



Granville Invitational

April 15, 2022

Team Results: 1) Lancaster - 144 2) Olen. Orange 114.5 3) Big Walnut - 95 4) Canal Winchester - 82 5) Olentangy - 69 6) Licking Hts - 53 7) Westerville North - 51... 17 total teams

This was an excellent competitive test for the Gales. Olentangy Orange is one of the best 4 or 5 teams in our Region; several other teams have elite relays and great athletes in key areas for us. The early events did not go especially well... we were not sharp... we were not ourselves. Perhaps we were out of sync due to Spring Break... maybe it was wind, but early on, we were falling short of our seeds in nearly every event. Momentum turned in our favor at the 1600M, with Trevor's win and together with Zane, the pair exceeded our points forecast for the first event in the competition. From this point on, the Gales were back on track, recording several new PRs and scoring big points. Holden's breakthrough performance in the 300IH was huge for the development of our championship line-up. The final ~30point victory was impressive!

Be Relentless!

Event Results

Shot Put			
Anthony Smith	4 th	46' 8"	Keep working through the frustration, if you want a different outcome, you need to change something
Trent Tharp		34' 5"	The team needs you for conference, keep working
Discus			
Anthony Smith		119' 8"	Stay Closed, long smooth arm movements
Andrew Franchini		113' 6"	Front is looking good, Hip left and heel in out of the back
Long Jump			
Daniel Edwards	6 th	20' 0.25"	Continued work on flight and landing will get you over the hump.
Gabe Boyden		18' 10.25"	Good first jump! Work on consistently hitting the board.
Pole Vault			
Daniel Edwards	1 st	14' 6"	There are going to be long waits... you handled it well, looked solid.
Lukas Lang	2 nd	14' 0"	Stay Focused, stay positive, you'll reach your goals.
High Jump			
Kyrell Jackson	15 th	5' 8"	Solid effort! Great work staying clean to your final height... allowed you to score.
Eli Roush		5' 8"	Staying clean at each height makes a difference. Continued form work...
Hammer Throw			
Trent Tharp	1 st	154' 5"	PR LHS #5 All-time Great technique, long smooth turns, congrats
Anthony Smith	2 nd	151' 4"	PR LHS #8 All-time Keep eyes over ball, stay long left, chest up on catch to counter and work the ball
Distance Medley			
	4 th	11:28.02	
Kaleb Stull		3:23.7	63-68-72 Great job in your first effort at 1200M!
Owen McCandlish		53.8	Strong competitive leg!
Alex Rodenbaugh		2:13.8	Good effort in a tough wind...
Carter Schorr		4:56.7	69-77(2:26) - 76-74(2:30) Solid solo effort to hold our position.
110 High Hurdles			
Brenden Simcox	4 th	15.67	Must get lead leg cleaned up - we know what to do
Holden Arnold	7 th	16.36	Nice competitive effort on short notice! Way to be ready
4 x 800M Relay			
	8 th	9:02.40	
Owen McCandlish		2:14.9	65-70 Thank you for the effort! This was my mistake. I somehow misunderstood the order of events... I did not intend to put you in this tough position.
Kaleb Stull		2:23.7	72-72 You were both very tough!
Tyler Brunney		2:12.9	63-70 Solid racing despite our position in the race.
John Anderson		2:10.8	59-72 Way to compete... earn us a come-from-behind point!
100M Dash			
Eli Rathburn	3 rd	11.07	Left behind at the start - great final 50 to close and place top 3
Brysten Poe		11.91	Solid block start, way to tough through a day where you didn't feel your best
4 x 200M Relay			
	6 th	1:34.63	
Caiden Good		23.3	Awesome lead leg to put your team in good position
Holden Arnold		22.6	Fantastic leg into the wind (recurring theme of the day for you)
Gunner Richards		23.5	Very good job in a new event!
Styron Lebbie		24.8	Held our spot - Strong headwind? ...or tired legs today?
1600M Run			
Trevor Lanoy	1 st	4:26.34	PR 64-69 (2:13) 69-64 (2:13) Outstanding competitive effort... breakthrough race changed the direction of the meet. Now you know you can!
Zane Schorr	4 th	4:34.19	PR 65-69 (2:14) 72-68 (2:20) Great effort! Solid PR. Proved you can race with the "big boys"! Keep working to stay on pace in the 3rd 400M.
4 x 100M Relay			
	7 th	44.75	
Caiden Good		11.4	Excellent blocks and finish through the zone
Holden Arnold		10.3	Awesome!
Gunner Richards		10.8	PR-T Great job coming back from the 4x2 for the first time!
Styron Lebbie		11.9	Long exchange, get fresh next week
400M Dash			
Eli Rathburn	1 st	50.50	OPR Good smart race, way to get your team a W with tough winds
Gabe Boyden		57.46	Solid down the homestretch in a tough draw in lane 9, you are improving!
300M Hurdles			
Brenden Simcox	2 nd	40.51	Curve is much improving. The times you want will come - just keep working
Holden Arnold	5 th	42.45	PR A breakthrough race! Amazing day for you
800M Run			
Colton Thress	2 nd	1:59.45	58.0-61.5 Solid Effort. This outcome is about as expected coming off the disruption in your training sequence/rhythm. You'll soon be fine...
Wes Taylor		2:05.55	60.5-65.0 Put this behind you! Improvement rarely is a straight line... this happens, especially coming off a previous breakthrough. No worries...
200M Dash			
Eli Rathburn	3 rd	22.44	Outstanding triple in a stacked field.
Caiden Good		23.94	Excellent start and strong finish into the wind
3200M Run			
Isaiah Lanoy	2 nd	9:45.65	PR 72-77-76-76 (5:01) 71-70-73-70 (4:44) Excellent! ... important experience in "championship style" racing. Your hard work is paying off.
Kaiden Lanoy	3 rd	9:46.50	72-77-76-76 (5:01) 72-71-73-69 (4:45) Excellent! ... important experience in "championship style" racing. You are elite! Work hard to leave no doubt.
4 x 400M Relay			
	2 nd	3:29.79	
Brenden Simcox		52.9	OPR Great job out of the blocks - probably the best first 50 i've seen you run in a 400!
Owen McCandlish		52.9	Outstanding finish to a tough triple!
Wes Taylor		53.0	PR A strong bounceback race!
Colton Thress		50.7	PR Way to compete and pick-up important places for your team