on the 800m relay and competed in the 100m and 200m for the Lady Gales.

Kayla Messner competed well in the discus and placed 6th overall.

Dana McClurg also scored for the Gales with a 6th place in the 100m hurdles.

Erica Smith rounded out the scoring for Lancaster with an 8th place finish in the 1600m run.

All in all the Lady Gales are sending 12 athletes on to the Regional Championship meet which begin next Wednesday and conclude on Friday.

May 12 & 14, 2011 - Lady Gales Take Fifth in OCC Championships

The Lancaster girls track and field team had several strong performances at the OCC Track and Field Championships last Saturday at Pickerington North High School. The Lady Gales placed 5th overall in the team standings with 73 points. Pickerington Central won the meet with 159 points followed by Pickerington North with 140 1/2, Reynoldsburg with 116, Gahanna with 97 1/2, Lancaster with 73, Groveport with 31, Newark with 23, and Grove City with 15 points.

Several outstanding performances were highlighted by Betsy Noll's strong kick to finish runner-up in the 800m with a time of 2:24.5. Lorynne Sheline also had a good kick to finish in 2:28.08 and place 4th overall in the 800m. Alisa Burnside also ran well in the 800m with a time of 2:36.5. Noll then used another strong finish to anchor the team of Zoyie Golden, Courtney Heimberger, Karissa Conrad in a 3rd place finish in the 1600m relay (4:08.3).

The 3200m relay team of Sheline, Sammie Zishka, Kayla Culbertson, and Noll placed 3rd overall with a time of 10:09.9 on Thursday. Zishka came back to complete a strong distance double by placing 5th in the 1600m (5:32.2); and 4th in the 3200m with a time of 12:01.2.

In addition to the 1600m relay, Conrad had another strong meet as she led the Lady Gales in scoring with races in the 300m hurdles (48.2) to finish 3rd; 4th in the 100m hurdles (16.6); and anchored the 4th place 400m relay.

Other scorers for the Lady Gales were the 800m relay team of Erin Gerds, Emily Flowers, Golden, and Heimberger placing 4th in a time of 1:48.8; the 400m relay of Heimberger, Golden, Gerds, and Conrad placing 4th in 51.06; Kayla Messner placing 4th in the discus with 103 feet; Golden placing 5th in the 400m (61.8); Gerds placing 6th in the 300m hurdles; Flowers placing 5th in the pole vault; and Justina Baker placing 7th in the pole vault.

Head coach John Zishka noted several of the key performances at the OCC meet, "A meet like this moves very quickly with very little rest between events. We had kids in double and triple events - this is the situation that we have been training for all season and our athletes stepped up to the challenge. The Ohio division is very tough with defending state champion Reynoldsburg with all of their key athletes returning, potential district champion Pickerington Central, Pickerington North and Gahanna always fielding solid teams so, I think our kids competed very well."

The Lady Gales compete next Wednesday, Thursday, and Saturday at the Central District Championships at Hilliard Bradley High School.

May 6, 2011 - Lady Gales Place Fourth at Crosten Classic Track Meet

The Lancaster Girls Track and Field team made a strong showing last Friday at the Upper Arlington Crosten Classic Track and Field Meet. The meet had some of Central Ohio's top

talent and the Lady Gales produced several good performances and finished fourth overall in the team standings.

Karissa Conrad had another strong meet as she won the 300m hurdles in a seasonal best time, anchored the 2nd place 400m relay team, ran on the 4th place 1600m relay, and was 5th in the 100m hurdles. Also placing first was Kayla Messner in the discus.

Also scoring for the Lady Gales were the 3200m relay team of Lorynne Sheline, Erica Smith, Kayla Culbertson, Alisa Burnside placing 6th; the 800m relay team of Courtney Heimberger, Emily Flowers, Caitlyn Poston, and Betsy Noll placing 3rd; the 400m relay of Heimberger, Zoyie Golden, Erin Gerds, and Conrad; Golden placing 4th in the 400m and the 200m; Gerds placing 3rd in the 300m hurdles; the 1600m relay of Heimberger, Conrad, Gerds, and Noll placing 4th; Flowers placing 2nd in the pole vault; and Justina Baker placing 4th in the pole vault.

Other strong performers were Sammie Zishka running a personal best and placing 7th overall; Dana McClurg running a personal best and placing 7th in the 100m hurdles; Lorynne Sheline in the 800m; Tesa Wentz in the discus; Kaci Marvin in the shot put.

