



2022 LHS Boys Track Field
Results: Stingel Invitational
April 9th, 2022 @ Pickerington North

1. Lancaster - 144, 2. Pick North - 137, 3. Canal Winchester - 90, 4. Westerville North - 88, 5. Thomas Worthington - 49, 6. St. Xavier - 47, five other scoring teams

This was an elite meet... very competitive for this early in the season. The conditions were difficult, challenging the toughness of every athlete. Once again, the Gales proved to "Lancaster tough". But we also took care to manage the meet well. You all prepared diligently for your events, made sure to be thoroughly warmed and ready to start. For the most part, our focus was on the competition and putting forth our best efforts. We scratched events when the risk outweighed the potential reward... or to concentrate our efforts on to the events to follow.

The conditions obviously made PRs a rarity. But this didn't stop us... and the Gales posted PR "Efforts" up in nearly all events. With the meet in doubt, our athletes continued to excel down the stretch...the Gales competed! Individually and as a team, there were many examples of championship-level determination! We are on a good path and moving forward. Let's go Gales!

Be Relentless!

Event Results

Shot Put			
Anthony Smith	1 st	46' 8"	Keep working on setting in low, keeping eyes back.
Trent Tharp		34' 8"	Good move going back to rotation... now we've got work to do.
Discus			
Anthony Smith	2 nd	127' 8"	Nice job working through conditions and adjusting technique
Austin Tiller	5 th	111' 7"	Technique is improving... big throws are coming.
Pole Vault			
Lukas Lang	1 st	12' 0"	Well done guys. Prepared well, quickly secured the points and then called it a day.
Daniel Edwards	2 nd	12' 0"	
Long Jump			
Daniel Edwards	3 rd	19' 10.5"	Good effort in the conditions. Speed kept increasing down the runway. Let's utilize that strength.
Gabe Boyden		17' 2.5"	You were very tough today! Get healthy, then more pit time to be more comfortable with your approach.
High Jump			
Eli Roush	2 nd	5' 8"	Great bounce back effort. You welcomed the competition and didn't let the elements effect you.
Jaysen Justice		dnc-5' 4"	Peaks and valleys, ups and downs. Improvement rarely follows a straight path. Solid effort at your highest opening height to date.
Distance Medley			
Jacob Koenig		3:32.7	68-69(2:18) 75 Never engaged in this race. Uncomfortable conditions to be sure, but a solid lead-off leg is critical in a distance relay.
Wes Taylor		54.7	A strong effort...let's spread it out a bit. Get out fast... relaxed and fast in the middle 200M. Your finish will come from your heart
Owen McCandlish		2:10.1	61.3-68.7 Good effort/racing in the conditions. Figure 2 to 3 seconds per lap in the cold wind at 800M pace.
Zane Schorr		4:35.4	Outstanding! Excellent solo pacing, despite the conditions. <u>Strong Race!</u>
4 x 800M Relay			
Trevor Lanoy	3 rd	8:48.72	57.8-67.1 Well done! Got out right and competed well.
Carter Davis		2:04.9	60.5-70.2 Excellent competitive effort! The cold wind took a lot out of everyone... slowed the the second 400s for most.
Kaleb Stull		2:10.7	64.3-70.1 Pretty good effort on the day... like most 4 to 6 sec slower than current capability.
Jacob Koenig		2:18.7	64.7-74.0
110 High Hurdles			
Brendon Simcox	2 nd	15.58	Great preparation in cold conditions... followed by great racing against an elite opponent.
Nasir Robinson		dns	
100M Dash			
Gunner Richards		scratch	
Caiden Good		scratch	
4 x 200M Relay			
Caiden Good	2 nd	1:37.17	Way to get us out, in good position - another dependable leadoff leg
Holden Arnold		23.6	Tough racing into the headwind!
Owen McCandlish		24.7	Solid exchanges... Way to compete!
Styron Lebbie		24.0	You competed hard and helped us get a strong finish. Times were irrelevant today.
1600M Run			
Trevor Lanoy	3 rd	4:35.69	70-70(2:20) 69-67(2:16) Solid racing in very tough conditions... a sub4:30 effort.
Tyler Brunney		4:50.17	71-72(2:23) 73-74(2:27) Best paced mile to date. In position to PR... must "shift gears", get on your quick twitch fibers to finish!
4 x 100M Relay			
Caiden Good	1 st	45.37	Once again, you are a leader and dependable in this spot
Holden Arnold			A strong leg with great exchanges
Gunner Richards			Way to be tough racing straight into the tough wind!
Styron Lebbie			Great competitive effort down the stretch to secure the win!
400M Dash			
Eli Rathburn		dns	
Gabe Boyden		scratch	
300M IHurdles			
Brendon Simcox	1 st	41.20	Curve is improving and your race was very impressive, especially given the conditions
Holden Arnold		scratch	
800M Run			
Wes Taylor	3 rd	2:00.42	58.5-61.9 Got out right as this point in your progression. Ferocious finishing effort! Ran "long". Sub2:00 in a more efficient race.
Alex Rodenbaugh		2:11.33	59.9-71.4 Got out well for current (improving) fitness. Continue to work on strength for the backstretch and race to the finish.
200M Dash			
Eli Rathburn	1 st	22.75	Elite race into a strong headwind! A big win for your team.
Brody Ehorn		dns	
3200M Run			
Isaiah Lanoy	3 rd	9:49.47	70-73-74-75(4:53) 76-76-77-67(4:56) Excellent racing in a very strong field of athletes. Your best 3200M race to date.
Kaiden Lanoy	4 th	9:55.35	71-73-74-75(4:54) 76-77-77-71(5:01) Solid job to hold off the challenge from a solid St. X runner.
4 x 400M Relay			
Brendon Simcox		54.8	You gave all you had left and put us in a good position
Owen McCandlish		54.5	Solid racing on the back end of a very long, hard day for you! ...First event to the last of the day!
Wes Taylor		53.8	Great follow-up to your breakthrough 800! Your impressive effort to put us in a strong position
Eli Rathburn		48.8	A fierce, determined chase with the meet on the line. Your ceiling is elite... allow yourself to be great!