

2007 Varsity Girls Track Results

[Go to Division I Track Tournament information at ohsaa.org](http://ohsaa.org)

[Go to Division I Track Tournament information at cdab.org](http://cdab.org)

June 2, 2007 - **STATE TOURNAMENT**

Pole Vault: Ashton Sniderman 15th at 9-06. [Go to Division I Girls Track State Tournament results at baumspage.com.](http://baumspage.com)

May 25, 2007 - **REGIONAL TOURNAMENT**

Lancaster 11th at 23

State Qualifiers: Ashton Sniderman (Pole Vault). [Go to Division I Girls Track Regional Tournament results at baumspage.com](http://baumspage.com)

May 19, 2007 - **DISTRICT TOURNAMENT**

Lancaster 2nd at 98.5

Regional Qualifiers: 4x800MR, Rachel Andrews (100H), Abbey Lape (1600m), 4x100MR, Amanda Kline (Discus), Sara Folk (LJ), Amanda Kline (SP), Amanda Kemp (SP), Susan Echard (PV). [Go to Division I Girls Track District Tournament results at baumspage.com.](http://baumspage.com)

May 12, 2007 - OCC Ohio Championships

Gahanna 170, Hilliard Darby 155, **Lancaster 123**, Groveport 37, Westland 28, Newark 10. [Click here for complete results at baumspage.com.](http://baumspage.com)

May 4, 2007 - Crosten Classic

Reynoldsburg 128, **Lancaster 116**, Pickerington North 87, Upper Arlington 68, Dublin Coffman 44, Northland 36, Dublin Scioto 30, Watterson 16. Pole vault: Echard 1st at 11' 10". 100 H: Andrews 1st at 15.37. 800MR: Lancaster 1st at 1:47.75. 400MR: Lancaster 1st at 50.08. 300 LH: Patterson 1st at 46.77. 1600MR: Lancaster 1st at 4:07.53.

May 1, 2007

Lancaster 97 Westland 39

High jump: Sniderman 1st at 4' 10". Long jump: Folk 1st at 16' 3 1/2". Pole vault: Echard 1st at 11' 0". 3200MR: Lancaster 1st at 11:43.5. 100 HH: Andrews 1st at 15.1. 1600: Warren 1st at 5:53.6. 400MR: Lancaster 1st at 50.4. 400: Will 1st at 1:02.4. 300 LH: Patterson 1st at 48.3. 800: McRitchie 1st at 2:39.4. 200: Folk 1st at 27.0. 3200: Warren 1st at 14:51.3. 1600MR: Lancaster 1st at 4:37.4.

April 28, 2007 - Gary Smith Invitational

Lancaster 2nd at 92

[Click here form complete results at baumspage.com.](http://baumspage.com)

April 24, 2007

Lancaster 56 Gahanna 81

Shot: Kline 1st at 34' 8". Long jump: Griffin 1st at 16' 2 3/4". Pole vault: Echard 1st at 11' 6". 100 H: Patterson 1st at 15.5. 1600m: Lape 1st at 5:50.6. 300 LH: Patterson 1st at 47.2. 800m: McRitchie 1st at 2:26.9.

April 19, 2007

Hilliard Darby 187, **Lancaster 157**, Logan 140

Discus: Kemp 87-6. 3,200 Relay: Lancaster 10:15.4. 800: McRitchi at 2:27.7. 3,200: Warren 12:55.4. 1,600 Relay: Lancaster 4:19.8.

April 17, 2007

Lancaster 111 Newark 25

Shot: Kline 35-7 1/2. Discus: Iline 98-7. High Jump: Getz 4-6. Long Jump: Griffin 16-2 1/2. Pole Vault: Echard 11-0. 3,200 Relay: Lancaster 10:28.2. 100 H: Andrews 15.5. 100: Folk 13.6. 1600: Will 6:01.5. 400 Relay: Lancaster 51.4. 400: Griffin 1:03.2. 300 LH: Patterson 49.2. 800: McRitchie 2:28. 200: Folk 27.9. 3,200: Hammond 13:27. 1,600 Relay: Lancaster 4:21.2.

April 10, 2007

Lancaster 108 1/2 Hilliard Darby 28 1/2

Shot: Klink 1st at 36' 1 1/2". Long jump: Griffin 1st at 16' 5 1/2". Pole vault: Echard 1st at 11' 0". 3200MR: Lancaster 1st at 10:40.8. 100 H: Patterson 1st at 15.2. 100: Edwards 1st at 13.1. 800MR: Lancaster 1st at 1:48.2. 1600: Lape 1st. 400MR: Lancaster 1st at 51.22. 400: Cutz 1st at 67.4. 300 LH: Patterson 1st at 48.03. 800: McRitchie 1st at 2:29.97. 200: Edwards 1st at 28.6. 3200: Hammond 1st at 13:04.19. 1600MR: Lancaster 1st at 4:19.9.

March 31, 2007 - Wildcat Premier

Lancaster 9th at 55.5

[Click here for complete results at baumspage.com.](http://baumspage.com)

March 24, 2007 - Hammond Relays

Gahanna 106, **Lancaster 84**, Pickerington North 80, Pickerington Central 69, Logan 54, Westerville South 53, Northland 23. 400MR: Lancaster 1st at 51.38.

Coach Henwood honored as the Fred Dafler Career Coach of the Year

Doug Henwood, Girls Division I Track Coach at Lancaster High School received the Fred Dafler Career Coach of the Year Award at the OATCCC State Track and Field Clinic last weekend. This award is presented to one Track Coach in the State each year. Coach Henwood has coached Track and Field for 27 seasons; having served as the Girls' Head Coach since 1992. In his 12 years as Head Girls' Coach, Doug has guided his teams to 11 League championships, 10 District titles, 3 Regional championships, and one State Runner's Up finish. Additionally, Coach Henwood has coached five individual State Champions in the shot put and discus. Coach Henwood has been named Buckeye Central Conference Coach of the Year on four occasions, Ohio Capital Conference Ohio Division Coach of the Year seven times, and has also earned several District Coach of the year distinctions. Coach Henwood is well respected as one of the state's most knowledgeable throw's coaches. His reputation is synonymous with Lancaster High School's outstanding tradition of track and field throughout Ohio.