Other Lady Gales competing were Alexis Harris in the 200m; Caitlyn Poston in the 100m; and Brittany Selby in the long jump.

May 4, 2011 The Lancaster Girls Track Wins at Newark

The Lady Gales track and field team defeated Newark last Tuesday in a dual meet 66 ? to 60 ? points at Newark's Evans Field.

Scoring for the Gales were: Dana McClurg taking 1st in the 100m hurdles; Alex Farlow placing 3rd in 100m hurdles; Kelmeisha Clark placing third in the 100m; the 800m relay of McClurg, Emily Flowers, Farlow, and Alexis Harris placing 1st; the 3200m relay of Alisa Burnside, Ashley Billingsley, Makinsey Campbell, and Katie Thomas placing 1st; Michelle Cotterman placing 2nd in the 1600m; Kayla Culbertson placing 3rd in the 1600m; Burnside placing 3rd in the 400m; Kayla Culbertson placing 1st in the 800m; Jeylan Turkoglu placing 2nd in the 800m; Michelle Cotterman placing 3rd in the 800m; Ashley Cook placing 3rd in the 200m; Flowers placing 1st in the long jump; Burnside placing 2nd in the long jump; Justina Baker placed 1st in the pole vault; Flowers placed 2nd in the pole vault; Taylor Pullon placed 3rd in the pole vault; Harris placing 1st in the high jump; Kayla Messner taking 2nd in the shot put; Kaci Marvin placing 3rd in the shot put; and Messner taking 1st in the discus; Lisa Gebhardt taking 2nd in the discus; and Marvin taking 3rd in the discus.

April 29, 2011 Lady Gales Take Third at Mingo Relays

The Lancaster Girls Track and Field team placed third overall at the Logan Mingo Relays last Friday evening.

Individual scorers for the Lady Gales were Karissa Conrad placing 1st in the 300m hurdles and 2nd in the 100m hurdles; Justina Baker placing 1st in the pole vault; Emily Flowers placing 2nd in the pole vault; Erin Gerds placing 2nd in the 300m hurdles; Kayla Messner placing 3rd in the discus; Betsy Noll placing 4th in the 800m; Dana McClurg placing 4th in the 100m hurdles; Sammie Zishka placing 5th in the 1600m; Lorynne Sheline placing 7th in the 800m; and Erica Smith placing 8th in the 1600m.

Also scoring for Lancaster was the shuttle hurdle relay team of McClurg, Gerds, Alex Farlow, and Conrad placing 1st; the pole vault relay team of Baker, Flowers, and Taylor Pullon placing 1st; the 400m relay team of Courtney Heimberger, Zoyie Golden, Gerds, and Conrad placing 2nd; the 1600m relay of Golden, Heimberger, Cara Glenn, and Noll placing 2nd; the 3200m relay of Sheline, Jeylan Turkoglu, Alisa Burnside, and Kayla Culbertson placing 3rd; the Distance Medley Relay of Zishka, Caitlyn Poston, Burnside, and Turkoglu placing 3rd; the 6400m relay of Ashley Billingsley, Samantha Slater, Katie Thomas, and Michelle Cotterman placing 6th; and the long jump relay team of Flowers, Brittany Selby, and Burnside placing 7th.

Gales Defeat Newark

The Golden Gales defeated Newark 102 - 34 in a dual track and field meet on Tuesday. Nathan Wise was a triple-winner for the Gales, taking first in the 1600M (4:57), 800M (2:20) and 3200M (10:52). Kellen Harris won two individual events; the High Jump (5'8") and the 200M (24.8) and led off the winning Gales 1600M Relay. Ethan Cordle won the Long Jump (16'9") and the 300M Hurdles (44.6) and ran on the winning Gales 400M Relay. Nolan Flowers won the 110HH (15.5) and ran legs on the winning Lancaster 400M and 800M Relays. Andrew Shisler won the 100M (11.8) and led off the winning 400M and 800M Relays. Aaron Woosley won the Shot Put (44'2") and the Discus (125') for the Gales and Cameron Heimberger won the 400M (55.6). Allen Evan anchored the winning 800M Relay, ran a leg in the Gales 1600M Relay and placed 2nd in the 200M. Derek Edwards anchored the winning Gales 1600M Relay and scored in the High Jump and Long Jump. Patrick Hinson and Andrew Koksall each placed in two events for the Gales. Stephen Toth and Nick Weaver earned their first Varsity points to complete the Gales scoring on the night.

