



# LANCASTER GOLDEN GALES GIRLS TRACK

## 2012-2013 Varsity Girls Track Results

### **May 25, 2013 - Lady Gales Compete Well at District Championships**

The Lady Gales Track and Field team competed last week in the Central District Championships at Hilliard Darby. The Gales had several outstanding performances and qualified 3 athletes for the Regional Championship this week at Pickerington North.

The Lady Gales moving on to the Regionals were Ariel Stoffel who placed third in the shot put, Erica Campbell placing 3rd in the 300m hurdles, and Sammie Zishka placing fourth in the 3200m run. Also having excellent meets were Katherine Brenstuhl placing fifth in the pole vault, Kaci Marvin in the shot put, and Tesa Wentz in the discus.

Other Gales competing in the meet were Alisa Burnside in the pole vault; Shaylee Hoey and Justine Skatzes in the high jump; Brittany Wolfe and Shannon Frear in the long jump; Savannah McCray in the 3200m; Cecily Stasel and Emily Johnson in the 1600m; Tiffany Piko and Sarah Cruitt in the 800m; Kirah Triplett in the 100m and 4 x 100m relay; Cara Glenn in the 4 x 200m relay and 400m; Zoyie Golden in the 400m, 200m, and 4 x 400m relay;

Marin Velasquez in the 4 x 100m relay and 4 x 400m relay; Isabelle Ryan in the 300m hurdles; Makenzie McCray in the 4 x 100m relay and 4 x 200m relay; and Becca Cochenour in the 4 x 200m relay and 4 x 400m relay.

The track team will have their awards program next Monday, June 3 at 8:00pm at Valley View Pool. Food and drink will be provided. Please turn in all equipment by Friday, May 31 to coach Zishka at Fulton Field. Place items in a bag and label the bag with your name. If you have any questions, see Coach Fast at LHS or contact Coach Zishka

### **APRIL 20, 2013**

#### **LANCASTER GIRLS TRACK THIRD AT SHADYSIDE RELAYS**

The Lady Gales Track and Field team placed 3rd among 21 teams at the 42 Annual Shadyside Relays. Leading the Golden Gales was Sammie Zishka who won the 1600m run in 5:26.2 and was second in the 3200m with a time of 11:19.8. Her time in the 3200m ranks 7th in the state is the top time in the region. Also having an outstanding meet was Erica Campbell who placed 3rd in the 100m hurdles and was 2nd in the 300m hurdles. Campbell also ran a leg on the Lady Gales' 2nd place 4 x 400m relay team which also included Cara Glenn, Becca Cochenour, and Zoyie Golden.

Other top performances were Ariel Stoffel placing 3rd in the shot put and the 4 x 200m relay team of Glenn, Cochenour, Makenzie McCray, and Golden also placing 3rd.

Also scoring for Lancaster were the 4 x 100m relay team of Kirah Triplett, McCray, Kenzie Moore, and

Marin Velasquez; Alisa Burnside placing 4th in the pole vault and Michelle Cotterman placing 6th in the pole vault.

Other Lady Gales competing were Kirah Triplett in the 100m and high jump; Shaylee Hoey in the high jump; kenzie Moore in the 200m; Makinsey Campbell and Jen Mills in the 800m; Savannah McCray in the 1600m and 3200m; Kaci Marvin in the shot put and discus; Shannon Frear and Brittany Wolfe in the long jump; and Stoffel in the discus.

The Lady Gales will compete again at home this Friday night at the Lancaster Fulton Relays beginning at 4:30pm.

**April 6, 2013**

### **LANCASTER GIRLS FINISH FOURTH AT ROCKY BRAND TRACK INVITATIONAL**

#### **Zishka sets two meet records in distance events**

Led by Senior Sammie Zishka's two meet records, the Lady Gales track and field team finished fourth at the Rocky Brand Boots Track and Field Invitational in Nelsonville last Saturday. Zishka's day began with a comfortable win in the 1600m run in a time of 5:28.7 then doubled back later in the day with a win in the 3200m run with a time of 11:48.5. Other strong performances were turned in by freshman Erica Campbell who was second in the 100m hurdles, second in the 300m hurdles, and led off the Lady Gales' fifth place 4x100m relay. Ariel Stoffel had a strong showing in the shot put with a third place finish. The 4 x 200m relay team of Cara Glenn, Becca Cochenour, Makenzie McCray, and Zoyie Golden ran its best time of the season to also finish third.

Other scorers for the Lady Gales were Alisa Burnside placing fourth in the pole vault; Stoffel placing eighth in the discus; the 4 x 400m relay team of Glenn, Tiffany Piko, Cochenour, and Golden placing fourth; and the 4 x 100m relay team of Campbell, McCray, Makenzie Moore, and Cochenour placing fifth.

Other Lady Gales that competed well were Isabelle ryan and Kelsey Stockwell in the 100m hurdles, Shelby Sims in the 100m; Jennifer Mills in the 1600m; Glenn and Stockwell in the 400m; Makinsey Campbell and Mills in the 800m; McCray, Piko, and Janna Boyce in the 200m; Shaylee Hoey in the high jump; and Kaci Marvin the shot put and discus.

The Lady Gales' Athlete of the Week is Erica Campbell and the Worker of the Week is Jen Mills.

The Lady Gales compete again this Tuesday at Fulton Field against Watkins Memorial beginning at 5:00pm and next Saturday at the Pickerington North Stingel Invitational.

**Saturday, March 30, 2013**

### **LANCASTER GIRLS OPEN SEASON AT HAMMOND RELAYS**

The Lancaster Girls Track and Field team opened its season at the Pickerington Hammond Relays. The Lady Gales placed fourth overall and had several outstanding performances. Leading the Gales with first place finishes were the shot put and discus relay team of Ariel Stoffel, Kaci Marvin, and Tesa Wentz. On the track, the Gales scored third place in the 4 x1600m relay with Savannah McCray, Emily Johnson, Cecily Stasel, and Jen Mills and another third place in the Distance Medley Relay with McCray, Cara Glenn, Courtney Heimberger, and Johnson. Other top performances were the High Jump relay of Shaylee Hoey and Kirah Triplett placing fourth; the Pole Vault Relay of Alisa Burnside, Michelle Cotterman, and Makenzie McCray placing fourth; and the 4 x 400m relay team of Heimberger, Becca Cochenour, Glenn, and Erica Campbell placing 4th. Other scorers for the Gales were the 4 x 800m relay of Makinsey Campbell, Stasel, Mills, and Cotterman pacing 5th; the Sprint Medley team of Triplett, Makenzie McCray, Isabelle Ryan, and

Tiffany Piko placing 5th; and the Shuttle Hurdle team of Burnside, Erica Campbell, Kelsey Stockwell, and Makinsey Campbell placing 5th.

Head coach John Zishka was pleased with the Lady Gales season opening efforts. "We certainly showed some bright spots and all competed very well this past weekend but we clearly have areas to work on as we move forward into the season."



**LHS College Signing reception for Sammie Zishka to University of Iowa.**