

2011-2012 Varsity Girls Track Results

May 12, 2012 - Lady Gales Compete at OCC Championships

The Lady Gales Track and Field team competed last weekend in Ohio Capital Conference Championships held at Pickerington North High School. The team finished 7th overall in the Ohio Division.

The Lady Gales were led by Courtney Heimberger who ran a personal best time and finishing 3rd overall in the 400m. Heimberger also anchored the 800m relay to a fifth place finish and the 1600m relay to a fourth place finish. Both relays ran seasonal best times. Also running the 800m relay were Cara Glenn, Adrienne Taylor-Napier, and Zoyie Golden. Other members of the 1600m relay were Golden, Glenn, and Becca Cochenour.

Also scoring for the Gales were Savannah McCray placing 7th in the 3200m run; Golden placing 6th in the 400m; Alisa Burnside placing 7th in the pole vault, Ariel Stoffel placing 6th in the shot put; and the 3200m relay team of Kayla Culbertson, Sydney Marsh, Makinsey Campbell, and Savannah McCray placing 7th overall.

The Lady Gales compete next in the Central District Championships beginning Tuesday at Hilliard Darby High School

April 20, 2012 - Lady Gales Place 8th at Fulton Relays The Lancaster girls Track and Field team placed 8th overall at the 47th Annual Fulton Relays last Friday. The Gales were led the shot put duo of Ariel Stoffel and Kaci Marvin who won the relay with a combined throw of 65' 1 3/4". Other top performances included the 4 x 800m relay team of Courtney Heimberger, Sammie Zishka, Zoyie Golden, and Haley Blecha placing 4th; the pole vault relay of Alisa Burnside and Michelle Cotterman placing 4th; the shuttle hurdle team of Alex Farlow, Adrienne Taylor-Napier, Maddie Galloway, and Diamond Summerfield placing 5th; the 4 x 400m relay team of Golden, Cara Glenn, Becca Cochenour, and Heimberger placing 5th; the discus team of Marvin and Tesa Wentz placing 6th; the 4 x 1600m relay of Savannah McCray, Kayla Culbertson, Cecily Stasel, Jen Mills placing 7th; the sprint medley team of Farlow, Golden, Heimberger, and Glenn placing 8th; and the Middle Medley relay team of Taylor-Napier, Makinsey Campbell, Tiffany Piko, and Culbertson placing 8th.

The Lady Gales compete again this Friday and Saturday at the Hamilton Township All-Star Invitational.

April 14, 2012

Lancaster Girls Compete at Dublin Coffman

The Lancaster Girls Track and Field Team competed last Saturday at the Dublin Coffman Classic Invitational. The Lady Gales finished 14th overall in the team standings. The top scorer for the Gales was Ariel Stoffel placing 4th in the shot put with a throw of 33-07. Other scorers for Lancaster were Kaci Marvin placing 7th in the shot put; Sammie Zishka placing 8th in the 1600m and 3200m; Alisa Burnside placing 8th in the pole vault; and the 4 x 400m relay team of Zoyie Golden, Cara Glenn, Adrienne Taylor-Napier, and Courtney Heimberger placing 8th.

The Lady Gales compete again this Friday at home in the Fulton Relays beginning at 4:30PM at Fulton Field. Come out and support the Gales track and field teams this Friday.

Saturday, March 31, 2012 - Lady Gales Second at Thomas Worthington

Coming down to the 1600m relay for a chance to defeat host Thomas Worthington and claim the team runner-up spot at the Thomas Worthington Triangular Relay Meet, the Lady Gales won the race going

away in a season best time of 4:20.7. 1600m relay members included Zoyie Golden, Cara Glenn, Becca Cochenour, and Courtney Heimberger. Other first place finishes included the 4 x 200m relay team of Cochenour, Glenn, Golden, and Heimberger in a season best 1:52.0; the pole vault relay of Alisa Burnside, Michelle Cotterman, and Taylor Pullon; the shot put relay of Kaci Marvin, Ariel Stoffel, and Zoe Gallagher; the discus relay of Marvin, Stoffel, and Gallagher; and the long jump relay of Burnside, Shannon Frear, and Brittany Wolfe. The 4 x 1600m relay team of Sammie Zishka, Savannah McCray, Cecily Stasel, and Jen Mills placed second.

The Lady Gales compete again Tuesday with a home meet against Dublin Coffman and Groveport at Fulton Field and again on Saturday at the Pickerington North Stingel Invitational.