Lady Gales Finish 2nd at Gene Cole Invitational

The Lancaster Girls track and field team competed last Thursday at the Gene Cole 9-10th grade Invitational at Fulton Field. The Lady Gales finished second overall in a very close team race. Team point scores were Sheridan 134, Lancaster 131, Unioto 127, Canal Winchester 68, and Teays Valley 60.

Sammie Zishka set a meet and LHS sophomore school record with a time of 11:45.00 in the 3200m run. Her winning time broke the previous meet record of 12:10 and also broke the 11:55 LHS sophomore record. Her time ranks as the 5th best all time at Lancaster High School.

Other first place finishers for Lancaster were Kayla Messner in the discus and shot put; the 800m relay team of Zoyie Golden, Cara Glenn, Brittany Selby, and Courtney Heimberger; the 1600m relay team of Golden, Lorynne Sheline, Glenn, and Heimberger; and Glenn in the 400m.

Other scorers were Tesa Wentz 4th in the discus; Alexa Kull 5th in the discus and 4th in the shot put; Kaci Marvin 3rd in the shot put; Alisa Burnside 2nd in the 400m; Alex Farlow 2nd in the 100m hurdles; Jenna Pauley 3rd in the 100m hurdles and 5th in the 200m; Taylor Pullon 4th in the pole vault; Raquel Wingard 5th in the pole vault; Makinsey Campbell 3rd in the 800m; Ashley Billingsley 6th in the 1600m; the 3200m relay of Sheline, Zishka, Burnside, and Campbell; and the 2nd place 400m relay team of Farlow, Pauley, Darrian White, and Selby.

April 21, 2011 - Lady Gales Host Fulton Relays

The Lady Gales hosted the Lancaster Fulton Relays last Thursday night at Fulton Field. The Gales finished 7th overall in the team standings. Scoring for the Lady Gales were: the 400m relay team of Courtney Heimberger, Zoyie Golden, Erin Gerds, and Karissa Conrad placed 3rd; the 800m relay of Golden, Emily Flowers, Caity Poston, and Heimberger placed 5th; the 1600m relay team of Heimberger, Conrad, Gerds, and Betsy Noll placed 3rd; the 3200m relay of Noll, Sammie Zishka, Alisa Burnside, and Lorynne Sheline placed 6th; the 6400m relay of Zishka, Erica Smith, Kayla Culbertson, and Sheline placed 8th; the Distance Medley Relay of Sheline, Cara Glenn, Zishka, and Smith placed 6th; the Shuttle Hurdle Relay of Dana McClurg, Gerds, Alex Farlow, and Conrad placed 4th; the Discus team of Kayla Messner and Tesa Wentz place 5th; the Shot put team of Messner and Kaci Marvin placed 6th; and the Pole Vault team of Justina Baker and Flowers tied for 3rd place. The Lady Gales compete again this Thursday in the Gene Cole 9-10th grade Invitational at Fulton Field and Friday at the Logan Mingo Relays

April 16, 2011 - Lady Gales Track Compete Well at Dublin Coffman Track and Field Classic

The Lancaster Girls Track and field team competed at the Dublin Coffman Track Classic on April 16. The Lady Gales finished 7th overall in the 16 team field. Scoring for the Gales were: Karissa Conrad finishing 4th in the 100m hurdles and 2nd in the 300m hurdles; Betsy Noll placing 4th in the 800m; Erin Gerds placed 4th in the 300m hurdles; Kayla Messner placing 5th in the discus; Justina Baker placed 5th in the pole vault; and Sammie Zishka placed 8th in the 3200m.

Also scoring for the Gales were: the 400m relay team of Courtney Heimberger, Zoyie

Golden, Gerds, and Conrad placing 4th; and the 1600m relay team of Heimberger, Conrad, Gerds, and Noll placed 6th.

April 12, 2011- Lancaster Girls Win Home Dual Meet Against Reynoldsburg

The Lancaster Girls Track and Field team won a home dual meet last Tuesday against Reynoldsburg 74-43.

