

GWOC Central Championships
Northmont High School
Friday May 15th

Field Events

Discus (16 pts)

Bennett- 146'9 (1st)

Beyland- 138'5 (3rd)

Long Jump (7 pts)

Harrison- 20'7 1/2* (3rd)

Pennock- 19'1 1/2 (6th)

Shot Put (18 pts)

Bennett- 52'5 1/2 (1st)

McGowen- 50'5 (2nd)

Pole Vault (18 pts)

B Miller- 13'6 (1st)

Arnold- 12'6 (2nd)

High Jump (2 pts)

Harrison- 5'10* (5th)

Rivera Clack- 5'5 (10th)

Running Events

110 Hurdles (6 pts)

Melchor – 15.87 (3rd)

Morgann- 16.82 (7th)

100 Meters (4 pts)

Ehrensberger- 11.33 (4th)

Daly- 11.68 (9th)

4 x 800 Relay (10 pts) 1st 8:05.81*

S Hansford- 57, 2:02.1*

Eslinger- 58, 2:03.2*

Roberts- 55, 1:59.8

Wooddell- 60, 1:59.8*

Alt- Adi & Frazier

4 x 200 Relay (6 pts) 3rd 1:30.47

Ehrensberger- 22.0

Daly- 22.8

Overstreet- 22.8

Lambdin- 22.5

Alt- Ingham & lfeadi

1600 Meters (18 pts)

Roberts- 4:24.93* (1st)

Wright- 4:28.248 (2nd)

4 x 100 Relay (10 pts) 1st 42.63* NSR

Daly- 11.1

Ehrensberger- 10.6

Ingham- 10.1

Melchor- 10.5

Alt- Lambdin & M Morgann

400 Meters (1 pt)

lfeadi- 52.40* (6th)

S Hansford- 52.66 (7th)

300 Hurdles (12 pts)

Overstreet- 40.56* (2nd)

Kern- 41.48 (4th) Gr8t Finish!

200 Meters (0 pts)

Ehrensberger- 23.22 (9th)

Lambdin- 22.99* (7th)

4 x 400 Relay (6 pts) 3rd 3:29.88

Overtstreet- 52.1

Kern- 51.8

lfeadi- 52.5

Wooddell- 52.9

Alt- Roberts & S Hansford

800 Meters (16 pts)

Roberts- 1:57.61* (1st)

Wooddell- 2:00.29* (3rd)

3200 Meters (10 pts)

Wright- 9:54.40* (3rd)

Fish- 10:22.92 (4th)

Team scores

1st- Centerville 160

2nd- Wayne- 126

3rd- Northmont- 101

4th- Springfield- 58

5th- Fairmont- 44

6th- Beavercreek- 34

1st Greater Western Ohio Conference in school history!

Quote of the Meet: "we may not be the four fastest guys in the gwoc but put us together and we are the fastest team in the gwoc!"

Captain Matt Daly after the 4x1 team defended their conference title and set a new school record at 42.63- wow!

