

**GWOC All Conference
Championships
Friday May 15, 2009
Northmont High School**

**Shot Put (18 pts)
Bennett- 52'2 1/2 (1st)
McGowen- 50'5 (2nd)**

**Discus (16 pts)
Bennett- 146'7 (1st)
Beyland- 138'5 (3rd)**

**Pole Vault (12.5 pts)
B Miller- 13'6 (2nd)
Arnold- 12'6 (T 5th)**

**Long Jump (5 pts)
Harrison- 20'7 1/2* (4th)**

**High Jump (2.5 pts)
Harrison- 5'10* (T 5th)**

**4x800 Relay (10 pts) 1st 8:05.81
Hansford- 2:02.1*
Eslinger- 2:03.28
Wooddell- 1:59.8*
Roberts- 1:59.4**

**110 Hurdles (2 pts)
Melchor- 15.87 (7th)**

**4x200 Relay (5 pts) 4th 1:30.47
Ehresnberger- 22.0
Daly- 22.8
Overstreet- 22.8
Lambdin- 22.5**

**1600 Meters (13 pts)
Roberts- 4:24.93* (2nd)
Wright- 4:28.24* (4th)**

**4x100 Relay (10 pts) 1st 42.63* NSR
Daly- 11.1
Ehresnberger- 10.6
Ingham- 10.1
Melchor- 10.5**

**300 Hurdles (6 pts)
Overstreet- 40.56* (4th)
Kern- 41.48* (8th)**

**800 Meters (10 pts)
Roberts- 1:57.61 (2nd)
Wooddell- 2:00.29* (7th)**

**3200 Meters (4 pts)
Wright- 9:54.42 (5th)**

**4x400 Relay (4 pts) 5th 3:29.88
Overstreet- 52.1
Kern- 51.8
Ifeadi- 52.5
Wooddell- 52.9**

**Team Scores
1st- Centerville- 116.5pts
2nd- Wayne- 88pts
3rd- Trotwood- 83pts
4th- Northmont- 73.5pts
5th- Lebanon- 72pts
6th- Vandalia- 69.5pts
7th- Springfield- 34pts
8th- Miamisburg- 23.5pts
9th- Sidney- 21pts
10th- Piqua- 17.5pts
11th- Springboro- 12.5pts
12th- Troy & Fairmont- 12pts
14th- Beavercreek- 11pts
15th- Fairborn 9pts
16th- Xenia- 8pts**

**1st Overall GWOC Championship
in school history!**