First place winners for the Lady Gales were Dana McClurg in the 100m hurdles (18.3); the 800m relay team of Zoyie Golden, Emily Flowers, McClurg, and Betsy Noll (1:58.2); the 400m relay team of Courtney Heimberger, Golden, Erin Gerds, and Karissa Conrad (52.6); Alisa burnside in the 800m (2:45.4); Caitlyn Poston in the 200m (29.5); Flowers in the long jump (13-5); Alexis Harris in the high jump (4-6); the 1600m relay of Conrad, Golden, Gerds, and Noll (4:24.7); and Justina Baker in the pole vault (9-6).

Other scorers were Alex Farlow and Jenna Pauley in the 100m hurdles; Raquel Wingard in the 100m; Michelle Cotterman in the 1600m, Cara Glenn in the 400m; MaKinsey Campbell in the 800m; Harris in the 200m; Burnside and Brittany Selby in the long jump; Golden in the high jump; Flowers in the pole vault; and Kayla Messner in the shot put and discus.

The Lady Gales compete again this Saturday at the Dublin Coffman Track and Field Classic

April 9, 2011 - Lady Gales Place 5th at Stingel Invitational

The Lancaster Girls Track and Field Team competed well and placed 5th of 16 teams in the Stingel Track and Field Invitational on Saturday at Pickerington North High School. Pickerington Central won the team title while Pickerington North was second, Dublin Scioto third, and Chillicothe fourth. The Lady Gales were led by Karissa Conrad who was runner up in both the 100m (16.07 seconds) and 300m (48.18 seconds) hurdle races, anchored the 4th place 400m relay team that also included Courtney Heimberger, Zoyie Golden, and Erin Gerds (51.79 seconds), and led off the 4th place 1600m relay team that included Heimberger, Gerds, and Betsy Noll (4:15.02.) All the races were seasonal best marks.

Other good performances were turned in by the second place Distance Medley Relay team of Lorynne Sheline, Cara Glenn, Betsy Noll, and Sammie Zishka in a time of 13:42.8; Justina Baker clearing 10 feet for second in the pole vault; Kayla Messner 3rd in the discus (99-10); Zoyie Golden placing 4th in the 400m (1:04.06.)

Also performing well and scoring for the Gales were Zishka placing 6th in the 1600m in

5:38.4; Erin Gerds 5th in the 300m hurdles in 49.5; Courtney Heimberger 6th in the 200m (27.3); and Emily Flowers placing 6th in the pole vault (8-06.)

Other Lady Gales competing were the 3200m relay team of MaKinsey Campbell, Erica Smith, Ashley Billingsley, and Alisa Burnside; the 800m relay team of Golden, Flowers, Caitlyn Poston, and Noll; Glenn in the 400m; Sheline in the 800m; Flowers and Baker in the long jump; Alexa Kull in the discus; and Kaci Marvin in the shot put. Smith came back to run a seasonal best in the 1600m.

The Lady Gales Track and Field team competes again on Tuesday, April 12 at Fulton Field beginning at 5:00 p.m. Then again next Saturday at the Dublin Coffman Invitational.

April 5, 2011

Lancaster Girls win Triangular at Fulton Field

The Lancaster Girls Track and Field Team won a home triangular meet scoring 92 points in defeating Columbus Bishop Watterson with 58 points and Gahanna Christian Academy with 18 points.

Scoring first place for the Lady Gales were the 3200m relay team of Alisa Burnside, Kayla Culbertson, Erica Smith and Sammie Zishka; the 800m relay of Zoyie Golden, Emily Flowers, Ashley Cook, and Betsy Noll; the 400m relay of Courtney Heimberger, Golden, Erin Gerds, and Karissa Conrad; Golden in the 400m; Conrad in the 300m hurdles; Kayla Messner in the shot put and discus; Justina Baker in the pole vault; and the 1600m relay of Conrad, Adrienne Taylor-Napier, Gerds, and Noll.

Also scoring for the Lady Gales were Taylor-Napier in the 100m hurdles; Kelmeisha Clark in the 100m; Ashley Billingsley in the 1600m; Cara Glenn, Lorynne Shelin, and Alexis Harris in the 400m; Gerds in the 300m hurdles; MaKinsey Campbell and Jeylan Turkoglu in the 800m; Heimberger, Harris, and Brittany Selby in the 200m; Kaci Marvin and Alexa Kull in the shot put and discus; Ariel Stoffel in the shot put; Lisa Gebhardt in the discus; Emily Flowers and Taylor Pullon in the pole vault; and Harris and Golden in the high jump.

