



Rocky Brands Invitational

April 2, 2022

Large School Division Results: 1) Lancaster - 185 2) Logan - 95, 3) Unioto - 84, 4) Liberty Union - 80 5) Chillicothe - 70 6) Athens - 49 7) Parkersburg - 35, 8) Lancaster B - 27, 4 other teams

This week, the Gaes were challenged to compete and on Saturday they met the challenge. In the first invitational of the year, we scored in every event and took home eleven 1st place finishes. Our Gold Squad scored 185 points and our Blue squad scored 27 points, adding up to a total of 212 points. To put that in perspective, Lancaster accounted for nearly 32% of the total points scored in the meet. Twenty-four(24) new personal bests were achieved, nearly twice as many as achieved at last year's Rocky Brands Invitational.

Competed like champions and behaved like champions... Our conduct was consistently positive and respectful and it was noticed. Thank you to those who helped pick up at the end of the meet. A big job for a few is made much easier by many. Being positive, kind, supportive, respectful, helpful... doing things the right way is its own reward while also improving the quality of all our interactions.

Next week, we get into the meat of our schedule with competition against some of the best teams in our area. Continuing doing the right things the right way every day. Take care in your preparation including your workouts and recovery... and all else in your control (diet, sleep, academics). This is the mindset... the approach of a champion... consistent, every day, working to be the best version of yourself. We are on our way to a great season... your efforts will be worthwhile in this season and thereafter.

Be Relentless!

Event Results

Shot Put

Anthony Smith	3 rd	48' 7"	Enter middle-lower, stay closed.
Trent Tharp		33' 10"	Right foot under, NEVER give up on a throw.
Noah Dexter		31' 7"	Congrats on a nice PR! Keep working hard...
Andrew Franchini		26' 6.5"	Stay longer on the grind. See the shot leave.

Discus

Anthony Smith	4 th	127' 8"	Stay long, smooth and closed.
Austin Tiller		107' 1"	Just keep working, the big throws are coming soon
Trent Tharp		105' 2.5"	Maintain your posture.
Andrew Franchini		102' 0.5"	Stay closed, keep chin and chest into the throw

Long Jump

Daniel Edwards	1 st	20' 11"	PR Great early season Result! With more formal training, you can expect a big season.
Holden Arnold	4 th	18' 9.5"	You're much faster... fast enough. Work on your landing will substantially increase distance.
Gabe Boyden	8 th	18' 2.5"	Very consistent both approach and jump technique. Nail down repeatable to immediately increase distance.
Logen Justice		17' 4.5"	Consistent results... continue working to increase speed to increase distance.

Pole Vault

Daniel Edwards	1 st	14' 9.5"	Meet Record - Outstanding! A double winner, both events at a high level. Keep working hard to improve.
Lukas Lang	2 nd	14' 0"	You are consistently clearing 14'... the higher heights will come... relax and have fun flying high!
Brode Ehorn	3 rd	13' 0"	Solid jumps... we just need to keep you from being under.
Camden Morris	4 th	10' 6"	PR Very impressive in your first year vaulting at the high school level. Clean on nearly all your vaults. Time for a bigger pole.

High Jump

Eli Roush	6 th	5' 8"	Solid first Invitational. Time to work on confidence and repeatability with your approach.
Kyrell Jackson	7 th	5' 8"	PR-T Another solid day for you. Consistent work on approach and form will take you to higher heights.
Jaysen Justice		5' 6"	PR Your patience and relentless hard work are paying off. We couldn't be more proud of your effort or results. Keep striving!
Kelton Fisher		5' 4"	Seasons have peaks and valleys... no worries... great results are in your future.

4 x 800M Relay

Tyler Brunney	2:10.2	PR	Excellent effort! Put your team in solid position to race and earned a nice PR!
Carter Davis	2:09.9	PR	Great job! Kept your team in contention... gave us an opportunity to chase for the win.
Wes Taylor	2:02.9	PR	Outstanding effort, smartly raced! Patient first 400M led avoided the dreaded "chase & Fade". Great closing effort positioned Jacoby to race...
Jacob Koening	2:03.9		Strong, patient, mature anchor leg. Used the first 300M to set up... passed with authority and ran strong to open the gap late.

110 High Hurdles

Brenden Simcox	1 st	15.58	Watch your trail ankle - keep your toe up. ...compare to 16.30 here last year!
Styron Lebbie	5 th	17.82	Second place through 8 hurdles - keep working hard and drilling technique to maintain form to the finish.
Matt Seymour		21.29	Five-stepping the 2nd hurdle killed the momentum of a fine start - you finished strong. Keep working hard!

