



**2022 LHS Boys Track Field**  
**Results: Fulton Relays**  
**April 22, 2022 @ Lancaster - Fulton Field**

Meet Results: 1) Lancaster - 104.5, 2) Pick North - 98, 3) Darby - 63, 4) Logan - 60, 5) Kilbourne - 55, 6) Watkins - 47.5, 7) Upper Arlington - 45, 8) Granville - 38.5, 9) Dublin Scioto - 27.5, 10) Fairfield Union - 23, 11) Bexley - 20

An outstanding competitive effort by the Gales! In a very strong field, we fought for every possible point and won most that were there for us. Seventeen (17) new PRs and many more record-worthy efforts in second and third events. Two new LHS School Records (4x1 and the PV relays), three more LHS All-time Top 10s (HT, 4x2 & 4x4)... plus another Top 10 effort in the SHR. ...2022 Ohio #6 in the 4x1600M, #17 in the 4x100M, #7 in the 4x800M, #12 in the 4x200M, #2 in the 4x400M. Many first-time participants in the most important meet on our regular season schedule. It was an exciting night of competition which moves us closer to a championship-ready team.

From here, our event assignments are identified to prepare us specifically for the championship season, while supporting the individual season goals of those who may have their season end before the championships. Play your part to help achieve our team and your individual goals; work well in practice and keep up with your studies to keep stress low. Eat well, sleep well... do your weekend runs and other self-maintenance. It all matters! Be smart... make good decisions, and...