The Lady Gales compete this Saturday at the Pickerington North Stingel Invitational and at Fulton Field next Tuesday with a dual meet against Reynoldsburg.

April 2, 2011

Lady Gales Win Triangular Meet

The Lancaster Girls Track and Field team came away with a team victory at the Thomas

Worthington Triangular meet. The Lady Gales had several strong performances in the relay meet format to score 69 points and win the meet over Upper Arlington and Thomas Worthington.

The Shuttle Hurdle Relay team of Dana McClurg, Adrienne Taylor-Napier, Erin Gerds, and Karissa Conrad ran an outstanding race and set a meet record in winning the event. Other first place relays were the 400m relay team of Courtney Heimberger, Caitlyn Poston, Gerds, and Conrad; the 3200m relay of Betsy Noll, Sammie Zishka, Ashley Cook, and Lorynne Sheline; the 1600m relay of Zoyie Golden, Heimberger, Conrad, and Noll; the Middle Medley relay of Alisa Burnside, Cara Glenn, Alexis Harris, and Kayla Culberson; the Pole Vault team of Justina Baker, Emily Flowers, and Taylor Pullon; the Shot Put team of Kayla Messner, Alexa Kull, and Taylor Mulder; and the Discus team of Messner, Kull, and Lisa Gebhardt. Baker had the best jump in the Pole Vault while Messner had the top throws in the shot put and discus.

Second place relays for the Lady Gales were the 800m relay team of Golden, Poston, McClurg, and Heimberger; the 4 x 1600m relay of Erica Smith, Ashley Billingsley, Jeylan Turkoglu, and Katie Thomas; the Sprint Medley relay of Golden, Gerds, Flowers, and Taylor-Napier; and the Distance Medley team of Sheline, Poston, Zishka, and Smith.

The Lady Gales will host Gahanna Christian and Columbus Watterson next Tuesday beginning at 5:00 p.m. at Fulton Field and also compete next Saturday at the Pickerington North Stengel Invitational.

March 26, 2011

Lady Gales Finish Fourth at Hammond Relays

The Lancaster Girls Track and Field team opened their outdoor season last Saturday at the Pickerington Central Hammond Relays. On a very cold and windy afternoon, the Lady Gales turned in some good performances and finished fourth overall in the team competition. Other teams competing were Pickerington Central winning the meet followed by Canal Winchester, Pickerington North, Lancaster, Reynoldsburg, Westerville South, and Teays Valley.

Taking first place for the Gales was the shuttle hurdle relay team of Dana McClurg, Erin Gerds, Alexis Harris, and Karissa Conrad. Other top relays were the 2nd place 1600 meter relay of Conrad, Gerds, Cara Glenn, and Courtney Heimberger; the 3rd place sprint medley team of Zoyie Golden, Caitlyn Poston, Emily Fowers, and Betsy Noll. Taking 3rd place for the Gales were the 400m relay of Heimberger, Poston, Gerds, and Conrad and the 800m relay of McClurg, Golden, Poston, and Heimberger.

Other scoring relays were the Distance Medley team of Lorynne Sheline, Ashley Cook, Ashley Billingsley, and Erica Smith; the the Middle Medley relay of Cook, Glenn, Alisa Burnside, and Sheline; the 4 x 1600m relay of Smith, Katie Thomas, Jeylan Turkoglu, and Billingsley; and the 4 x 800m relay of Burnside, Turkoglu, Thomas, and Samantha Slater.

In the field events, the Long jump relay of Gerds, Flowers, and Justina Baker was 4th; the discus team of team of Kayla Messner, Alexa Kull, and Tesa Wentz was 5th; and Messner, Kaci Marvin, and Ariel Stoffel also scored in the Shot put relay. The pole vault competition was canceled due to the weather conditions.

The Lady Gales open their home meet schedule at Fulton Field on Tuesday with a meet against Canal Winchester and Liberty Union beginning at 5:00pm.

March 22, 2011

LADY GALES TRACK AND FIELD HOST MEET THE TEAM NIGHT

The Lady Gales Track and Field team hosted Meet the Team program last Tuesday night in the LHS cafeteria. There were over 150 athletes, parents, and community members in attendance to recognize the team and kick off the 2011 outdoor season. The Lancaster Schools Network (LSN) covered the event.

