

High School girls win Oak Harbor Invitational



By Kevin Gordon

OAK HARBOR — Karissa Nelson's performance embodied Eastwood High School's girls track and field team Friday night (May 8).

The sophomore competed hard in both of her hurdles races, producing two personal-record times.

She finished third in the 100 hurdles and fifth in the 300 hurdles to help the Eagles earn the Oak Harbor Invitational championship.

The Eagles won four events and scored in 16 of the 17 events to easily win the meet with 149 points. Oak Harbor was second in the 10-team meet with 102, followed by Genoa 78, Port Clinton 76 ½ and Danbury 72.

Also for the Eagles, Josie Appelhans and Lauren Schuerman finished first and second, respectively, in both the 100 and the 200; Camille Foos won the high jump; and the 4x100 relay team Foos, Schuerman, Macy Shoemaker and Appelhans won.

Eastwood complemented its four victories with five second-place finishes and 12 finishes in the third- through fifth positions.

"I'm super proud of the team," Foos said. "We went after everything and we went into everything with a positive mindset. We're a well-rounded team.

"Everyone gave it their all," Foos added. "Even our teammates who weren't competing but were still here, uplifted us by cheering us on and encouraging us, and having a positive attitude. We're really a team and we really care about each other."

The Eagles scored 75 points in the eight individual running events, 42 points in the five field events and 32 out of a possible 40 points in the four relays. In addition to winning the 4x100 relay, Eastwood was second in the 4x800 and 4x400 relays, and third in the 4x200.

The top eight finishers in each event scored team points. The points were awarded on a 10-8-6-5-4-3-2-1 basis. The Eagles had two athletes score in 11 of the 13 individual events. The teams could enter two athletes in each individual event, and one team in each relay.

The teams had to battle chilly, windy and sometimes wet conditions during the meet.

"We knew this wasn't going to be a night where there were going to be tons of PRs," Eastwood head coach Nathan Howard said. "We weren't going after records and low times. We were going after a great workout and competing, and they did that spectacularly and that's all we asked."

Eastwood was competing for the second time in three days after Tuesday's (May 5) tri meet against Maumee and Rossford was rescheduled for the next day because of rain.

"We didn't go super hard in that meet, but everyone ran at least two events, and, to come back two days later, your legs still aren't there," Howard said. "They focused well. They supported each other and ran hard and competed really hard.

"It wasn't quite there for some of them in terms of times and distances, but we have faith it's going to come.

Some of them competed in three events and competed hard every time. It doesn't mean you PR'd or ran the best race of your life, but you gave us everything you had. They did everything we asked of them."

Moving the Rossford and Maumee meet from Tuesday to Wednesday left the Eagles with only one day to recover at a point in the season when teams already are tired.

"It was definitely a quick turnaround, but at practice, we did the little things to make us feel good today.," Nelson said. "Coming out with confidence today helped, too. We wanted to run well, even if we weren't feeling our best. We all went out and did great."

The meet championship was the third of the season for the Eagles, who also won Whitmer Invitational and the Eastwood Relays, and were third in the Liberty-Benton Relays and the Napoleon Invitational.

Eagle hurdlers PR three times

Nelson finished third in the 100 hurdles in 16.62 and fifth in the 300 hurdles in 51.43, betting her PRs of 16.75 in the 100 race and 52.92 in the 300 race.

"To have two PRs is great," Nelson said. "I was really nervous before the meet, but I just tried to control what I can control and do my best. I went out there and it paid off."

Eastwood sophomore Sophie Gillespie was third in the 300 race in 49.39, also a PR to lower her previous best of 50.09.

Nelson and Gillespie also moved closer to earning a spot on Eastwood's all-time Top 10 list. Nelson's time in the 100 race was just .18 off the Top 10, while Gillespie's time in the 300 race was just .14 off the honor roll.

Foos wins high jump, runs on 3 relays

Foos cleared 5-0 to win the high jump. She nearly matched her PR of 5-2 earlier this season. The 5-2 height is good for an eight-way tie for fourth place on Eastwood's all-time list.

"I was happy with the high jump," Foos said. "I was proud of myself for keeping calm and doing my thing. It was great to get over 5-0 again. It's nice to know I can do it and I have the potential to do that for NBCs. I know I can go even higher."

In addition to running on the victorious 4x100 team in 50.07, the 4x400 team of Foos, freshmen Gabby Provo and Ava Majzun, and Appelhans was second in 4:12.87; and the 4x200 team of Foos, senior Lily Hanneman, freshman Macie Bradley and Gillespie was third in 1:50.16.

"The relays all ran well," Foos said. "All three relay teams are really starting to bond, and we're really starting to click. That's a good sign."

Appelhans won the 100 in 12.92 and the 200 in 26.47, while Schuerman was second in the 100 in 13.11 and the 200 in 26.85. Appelhans is a junior, while Schuerman is a sophomore.

Also for the Eagles, sophomore Skylar Chrisman was second in the pole vault with a jump of 9-0; and the 4x800 relay team of Majzun, freshman Taylor Mangette, Provo and junior Brynn Sheets was second in 10:19.34.

More Eagle scorers

Also scoring for Eastwood by finishing in the top eight were:

- 400 — 6) Provo, 1:04.55; 8) freshman Kaitlyn Russell, 1:05.56.
- 800 — 3) Majzun, 2:31.62; 8) junior Brynn Sheets, 2:44.54.
- 1,600 — 7) Mangette, 6:03.65; 8) junior Makenzie Chaffee, 6:06.40
- 3,200 — 4) Mangette, 13:11.41; 5) junior Raegan Russell, 13:36.43.
- Discus — 4) senior Kennedy Ameling, 103-2; 5) freshman Addison Hannan, 102-3.
- High jump — 8) sophomore Shoemaker, 4-4.
- Pole vault — 4) senior Piper Sutton, 8-6.
- Long jump — 4) Schuerman, 16-5; 5) sophomore Lexi Lewis, 14-10½.

NEXT

The Eagles host their annual junior varsity invitational Monday (May 11), and compete in the Northern Buckeye Conference Championships Wednesday (May 13) and Friday (May 15) at Genoa High School.

“We’re in a really good spot going into the league meet,” Nelson said of the NBC Championships. “We all work so hard, that we believe it’s going to pay off, starting Wednesday.”

“We’ve definitely improved over the season, but we still we still feel the best is yet to come,” Foos said.

OAK HARBOR INVITATIONAL RESULTS

<https://www.athletic.net/TrackAndField/meet/633396/info>

EASTWOOD JUNIOR VARSITY INVITATIONAL INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=39&table=C>

NBC CHAMPIONSHIPS INFORMATION

<https://www.athletic.net/TrackAndField/meet/633397/info>

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