Saturday, March 24, 2012 - Lady Gales Place Sixth at Hammond Relays

The Lancaster Girls Track and Field Team competed last Saturday at the Hammond Relays hosted by Pickerington Central. The Lady Gales turned in some good performances led by the distance relays and pole vaulters. The pole vault relay of Alisa Burnside, Michelle Cotterman, and Taylor Pullon finished 2nd overall with a combined height of 21' 6". Other top finishes were the 4 x 1600m relay team of Sammie Zishka, Savannah McCray, Jen Mills, and Katie Thomas finishing 2nd in a time of 24:46 and the Distance Medley Relay of Zishka, Cara Glenn, Brittany Wolfe, and McCray also finishing 2nd overall in 14:26.3

Other scoring relays were Kayla Culbertson, Haley Blecha, Burnside, and Makinsey Campbell placing 6th in the Middle Medley; the shuttle hurdle team of Alex Farlow, Maddie Galloway, Adrienne Taylor-Napier, and Diamond Summerfield placing 3rd; the sprint medley team of Summerfield, Chanel McFarlin, Courtney Heimberger, and Tiffany Piko placing 6th; the 4 x 200m relay team of Glenn, Becca Cochenour, Sydney Marsh, and Heimberger placing 5th; the discus team of Kaci Marvin, Tessa Wentz, and Kayla Messner placing 5th; the shot put team of Marvin, Ariel Stoffel, and Alexa Kull placing 4th; the long jump team of Shannon Frear, Wolfe, and Burnside placing 5th; the 4 x 800m relay of Taylor-Napier, Campbell, Blecha, and Culbertson placing 4th, and the 4 x 400m relay of Heimberger, Glenn, Cochenour, and Marsh placing 3rd.

The Lady Gales compete again next Tuesday at Canal Winchester and Saturday at Thomas Worthington.

March 17, 2012 - LANCASTER GIRLS COMPETE AT STATE INDOOR CHAMPIONSHIPS ZISHKA SETS SCHOOL RECORD, EARNS ALL-OHIO

The Lady Gales Track and Field team competed last Saturday at the Ohio State Indoor Championships. Sammie Zishka set a new LHS record in the 3200m run with a time of 11:19.8. Zishka placed 4th overall in the event and earned All-Ohio honors for the performance.

Kayla Messner competed in the weight throw and improved throughout the competition. She set a personal best in the event on her last attempt with a throw of 34' 3".

Congratulations to our Lady Gales Indoor Track and Field team.

The Lady Gales begin their outdoor season this Saturday at the Hammond Relays hosted by Pickerington Central.

March 10, 2012 - Lady Gales Compete at Central District Indoor Track Championships

The Lancaster Girls Track & Field team competed last Saturday at the Central District Indoor Track and Field Championships at Otterbein University. The Lady Gales finished 12th overall in the team standings. Several Lady Gales had good meets with seasonal and personal best performances. The top individual finish for the Lady Gales was Sammie Zishka placing 2nd in the 800m. Zishka also ran to the lead and pulled away from the pace on the first leg of the 4 x 800m relay. The 4 x 800m relay also

included Savannah McCray, running a competitive leg to keep the Gales in contention, and Makinsey Campbell and Kayla Culbertson running strong legs to finish 9th overall. The 4 x 200m relay ran a strong race against a strong field. Courtney Heimberger had good lead off to position the Gales well after the first leg and Cara Glenn, Becca Cochenour, and Zoyie Golden ran strong to the finish to place 4th overall. Kayla Messner also placed well by finishing 4th overall in the Weight Throw. Messner currently ranks 18th in the state. The 4 x 400m relay ran its best time of the season and placed 6th overall. The team included Heimberger running lead off to take the lead for the Lady Gales followed by Glenn, Sydney Marsh, and Zoyie Golden. The team currently ranks 24th in the state. Running good individual races were Golden placing 7th in the 400m and Heimberger placing 9th in the 200m. Jen Mills set a personal best in the 1600m and Aubrey Tobin ran her first race of the season in the 1600m. McCray ran a strong 800m and set a personal best. Also competing in individual events were Glenn in the 400m, Cochenour in the 200m, Alisa Burnside in the long jump, Michelle Cotterman set a personal best in the pole vault and Taylor Pullon also competed in the pole vault. Ariel Stoffel and Messner also competed in the shot put.

The Lady Gales finish the indoor season this Saturday at the State Championships held at the University of Akron. The top 16 performances in the state qualify for the championship event. Sammie Zishka has qualified for the 3200m run while the 4 x 400m relay team and Messner are ranked in the top 25 but must wait for the final state rankings for qualification status for the championship meet. Good luck Lady Gales!

March 3, 2012 - Zishka Sets LHS Indoor Mile Record at Kent State

The Lancaster Girls Track and Field team competed last Saturday at the Kent State Girls Indoor Meet. Junior Sammie Zishka led the Lady Gales with her third place finish in the mile. Her time of 5:21.9 set a new LHS record breaking the previous mark of 5:30.4 set in 2001 by Rachael Cox. Battling through a crowded field, Zishka moved up to the lead pack over the first quarter and ran strong to finish a close 3rd in the 88 runner event. Zishka's mile time converts to a 5:20.1 for the shorter 1600m distance which is also a LHS record and is currently ranked 8th best in the state.

The girls 4 x 200m and 4 x 400m relay teams also ran well at the Kent State Field House to establish seasonal bests. The 4 x 200m relay team of Courtney Heimberger, Cara Glenn, Becca Cochenour, and Zoyie Golden ran 1:53.7 to finish 11th overall. Each of the legs ran seasonal best times. The team is currently ranked 32nd in the state. The 4 x 400m relay team of Heimberger, Glenn, Sydney Marsh, and Golden improved over 4 seconds from their previous best well to finish 10th overall with a time of 4:19.5. The team currently ranks 25th in the state.

