

**Elk Relays**  
**Friday 4/13/18**

**Results**

**Field Events**

Hammer – 2<sup>nd</sup>  
G Hargrove- 166'7\*  
Cross- 136'6  
McGrellis- 146'8\*

Hammer- 8<sup>th</sup>  
Reidell- 103'5\*  
York- 128'2\*  
Stuber- 117'4\*

Discus- 3<sup>rd</sup>  
G Hargrove- 146'2\*  
Harmon- 149'1\*  
Ghaben- 129'3

Discus- 13<sup>th</sup>  
Kebba- 103'7  
Johnson- 108'7\*  
York- 104'7

Pole Vault- 1<sup>st</sup>  
Jasin- 14'9\* (SR)  
Soto- 14'3\*  
Fox- 9'3

High Jump- 6<sup>th</sup>  
Loal- 6'0\*  
Lansangan- 5'6  
L Hargrove- 5'3\*

Long Jump- 10<sup>th</sup>  
McNight- 16'9  
Lynn- 15'9  
McMahon- 15'10

Triple Jump- 8<sup>th</sup>  
Mullinger- 34'6\*  
Lynn- 36'5\*  
McMahon- 33'11 ¾\*

Shot Put- 2<sup>nd</sup>  
G Hargrove- 48'9 ¾\*  
Cross- 47'7 ¾  
McGrellis- 42'10 ¾\*

Shot Put- 4<sup>th</sup>  
Roush- 32'9 ½\*  
Fletcher- 31'4  
Buckenroth- 26'11  
Ghaben- 28'6\*

Pole Vault- 4<sup>th</sup>  
Lane- 9'3  
Welsh- 9'3\*  
Wolterman- 7'3

High Jump- 12<sup>th</sup>  
Howard- NH  
Cavicchioni- 4'3\*  
Huffman- 4'3

Long Jump- 10<sup>th</sup>  
Wendlandt- 13'9  
Cavicchioni- 13'7  
Spiewak- 14'4\*

Discus- 3<sup>rd</sup>  
Roush- 111'0\*  
Bruder- 85'3  
Fletcher- 95'3

Hammer- 1<sup>st</sup>  
Roush- 111'4\*  
Bruder- 106'8\*  
Kurucz- 102'4\*  
Ghaben- 109'0

Triple Jump- 2<sup>nd</sup>  
Lane- 28'11  
Spiewak- 32'4\* (9<sup>th</sup> R)  
Coker- 33'2

**4:30 pm Running**

4 x 1600 Relay- 1<sup>st</sup>  
(21:51.65)  
Bucher- 5:28  
Kerri Walsh- 5:39  
Kelli Walsh- 5:29  
Kilroy- 5:13

B Team- 8<sup>th</sup>(23:52.85)  
Einstein- 5:31  
Mangen- 6:11  
Jackson- 6:00  
Little- 6:09

4 x 1600 Relay- 3<sup>rd</sup>  
(18:42.98)  
Burkett- 4:39  
Welsh- 4:38  
J. Davidson- 4:51  
Nerlinger- 4:33

B Team- 10<sup>th</sup>  
(20:05.49)  
Bostwick- 4:49\*  
Bucklew- 5:00  
Emmert- 5:02\*  
J Davidson- 5:13\*

4 x 300 Hurdles- 12<sup>th</sup>  
(3:54.37)  
Wendlandt- 58.7  
Khosla- 55.0\*  
Welsh- 62.1  
Whitehead- 58.5\*

4 x 300 Hurdles- 2<sup>nd</sup>  
(2:48.06)  
Bumpus- 41.5\*  
Stevens- 42.6\*  
Meinking- 43.8\*  
Soto- 40.3\*

4 x 100 Relay- 4<sup>th</sup>  
(50.68)  
Howard- 13.3  
Brohner- 13.5  
Farmer- 12.3  
Coker- 11.6

4 x 100 Relay- 7<sup>th</sup>  
(44.81)  
Harmon- 11.4  
Kline- 10.3  
Melzer- 11.9  
Stevens- 11.3

4 x 400 Relay- 6<sup>th</sup>  
(4:23.19)  
Lankford- 64.5  
Knauer- 65.2  
Pulaski- 66.5  
Brohner- 66.5

4 x 400 Relay- 8<sup>th</sup>  
(3:39.23)  
Melzer- 54.3  
Nerlinger- 52.5  
Shipman- 58.2  
Craig- 53.9

DMR- 3<sup>rd</sup> (12:34.98)  
1200-Kilroy- 3:47  
400-Jindal- 63.8  
800- Lowe- 2:25  
1600- Bucher- 5:18