Mr. Sinnott served as the Master of Ceremonies for the evening and made the introductions of team guests and coaches. Athletic director Mrs. Bosser made opening comments and welcomed the team and guests. Head coach John Zishka highlighted the recently completed indoor season and previewed the upcoming outdoor season. The highlight of the evening was the introduction of the athletes and the announcement of this year's team captains; Karissa Conrad, Erin Gerds, Betsy Noll, and Erica Smith were elected to serve as team captains for the 2011 season. Congratulations to all our track and field athletes and good luck in the upcoming season.

The Lady Gales open their season this Saturday at the Pickerington Hammond Relays and compete in the first home meet of the season next Tuesday against Canal Winchester and Liberty Union beginning at 5:00pm at Fulton Field. Come out to support the Lady Gales.

March 19, 2011

Lady Gales compete at State Indoor Championships

Seniors Karissa Conrad and Emily Flowers competed last Saturday in the State Indoor Championships at the University of Akron. Conrad ran a very good race with a personal

best time in the 60 meter hurdles to finish 4th in her semi final and 9th place overall in the event. Emily Flowers also competed well at the meet by placing 10th overall in the triple jump. The Lady Gales will host a Track & Field Team Preview program Tuesday at 6:30pm at the LHS cafeteria. All athletes and families should attend. The team begins its outdoor season next Saturday at the Pickerington Central Hammond Relays beginning at 10:30am.

March 19, 2011

Lancaster Girls Track and Field finish fourth at Central District Indoor Meet Noll wins 800 meter championship title

The Lady Gales Track and Field team finished in fourth place overall at the Central District Indoor Championships last Saturday at Ohio Wesleyan University. Big Walnut captured the team championship title. The Gales were led by Betsy Noll who, in only her 3rd 800 meter race, won the championship title by leading wire to wire and winning by an impressive four second margin. Noll currently ranks 21st in the state for the 800 meters and is waiting notification for the Ohio State Indoor Championship qualification. Noll later came back to run a stirring anchor leg on the 1600 meter relay which brought the Lady Gales back from over 30 meters down to barely miss the win at the line. Other members of the runner up 1600 meter relay team were Karissa Conrad, Courtney Heimberger, and Erin Gerds. The team ran a seasonal best time and is currently ranked 21st in the state and also awaits state championship notification.

Conrad also had a good meet by placing second in the 60 meter hurdles with a seasonal best time and running a solid lead off leg in the 1600 meter relay. Conrad is currently ranked 16th in the state in the hurdles and has qualified for the State Championships.

Kayla Messner threw a personal best in the shot put to place 4th overall while Kaci Marvin competed in her first meet and finished 6th in the shot put. Messner came back to place 2nd in the weight throw. Messner has qualified for the state indoor championships in the weight throw.

The 800 meter relay team of Dana McClurg, Alexis Harris, Adrienne Taylor-Napier, and Heimberger placed 3rd overall. McClurg was also 6th in the 60 meter dash and Harris also competed in the 200 meter dash.

Cara Glenn and Alisa Burnside ran the 400 meter dash with Glenn scoring in 8th place. Burnside also scored for the Lady Gales by placing 8th in the long jump. Erin Gerds competed in the long jump as well and placed 7th overall.

Emily Flowers placed 4th in the triple jump and also competed in the 200 meters. Flowers is currently ranked 9th in the state in the triple jump and has qualified for the state championships. Rounding out the scoring for Lancaster was Justina Baker placing 5th in the pole vault.

The Lady Gales will compete next Saturday in the Ohio State Indoor Championships at the University of Akron.

March 5, 2011 Lady Gales Compete at the Arnold Classic Indoor Meet

The Lancaster Girls' Track and Field team competed last Saturday in the inaugural Arnold Sports and Fitness Festival Indoor Track Meet at Ohio State. The Lady Gales turned in a school record and several other good performances at the event.

Emily Flowers established a new Lancaster school record in the Triple Jump with a jump of 31 feet, 7 1/2 inches. Her mark placed her third overall in the event and now ranks her 8th best in the state. The top 16 performances for each event will qualify for the State Indoor Championships next March 19 at the University of Akron. Flowers also ran on one of Lancaster's 800 meter relays and competed in the pole vault. Several other Lady Gales rank in or near the top sixteen in the State.

