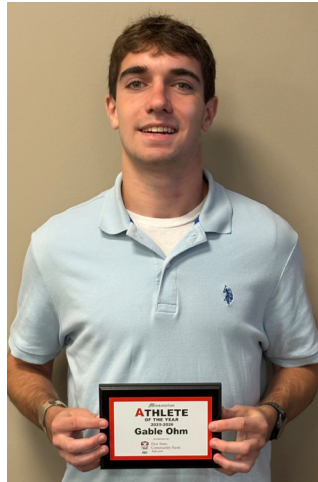


Missourian ATHLETE OF THE WEEK PROGRAM



**Gable
Ohm**

A three-sport athlete at Washington High School, Ohm earned a state medal in all three seasons this year in cross country, boys wrestling and track.

Ohm found himself in 28th place in the Class 4 cross country finals in November as

he entered the final kilometer of the course. Charging up through the field, he gained 12 positions to finish in 16th place, his highest state finish and the second state medal of his career in that sport.

"He goes to work," Washington Cross Country and Track Head Coach Mike Olszowka said. "Nobody has ever done it like Gable has. The great kids we've had, nobody does it like him. He grinds. No matter where he's at, you never consider him out of a race. Nobody has got the guts and the heart that he has."

In the winter wrestling season, Ohm also captured his second career state medal and highest career finish on the state podium as he placed third in Class 3 in the 132-pound weight class.

Wrestling to a 5-1 record at this year's state tournament, Ohm's only loss was a 3-2 decision in the semifinals against the state runner-up.

"When you really break it down he was very dominant (state tournament) weekend," Washington Head Wrestling Coach Josh Ohm said. "He outscored his opponents, 48-9, and only three of those points were offensive points. So he was scored on once over the course of six matches. He picked up two falls, one tech fall, one major and one decision."

Gable completed the season with a 49-8 record. His 49 wins ranks fourth all time for most wins in a season in program history. He enters his senior season needing 41 more wins to match Cole Hamai (2010-14) for most career wins in school history (181).

Finishing out the academic year at state track, Ohm and teammates Steven Broadbent, Mason Bliss and Reid Obermark braved the elements to finish fourth in the Class 4 3,200-meter relay amid a steady downpour just before the second of three rain delays on the weekend.



**McKenna
Lay**

There was no throwing record at Pacific High School that McKenna Lay couldn't break and re-break. She wrapped up her final throws for the school Saturday, May 30, by winning the Class 4 state championship in the girls javelin and setting a new state

meet record for all classes with a throw of 49.32 meters.

"It was a bomb," Pacific Track Head Coach Jim Menderski said. "It was what she had done all her career, come up with the big throw at the big moment."

Lay ends her high school run as the school record holder in the javelin (50.63 meters), discus (41.29 meters) and shot put (13.4 meters). She won a total of six state medals between the three events, including state titles in the shot put last season and the javelin this season.

In addition to winning the javelin this year, Lay finished third in Class 4 in both the shot put and the discus. She was undefeated in the regular season in both the shot put and the javelin and won every regular season meet but one in the discus.

"It speaks to the amount of dedication she puts into the sport," Menderski said. "That kids lifts religiously and probably has as many records in the weight room as she does out on the field."

At five different meets this season, Lay's winning throw in the javelin surpassed that of all her male counterparts in the event, including at the Four Rivers Conference meet and the Class 4 District 5 meet.

During the fall softball season, Lay batted .382 and was voted to receive first team all-district and all-conference honors. She was also a second team all-region pick.

Lay led the Lady Indians' softball team in home runs (3) and doubles (17). She tied for the team RBI lead with 24. She scored 22 times and stole four bases.

Lay will continue to throw the javelin in college at the University of Missouri.



Congratulations to **Gable Ohm** of Washington High School and **McKenna Lay** of Pacific High School on being selected as our **2026 Athletes of the Year!** Pictured with Gable and McKenna is **Dylan Brocato**, Assistant Vice President of First State Community Bank in Washington.

Thank you

*for your support of the Missourian
Athlete of the Week Program!*



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