100M Dash

Eli Rathburn	1 st	11.10	Meet Record - Nice race against a good competitor! Your start is becoming a strength.
Gunner Richards	6 th	11.85	Good racing - continue to work on lengthening your stride length and opening up after drive phase
Alex Cade		12.46	PR Nice PR! Your hard work is showing... keep it up!
Austyn Miller		12.92	Focus on staying relax above the shoulders. Less strain will allow you to run easy... and faster!

4 x 200M Relay

Caiden Good	23.5		Strong leadoff leg that set the tone!
Holden Arnold	23.2		Great job taking absolute control of the race
Owen McCandlish	23.6	PR	Excellent leg. Way to sell out for the exchange!
Styron Lebbie	24.2	PR	Left a bit early on exchange... finished strong!

1600M Run

Isaiah Lanoy	4 th	4:31.01	PR Managed the fast early pace pretty well. Maintain close contact with leaders through 1200M when your will to win will be your advantage.
Trevor Lanoy	5 th	4:32.58	Managed the fast early pace pretty well. Ran smart to put yourself in position to race to win the chase pack. You have the speed to close in 60-65.
Zane Schorr	7 th	4:35.70	PR A great race... this breakthrough better demonstrates your current fitness/ability. Race with confidence... there's still more improvement to come.
Owen Rice	8 th	4:54.13	PR A very good effort which would have been faster with closer competitors. Hard to race your best in "no mans land".

4 x 100M Relay

Caiden Good	11.3		Excellent start, opening leg... maintain speed, finish through the zone
Holden Arnold	11.3		Pause to receive baton forced you to re-accelerate, impacted your split. Excellent finish and 2 to 3 exchange
Gunner Richards	11.0	PR	Great split and great exchanges!
Styron Lebbie	11.2		Very fast down the homestretch! Great job!

400M Dash

Eli Rathburn	1 st	50.85	Meet Record - You buried the field early and held up pretty well down the stretch. Keep building!
Gabrien Boyden		57.03	PR Looking better! Keep working hard - this can be a great race for you!
Caiel Woody		58.26	PR Almost five seconds faster than Tuesday! Way to compete!
Brayden Dennison		58.47	PR Your amazing finish suggests the fitness to get out faster. Mid-distance races are often won/lost long before the homestretch.

300M Hurdles

Brenden Simcox	1 st	40.36	Awesome start, clunky curve, awesome finish - we know what to work on...
Holden Arnold	4 th	43.11	PR Awesome start, near dead-stop on the curve, awesome finish - we know what to work on...
Logen Justice		48.23	PR Way to compete! Solid PR!
Matt Seymour		50.15	PR Get out harder at the start... treat it like a 200 instead of a 400 start - nice PR!

800M Run

Owen McCandlish	3 rd	2:06.39	Very similar to your previous 800M races. A breakthrough will come when you allow it. With your skill set, get out in 56.5...
Alex Rodenbaugh	6 th	2:09.54	Outstanding! A huge breakthrough! Confidence builder... hunger builder... great job!
John Anderson	7 th	2:10.20	Wow! Great race! Loved your confidence when I asked your plan... no fear, no doubts, no holding back... just raced! Awesome!
Jacob Koening		2:12.19	Must get out and go... even on your second 800M of the day.

200M Dash

Eli Rathburn	1 st	22.87	A great race that you controlled from the get go...
Caiden Good	3 rd	24.27	way to compete and hang in - don't worry about time on a relatively unresponsive track.
Alex Cade		25.58	PR Another nice PR! Good day for you!
Austyn Miller		26.99	Must get out better! - your first 50 meters are "free"...

3200M Run

Kaiden Lanoy	2 nd	9:44.68	PR 72-74(2:26) 74-75(2:29) 4:55 74-73(2:27) 73-69(2:22) 4:49 Strong, well-raced with an opportunity to win. Let's win the close ones!
Kaleb Stull	3 rd	10:07.15	72-74(2:26) 74-76(2:30) 4:56 76-80(2:36) 80-75(2:35) 5:11 Solid for the most part... You are strong/fit enough to maintain pace, position to close.
Carter Schorr	4 th	10:23.01	73-76(2:29) 77-80(2:37) 5:06 80-80(2:40) 81-76(2:37) 5:17 Well run, remained competitive, driving hard... Breakthrough coming, in the right race.
Evan Rice	7 th	10:44.48	PR 73-77(2:30) 82-82(2:44) 5:14 83-83(2:46) 84-80(2:44) 5:30 Run happy! ... and relaxed. The pressure you put on yourself is unproductive.

4 x 400M Relay

Brenden Simcox	53.7		Great opener, especially on your third race of a long day - did your job and got us the lead!
Owen McCandlish	53.8		Strong, aggressive racing... Way to take control for your team.
Wes Taylor	54.5		Excellent job... a great follow-up to Tuesday's 4x4 leg. Confirms you've "made the leap" to the next level.
Eli Rathburn	53.0		Excellent finish to what was a high intensity, high volume meet for you.