Other Lady Gales competed at the Capital University Indoor meet last Saturday. Kayla Messner continued to excel in the weight throw with a mark of 34-01.5. She currently is tied for the 16th best mark in the state. Other Lady Gales competing at Capital were: Taylor Pullon in the 60m dash; Alisa Burnside ran the 200m dash; Shannon Frear in the long jump and 200m; Kaci Marvin and Ariel Stoffel in the Shot put; Stoffel in the weight throw; Michelle Cotterman in the pole vault; the 4 x 800m relay team of Savannah McCray, Makinsey Campbell, Jen Mills, and Kayla Culbertson; and Blake Fox, Culbertson, Campbell, Mills, and McCray in the 800m run.

The Lady Gales compete next Saturday at the Central District Indoor Championships at Otterbein University.

February 18, 2012 - Lady Gales Perform Well, Set Records

The Lancaster Girls Indoor track team competed last Saturday at the Ohio State Buckeye Qualifier meet at French Field House. The Lady Gales 4 x 400m relay team of Courtney Heimberger, Cara

Glenn, Sydney Marsh, and Zoyie Golden ran a seasonal best time of 4:23.5 for fifth place overall and a state ranking of 13th. The 4 x 200m relay team of Heimberger, Glenn, Becca Cochenour, and Golden also ran a seasonal best to place third overall and is ranked 23rd in the state. The 4 x 800m relay ran its first race of the season with a strong lead off leg by Savannah McCray and other members Makinsey Campbell, Jen Mills, and Michelle Cotterman. Also competing well were Ariel Stoffel in the shot put placing 11th overall and Kayla Messner placing 6th in the weight throw. Messner is currently ranked 16th in the state. Other Lady Gales competing at Ohio State were Cassie Moose and Messner in the shot put; Shannon Frear in the long jump, the 4 x 200m and 4 x 400m relays; Marsh in the 4 x 200m relay, Kaycee Geisy in the 4 200m reay; Taylor Pullon in the 4 x 200m relay; Blake Fox in the 800m run; and Cochenour, McCray, Campbell in the 4 x 400m relay.

Lancaster Coach John Zishka is pleased with the groups progress noting that several athletes are positioning themselves for the State Indoor Championship meet, "The top 16 performances qualify for the state championships and both relays as well as Messner and Stoffel are contending for spots in the meet."

Sammie Zishka represented the Lady Gales at the University of Kentucky Invitational 2 mile run. Zishka finished in 7th place in the 28 runner field. Her time of 11:24.3 established a new Lancaster High School indoor track record and is currently ranked second in Ohio. Zishka ran strong from the beginning moved up well throughout the second half of the race. The race included runners from Ohio, Indiana, Kentucky, Tennessee, Georgia, and Texas. "Sammie handled herself well in a very good field. She has been training very well and this race confirmed that fitness," said coach Zishka.

The next meet for the Lady Gales will be Saturday, March 3 at Capital University and Kent State University.

February 11, 2012 - LHS Girls Ohio State Buckeye Qualifier

The Lancaster Girls track team competed last Saturday at the Ohio State Buckeye Qualifier meet at French Field House. Several athletes turned in excellent performances. The 4 x 200m relay team of Zoyie Golden, Sydney Marsh, Becca Cochenour, and Courtney Heimberger ran a season best time to place 14th overall out of 35 teams. The time of 1:57.4 currently ranks 28th best in the state.

The 4 x 400m relay team of Heimberger, Cara Glenn, Cochenour, and Golden won their heat in a seasonal best time and place 4th overall. The team currently ranks 12th in the state.

Marsh also ran an excellent race to win her heat of the 400m dash. Ariel Stoffel continued to compete well in the shot put and placed 8th overall. Stoffel currently ranks 23rd in the state.

Also competing for the Lady Gales were Alisa Burnside and Shannon Frear in the long jump, and Glenn and Frear in the 200m dash.

The team competes again this Saturday at the Ohio State Buckeye Qualifier # 4 meet. Sammie Zishka will travel to Lexington, Kentucky this Saturday to compete in the University of Kentucky Invitational

Good luck Lady Gales

February 4, 2012 - LHS Girls Open Indoor Track Season

The Lancaster Girls track team opened its indoor season competing at the Ohio State Buckeye Qualifier Meet. The Lady Gales were led by Ariel Stoffel's 7th place finish in the shot put with a personal best throw of 32' 7". Zoyie Golden had an excellent first race of the year running the 400m in 65.3 to place 11th overall. Alisa Burnside had a good first meet in the long jump and set an Indoor

personal best. Cara Glenn competed well in the 400 meter as well.

Other Lady Gales competing were Courtney Heimberger running a solid lead off leg in the 4 x 200m relay, Shannon Frear in the 4 x 200m relay and long jump, Becca Cochenour in the 4 x 200m relay and open 200m, Haley Bowman and Miranda Delong in the Shot put, Burnside in the 400m and Golden in the High Jump.

The Team competes again this Saturday at Ohio State.