**Be Relentless!**

**Event Results**

Event	Time	Place	Notes
<b>Long Jump</b>	<b>38' 9"</b>	<b>2<sup>nd</sup></b>	
Daniel Edwards	20' 0"		<i>More reps on the runway will lead to a more consistent approach</i>
Gabe Boyden	18' 9"		<i>Much more consistent run... now we can focus more on technique to improve distance.</i>
<b>High Jump</b>	<b>11' 4"</b>	<b>T4<sup>th</sup></b>	
Eli Roush	5' 8"		<i>Speed will get you back to previous heights. Must keep your speed up on the curve.</i>
Kyrell Jackson	5' 8"		<i>Very consistent... this is good. Work to maintain better form over the bar to reach your goals</i>
<b>Pole Vault</b>	<b>29' 0"</b>	<b>1<sup>st</sup></b>	<b>LHS School Record Relay</b>
Lukas Lang	14' 6"		
Daniel Edwards	14' 6"		<i>Congratulations on the record! Way to maintaining focus and perform well despite the chaos &amp; uncertainty.</i>
<b>Shot Put</b>	<b>88' 0"</b>	<b>3<sup>rd</sup></b>	
Anthony Smith	47' 9"		<i>You're staying closed, now snap the finish, Keep Thinking Big</i>
Trent Tharp	40' 3"	PR	<i>Awesome job, PR, keeping working posture, drive right sector</i>
<b>Discus</b>	<b>260' 4"</b>	<b>2<sup>nd</sup></b>	
Anthony Smith	139' 3"	PR	<i>Disc is looking great, Stay long and smooth</i>
Andrew Franchini	118' 0"		<i>You are seeing the benefits of your extra time and effort, keep working hard</i>
<b>Hammer Throw</b>	<b>300' 4"</b>	<b>1<sup>st</sup></b>	<b>LHS #2 All-time HT Relay</b>
Anthony Smith	150' 10"		<i>Great job, learn to just turn through the delivery</i>
Trent Tharp	149' 8"		<i>Nice job getting refocused and throwing what we needed to win the event</i>
<b>4x1600M Relay</b>	<b>18:20.43</b>	<b>2<sup>nd</sup></b>	<b>2022 Ohio #6</b>
Trevor Lanoy	4:31.6	63-71(2:14) 71-68(2:19)	<i>Aggressive and competitive... probably started a bit too fast to result in a PR time... strong finish.</i>
Isaiah Lanoy	4:32.8	64-69(2:13) 71-69(2:20)	<i>Solid front-running... Maintained a strong pace and held the lead.</i>
Kaleb Stull	4:40.2	66-70(2:16) 72-72(2:24)	<i>Season Best effort and a near PR. The Kilbourne order was backend loaded...</i>
Kaiden Lanoy	4:35.6	PR 61-69(2:10) 73-72(2:25)	<i>Strong leg... nice PR! Kilbourne's #1 ran 4:18 on you</i>
<b>4 x 100M Relay</b>	<b>43.06</b>	<b>1<sup>st</sup></b>	<b>LHS School Record, Ohio D1 #17</b>
Caiden Good	11.5		<i>Another excellent leadoff leg! So reliable! Great exchange between you and Holden</i>
Holden Arnold	10.7		<i>Eating up track down the backstretch - we need to stretch out you to Gunner</i>
Gunner Richards	10.6		<i>A very competitive leg that sealed the win for us!</i>
Eli Rathburn	10.2		<i>Strong finish to help set a new record and secure that W.</i>
<b>Shuttle Hurdle Relay</b>	<b>1:02.2</b>	<b>DQ</b>	<b>A top 5 Ohio, LHS All-time Effort...</b>
Brenden Simcox	15.1	PR	<i>Blazing start, good knee drive - continue to wall drill daily</i>
Holden Arnold	15.7	PRT	<i>Strong! way to solidify the lead</i>
Styron Lebbie	16.9	PR	<i>Panicked a bit at the beginning but recovered well</i>
Nasir Robinson	14.7	PR	<i>Good job bringing it home! getting smoother and more comfortable every race</i>
<b>4 x 800M Relay</b>	<b>8:07.35</b>	<b>2<sup>nd</sup></b>	<b>Season Best, Ohio D1 #7</b>
Wes Taylor	2:00.0	PR 59.3-60.7	<i>Excellent lead-off leg on the biggest stage!</i>
Zane Schorr	2:02.1	59.0-63.1	<i>Outstanding! Consistent high level performance.</i>
Owen McCandlish	2:05.4	56.8-68.6	<i>Aggressive start... appropriate I think. Must stay relaxed and "accelerate" into the final 300M</i>
Colton Thress	1:59.1	56.7-62.4	<i>Your competitive desire was evident against a tough adversary. Keep working to recover your overall fitness.</i>
<b>4 x 200M Relay</b>	<b>1:30.04</b>	<b>2<sup>nd</sup></b>	<b>Season Best, LHS #2, All-time, Ohio D1 #12</b>
Caiden Good	23.1		<i>Your best leadoff leg we've seen!</i>
Holden Arnold	22.5		<i>You are extremely dependable. You are on fire right now</i>
Brenden Simcox	23.0exc		<i>Fast leg! Maintain speed into and through the exchange zone</i>
Eli Rathburn	21.4	PR	<i>Good job getting the exchange completed and then finishing strong!</i>
<b>Middle Medley</b>	<b>6:07.94</b>	<b>3<sup>rd</sup></b>	
Jacob Koenig	2:05.6	60.5-65.1	<i>Solid 800M in your first competition after break.</i>
Gabe Boyden	56.1	PR	<i>A step up performance! Great effort when your team needed it!</i>
Carter Davis	56.6	PR	<i>Great job! A PR despite the significant pressure.</i>
John Anderson	2:08.8	PR 57.7(PR)-71.1	<i>Way to Go John! Chased with determination and</i>
<b>Sprint Medley</b>	<b>1:38.07</b>	<b>3<sup>rd</sup></b>	
Gunner Richards	11.5	PR	<i>Your block starts are becoming a strength! Good job...</i>
Styron Lebbie	11.5		<i>Good exchange with Gunner - must FINISH your leg and attempt to run through the outgoing runner</i>
Caiden Good	23.2		<i>Good job getting the stick and running a fine leg to put us in good position</i>
Wes Taylor	51.9	PR	<i>Great job managing a weird exchange format. Fantastic effort!</i>
<b>Distance Medley</b>	<b>11:06.08</b>	<b>5<sup>th</sup></b>	
Isaiah Lanoy	3:22.4	61.2-67.7-73.4	<i>Valiant effort for 900 meters. As lead-off man, you must fight for every second to give your team the best chance possible.</i>
Kaiden Lanoy	55.0		<i>Solid leg!</i>
Tyler Brunney	2:15.0	63.5-71.5	<i>Not sure what happened here... never really engaged in the race.</i>
Trevor Lanoy	4:32.5	62.1-70.8(2:12.9) 71.9-67.7(2:19.6)	<i>Another very fast opening 400M showed your desire to chase.</i>
<b>4 x 400M Relay</b>	<b>3:22.53</b>	<b>2<sup>nd</sup></b>	<b>Season Best, LHS #7 All-time, Ohio D1 #2</b>
Brenden Simcox	51.5		<i>Great start! Way to bring it!!!</i>
Owen McCandlish	52.0		<i>Super leg after the earlier "adversity"!</i>
Colton Thress	50.2	PR	<i>Way to compete!</i>
Eli Rathburn	48.4	PR	<i>Wow! Amazing, valiant effort! Must control your emotions... Could have been costly.</i>