Betsy Noll used an impressive finishing kick to place second in the 800 meter run and now ranks as the 15th best performance in the state for the event. Noll also anchored the Lady Gales to a season best time in the 1600 meter relay to finish six overall. The 1600 meter relay currently ranks 21st best in the state. Other members of Lancaster's 1600 meter relay were Karissa Conrad, Courtney Heimberger, and Erin Gerds. Heimberger and Gerds also competed on Lancaster's top 800 meter relay team. Gerds also sent a personal best in the Long Jump.

Conrad improved her seasonal best in the 60 meter hurdles and placed seventh overall. Conrad currently ranks 15th in the state in the hurdles.

Kayla Messner improved by four feet in the weight throw and placed 9th overall. Messner's throw ties her for 16th best in the state. Messner also threw a personal best in the Shot put. Taylor Mulder also competed in the weight throw and shot put for the Lady Gales.

Cara Glenn had a strong meet by setting personal bests in the 400 meter dash, running on one of Lancaster's 800 meter and 1600 meter relay teams. Alisa Burnside also competed well in the Long jump, 800 meter relay, 400 meter dash, and 1600 meter relay.

Alexis Harris competed in the 800 meter and 1600 meter relays.

Freshman Adrienne Taylor-Napier ran strong legs on one of Lancaster's 800 meter and 1600 meter relays. Justina Baker competed in the pole vault, 200 meter dash, and the 800 meter relay.

Casey Barker ran the 200 meter dash and Kaycee Geisey and Taylor Pullon competed in the 60 meter dash for the Lady Gales.

The Lady Gales will compete next Friday and Saturday at Ohio Wesleyan University in the Central District Indoor Championships.

February 19, 2011 - Lady Gales Compete at Ohio State

The Lancaster Girls track and field team continues to improve with some good performances turned in at the Ohio State Buckeye Qualifier Meet last Saturday, February 19.

Karissa Conrad ran her best hurdle race of the season and placed 4th overall. Conrad is ranked in the top 13 in the state and is looking to qualify for the State Championships in March.

The 1600 meter relay ran the fastest time in recent years by a Lancaster team by winning their heat going away and placing 6th overall. The Lady Gales squad made up of Erin Gerds, Arienne Taylor-Napier, Alexis Harris, and Betsy Noll is currently ranked 16th in the state. Noll ran her first 800 meter race ever and won her heat which placed 8th overall. Gerds, Taylor-Napier, and Harris joined Courtney Heimberger on the Lady Gales' 800 meter relay team. Cara Glenn, Justina Baker, Kayla Culbertson, and Alisa Burnside ran on Lancaster's other 1600 meter relay team. Glenn and Burnside also ran personal bests in the 400 meter dash. Emily Flowers, Glenn, Baker, and Burnside competed on Lancaster's other 800 meter relay team and Culbertson ran a seasonal best in her heat of the 800 meters. Flowers placed 4th in the triple jump and is currently ranked 5th in the state in the event.

Other top performances came from Kayla Messner who improved by over a foot in the shot put and placed 17th overall. Taylor Mulder also competed in the shot put and weight throw and Taylor Pullon ran the 60 meter dash for the Lady Gales.

The Lady Gales compete next at the Arnold Classic Track and Field Meet at Ohio State on March 5.

FEBRUARY 12, 2011 The Girls Track competed last Saturday at the Ohio State Indoor Qualifier Meet. The Lady Gales had several good performances led by the team's 800 meter relay of Karissa Conrad ,Erin Gerds, Ashley Cook, and Betsy Noll. The time of 1:54 is the fastest in 3 years and ranks in the top 16 in the state. The Lady Gales other 800 meter relay team of Adrienne Taylor-Napier, Emily Flowers, Justina Baker, and Alexis Harris also ran a seasonal best time. Conrad also placed 7th in the 60 meter hurdles

In the Shot Put, Kayla Messner Taylor Mulder, and Kiana Garrison threw personal bests and Messner had her best mark in the Weight Throw.

Flowers continues to improve in the Triple Jump and had a seasonal best mark which ranks her 5th in the state.

Justina Baker improved her pole vault performance Saturday by placing 7th overall.

Baker also ran a leg on one of the 1600 meter relay teams.

Gerds had a seasonal best mark in the Long jump and also ran a leg on one of Lancaster's 1600 meter relay teams.

Alisa Burnside had a busy meet by competing in 4 events - the 60 meter dash, the Long Jump, the 200 meter dash, and the 1600 meter relay.