DMR- 6<sup>th</sup> (11:03.56)  
1200- Welsh- 3:24  
400- Meinking- 59  
800- Craig- 2:09  
1600- Burkett- 4:34\*

DMR- 13<sup>th</sup> (12:00.37)  
1200- McGuffey- 3:39  
400- McFarland- 60  
800- Ramsey- 2:18  
1600- Westhaus- 5:04

SMR- 12<sup>th</sup> (2:00.16)  
 100- Howard- 14.5  
 100- Farmer- 11.4  
 200- Brohner-27.8  
 400- Coker- 65.5

SMR- 3<sup>rd</sup> (1:34.23)  
 100- Harmon- 11.4  
 100- Kline- 10.0  
 200- Stevens- 23.3  
 400- Soto- 48.8\*

4 x 100 Hurdles- 14<sup>th</sup>  
 (80.79)  
 Wendlandt- 19.9  
 Sneed- 20.1  
 Welsh- 20.3  
 Cavicchioni- 20.4

4 x 110 Hurdles- 9<sup>th</sup>  
 (70.14)  
 Meinking- 16.3  
 Bumpus- 15.2  
 Cummings- 19.8 (fell)  
 Hinkebein- 18.9\*

4 x 400 Steeple Relay-  
 2<sup>nd</sup> (5:04.99)  
 Knauer- 73  
 Khosla- 72  
 Pulaski- 75  
 Verma- 79

2000 Steeple Chase  
 Whitehead- 8:08.72\*  
 (5<sup>th</sup>)  
 Kafka- 8:47.72\* (14<sup>th</sup>)

2000 Steeple Chase  
 C Downs- 6:58.15(9<sup>th</sup>)  
 J. Davidson- 6:44.55\*  
 (3<sup>rd</sup>)  
 Hall- 8:00.02\* (25<sup>th</sup>)

4 x 400 Steeple Relay-  
 9<sup>th</sup> (4:27.51)  
 Meinking- 66  
 Bumpus- 62  
 Long- 71  
 B Zeiser- 68

4 x 200 Relay- 3<sup>rd</sup>  
 (1:46.92)  
 Farmer- 26.2  
 Lankford- 27.2  
 Brohner- 27.6  
 Coker- 25.6

4 x 200 Relay- 5<sup>th</sup>  
 (1:35.76)  
 Stevens- 23.1  
 Melzer- 22.9  
 Kline- 23.5  
 Moody- 25.5

4 x 800 Relay- 5<sup>th</sup>  
 (9:56.76)  
 Jindal- 2:25  
 Lowe- 2:30  
 Kelli Walsh- 2:29  
 Bucher- 2:29

4 x 800 Relay- 4<sup>th</sup>  
 (8:16.15)  
 Welsh- 2:03.9  
 Craig- 2:04.6  
 Nerlinger- 2:06.4  
 Soto- 1:59.8

**Quote of the Meet:**

“You owe me my sandwich Coach!”  
 Greg Hargrove to me after his 3<sup>rd</sup> PR of the day...Time for Arby’s “Meat Mile High” Sandwich!

**Team Scores:**

**Girls**

Mason- 95  
 Darby- 90  
 Centerville- 80  
 Olentangy Orange- 70  
 17 Teams

**Boys**

Wayne- 98  
 Olentangy Orange- 83.5  
 Centerville- 74.5  
 Mason- 71.5  
 Pick North- 63  
 17 Teams

Congrats to all of you those who competed and those who helped, for an amazing 43<sup>rd</sup> annual Elk Relays! I was blown away by the levels we competed at and how we reacted to situations that came up throughout the evening. This is a great sign and one that we will build on. Keep everything in perspective and remember that this is the first “elite” competition we have faced all season long. The #1, 2, 4 & 6 boys teams from Columbus, the #1 & 3 teams from Cincinnati plus the indoor state champions were here on the boys side.

On the girls it was the #2, 4,5 & 8 from Columbus plus the #1 & 2 from Cincinnati. It was a loaded field and that speaks to what we do here at CHS and in our program. It’s the perfect chance to see where you stack up against the best teams in Ohio! We showed that we can compete at that level and in many cases, thrive. Our next step is to build on Friday and add athletes into new spots, where they can continue to be successful! Before you know it, it will be invitational season and time to show how much we have grown.

Use this week to get stronger, get more rest and be ready to get the win at Lancaster- a great old (52<sup>nd</sup> annual) relay meet in Ohio. It’s a who’s who from central Ohio and again will test us and get us ready for where we want to be!