



# Seton Track & Field



About the sport – Track & Field is a team sport that showcases the basic athletic fundamentals – speed, power, technique, and endurance. Athletes are attracted to the simple yet challenging nature of this sport. Athletes often participate in track & field to improve their speed, strength, and endurance for other sports such as soccer, volleyball, and basketball.

## Events in Track & Field

### Sprints

100-meter dash  
200-meter dash  
400-meter dash  
100-meter hurdles  
300-meter hurdles

### Distances

800-meter run (1/2 mile)  
1600-meter run (1 mile)  
3200-meter run (2 mile)

### Jumps

High jump  
Long jump  
Pole vault

### Throws

Shot put  
Discus

### Relays

4x100      4x400  
4x200      4x800

Indoor Track – Begins in November. We will attend a few indoor meets throughout January and February.

Outdoor Track – Begins in February. Outdoor meets start at the end of March.

### Coaching Staff:

Brian Laiveling – Head Coach/Throws

Ben Woeste – Sprints/Hurdles/Relays

Loretta Blaut ('14) – High Jump

Grace Winckowski – Hurdles

Maria Heisel ('17) – Distance

Chris Walter – Pole Vault

Nick Merk – Distance

Anna Duke ('16) – Pole Vault

Tricia Moehring ('95) – Distance

Kate Lambert ('20) – Long Jump

Email head coach Brian Laiveling with questions: [blaiveling@setoncincinnati.org](mailto:blaiveling@setoncincinnati.org)



Please visit our website for more information!



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## Facts and Figures



- 116 - Individual GGCL champions
- 64 - Regional qualifiers (since 2007\*)
- 43 - Individual OHSAA district champions
- 30 - School records broken since 2007
- 20 - Former Saints competing in college (since 2007)
- 16 - Individual OHSAA district champions (since 2007)
- 15 - OHSAA state meet qualifiers
- 10 - OHSAA state meet qualifiers (since 2007)
- 8 - Top-8 finishes at the OHSAA State meet
- 7 - Saints with top-25 all-time performances in Cincinnati history
- 7 - OATCCC Academic All-Ohio honorees
- 6 - Team GGCL championships
- 4 - Top-8 finishes at the OHSAA State meet (since 2007)
- 3 - Individual OHSAA regional meet champions (since 2007)
- 1 - Team OHSAA district championship (since 2007)
- 1 - OHSAA State meet runner-up  
Loretta Blaut ('14) in 2014
- 1 - OHSAA State champion  
Loretta Blaut ('14) in 2013

\*In the noted cases, 2007 is the earliest records are available



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