Cara Glenn had a seasonal best in the 400 meter as did Kayla Culbertson in the 800 meter. Glenn and Culbertson also ran on a 1600 meter relay team.

Kaylor Brumfield ran her first race of the season in the 200 meter dash. Also competing in the 200 was Kaycee Giesy.

Taylor Pullon competed in the 60 meter dash and the Lady Gales' 1600 meter relay team of Cook, Gerds, Taylor-Napier, and Harris ran good race to place 6th overall.

The Lady Gales compete again next Saturday at Ohio State

FEBRUARY 5, 2011- LADY GALES TRACK STEPS UP AT OHIO STATE INDOOR MEET

The Lancaster girls' track team competed last Saturday at the Ohio State Buckeye Indoor Qualifier meet. The Lady Gales turned in some very good performances that currently rank among the best in the state.

Emily Flowers had a good day which was topped off by her 7th place finish in the triple jump. Her performance currently ranks 5th in the state. Flowers also finished tied for 9th in the pole vault and ran a leg on one of Lancaster's 800 meter relay teams.

Karissa Conrad is regaining her form from last year as she placed 9th in the 60 meter hurdles and ran a very good anchor leg on Lancaster's top 800 meter relay team.

Conrad's hurdles performance Saturday currently ranks 12th best in Ohio.

Other top performances for the Lady Gales came in the 1600 meter relay. The team of Ashley Cook, Erin Gerds, Alexis Harris, and Betsy Noll placed 9th overall with a time that ranks 14th best in the state.

The 800 meter relay team of Gerds, Noll, Adrienne Taylor-Napier, and Conrad ran a good race to finish 12th overall. The time is currently ranked 18th in the state. Cook, Flowers, Harris, and Kaycee Geisy ran on Lancaster's other 800 meter relay team.

Also having good meets were Justina Baker who finished 8th in the pole vault and ran on one of the 1600 meter relay teams, Kayla Messner threw personal bests in the shot put and weight throw. Baker's finishing height Saturday ranks her 23rd in the state and Messner's shot put performance ranks 54th best state wide.

Other Lady Gales competing were Alisa Burnside in the 60 meter dash and long jump; Cara Glenn in the 400 meter dash and the 1600 meter relay; Taylor-Napier in the 1600 meter relay; Kayla Culbertson in the 3200 meter relay and 1600 meter relay; Makinsey Campbell, Ashley Billingsley, and Michelle Cotterman in the 3200 meter relay; and Taylor Pullon in the 60 meter dash.

Head coach John Zishka said he was pleased overall with the Lady Gales' performances. "We have several athletes, both individuals and relays setting themselves up for a shot at competing in the state indoor championships. I think the athletes are understanding that with their hard work, they can compete at a very high level. With our terrific senior class, I believe that our talent is just beginning to emerge and with the addition of some freshmen and some other first time athletes, our team depth will be much improved this year. We have several quality athletes that are just now beginning to train or aren't even out for the team yet, so the outdoor season could be even better."

The Lady Gales compete again next Saturday at the Ohio State Indoor Qualifier meet.

JANUARY 22, 2011- LADY GALES TRACK OPENS SEASON AT MARIETTA

The Lancaster girls' track and field team opened its 2011 season last Saturday at the Marietta College Pioneer Invitational. Karissa Conrad ran a solid 55m hurdle race and placed sixth overall in a very good field. Conrad also anchored the Lady Gales 800 meter relay team of Emily Flowers, Erin Gerds, Alexis Harris, and Conrad to a 6th place finish. Gerds also placed sixth in the Long jump and Flowers was 3rd in the triple jump. The Lady Gales sprint medley relay was 5th over all with the team of Adrienne Taylor-Napier, Flowers, Betsy Noll, and Kayla Culbertson.

Other Lady Gales competing were Alisa Burnside placing 7th in the long jump, she also ran in the 55 meter dash and 800 meter relay; Hayden Crow in the long jump and 800 meter relay; Lyndsey Eveland in the long jump and 400 meter dash; Ashley Cook in the 800 meter relay; Natashia Hudnell in the 400 meter dash; Taylor Pullon in the 55 meter dash; and Gerds, Conrad, Cara Glenn, and Makinsey Campbell placed 6th in the Sprint Medley Relay.

The Lady Gales will compete again on February 5th at the Ohio State Buckeye Qualifier meet.