



2009 Varsity Girls Cross Country Results

October 24, 2009 - **DISTRICT TOURNAMENT**

Lancaster 8th at 209

The Lancaster Girls cross country team finished their season by placing 8th in the Central District Championship race. The Lady Gales scored 209 points in the field and were led by freshman Sammie Zishka placing 21st overall. Other scorers were sophomore Kellie Arter finishing 44th , freshman Lorynne Sheline 45th , Junior Erica Smith 42nd, and Junior Maria Horton placed 59th. [Click here for complete District Tournament results at baumspage.com.](#)

October 17, 2009 - OCC Ohio

Lancaster 6th at 141

The Lancaster girls cross country team placed sixth of 7 teams in the OCC Ohio Division Cross Country Championships at Watkins Memorial. The Lady Gales competed hard despite missing four of their top seven runners due to sickness and injury. In her first race of the year, Sammie Zishka earned All-OCC honors by placing 7th overall. Also scoring for the Lady Gales were Erica Smith, Maria Horton, Ashley Billingsley, and Emily Flowers. Carley Wharton also competed for Lancaster in the varsity race. [Click here for complete OCC Ohio results at baumspage.com.](#)

October 3, 2009 - Firebird Invitational

Lancaster 10th at 269

The Lancaster Lady Gales finished 10th last Saturday in the Kettering Fairmont Firebird

Invitational. Despite not running at full team strength, the gales competed hard against some of the best teams in Southwest Ohio. The Lady Gales leading runner was Kellie Arter. Also finishing well was Michelle Cotterman. Rounding out the scoring for the Lady Gales were Lorynne Sheline, Erica Smith, and Beth Johnson. [Click here for complete Firebird Invitational results at oh.milesplit.us.](#)

September 26, 2009 - Bob Reall Invitational

Lancaster 12th at 310

[Click here for complete Bob Reall Invitational results at baumspage.com.](#)

September 18, 2009 - McGowan Invitational

Lancaster 18th at 473

[Click here for complete McGowan Invitational results at baumspage.com.](#)

September 5, 2009 - Ohio Classic

Lancaster 5th at 130

The Lady Gales placed 4 runners in the top 45 with Kellie Arter leading the way over a difficult Hillsboro course. Also scoring for the Lady Gales were Erica Smith, Lorynne Sheline, Ashley Billingsley, and Michelle Cotterman. Also competing for the Lady Gales were Maria Horton, Jenn Mills, and Emily Flowers. Despite the difficult course conditions, most of the Lady Gales established seasonal best performances. [Click here for complete Ohio Classic results at baumspage.com.](#)

August 29, 2009 - Pickerington Classic Tiger Division

Lancaster 12th at 331

[Click here for complete Pickerington Classic Tiger Division results at baumspage.com.](#)