

## 3 girls relays, Appelhans, Gallant earn state podium finishes



**By Kevin Gordon**

COLUMBUS — Eastwood High School's girls track and field team fashioned a terrific finish to an already outstanding season.

The Eagles had four All-Ohio finishes in four races during Friday's final day of the Division IV state championships at Ohio State University's Jesse Owens Stadium:

- The 4x100 relay team of freshman Macie Bradley, junior Josie Appelhans, and sophomores Macy Shoemaker and Lauren Schuerman finished sixth.
- The 4x400 relay team of Foos, freshman Gabby Provo, Schuerman and freshman Ava Majzun finished sixth.

- The 4x200 relay team of Schuerman, junior Camille Foos, freshman Sophie Gillespie and Appelhans finished seventh.
- Appelhans finished seventh in the 200.
- Senior Jenna Gallant placed seventh in the seated shot put.

The top eight finishers in each event received all-state honors and were recognized on the awards podium after their event.

"Today was just about everything we could have hoped for," Eastwood head coach Nathan Howard said. "I'm so thankful they were able to experience that, and the results that they deserved.

"They went after their races," Howard added. "It's hot and they're running multiple races, so it's really hard. But they did what we always ask — they competed really hard, gave it everything they had, and they did that again today."

Eastwood scored 10 points to finish in a five-way tie for 26<sup>th</sup> place in the team standings. A total of 63 teams scored at least one point in the meet. Beachwood won the championship with 53 points, while Huron was second with 31 and Patrick Henry was third with 29½.

The top eight finishers in each event scored team points with the points awarded on a 10-8-6-5-4-3-2-1 basis.



Photo credit: Jeremy Robinson



### **4x100 relay finishes sixth; Eagles run 2<sup>nd</sup>-best time in Eastwood history during semifinals**

The 4x100 relay team of Bradley, Appelhans, Shoemaker and Schuerman was sixth in 49.85 — just off the team’s semifinal time of 49.54 — the second-best clocking in school history. The Eagles narrowly missed the school record of 49.49 set in 2018.

Eastwood’s semifinal time was the sixth fastest of the nine finalists. The top two finishers in each semifinal of the running events advance to the finals, along with the next five fastest times, regardless of semifinal.

“We ran really well today, considering the heat and the wind,” Shoemaker said.

The weather was mostly sunny and hot with temperatures reaching the mid to upper 80s both days. The runners also had to run into the wind on the frontstretch Friday.

“That was a great time,” Bradley said.

“Everyone ran a great race,” Schuerman said.

Summit Country Day won in 48.59, followed by Girard 48.70, West Liberty-Salem 48.80, Columbus School for Girls 48.95 and Cleveland Central Catholic 49.63.

The Eagles were seeded 11th of the 18 state qualifiers, based on their regional time of 50.07. Their season best before state was 49.92 — third best in school history.

“We knew we could run that time,” Shoemaker said. “We’ve wanted to break school record all year, but we still had a great time and we were on the podium, so we’re very happy. We can break the record next year.”

### **4x400 relay finishes sixth**

The 4x400 relay team of Foos, Provo, Schuerman and Majzun finished sixth in 4:04.16. Valleyview won the relay in 3:58.30, followed by Ridgewood 4:01.02, Gates Mills Gilmour Academy 4:01.25, Fenwick 4:03.33 and Patrick Henry 4:03.85.

Eastwood posted the ninth-fastest time of the finalists with a 4:04.70 clocking.

“We weren’t supposed to place and we did,” Schuerman said. “Our goal was to go out hard and give it our best. It’s crazy to think we’re the sixth-best team in Ohio.”

The Eagles were seeded seventh at state, but broke the school record twice during the regional. They originally set the record during the regional semifinals with a time of 4:06.55 and lowered the record two days later in the finals with a time of 4:03.80. The record of 4:06.78 entering the season was set in 1997.



Photo Credit: Nick Huenefeld - Instagram

Owens Stadium, which has a capacity of 10,000. Schuerman and Foos also competed in field events inside the stadium.

“You look at the stands and it’s a really big crowd and they’re all cheering for you,” Foos said. “When you’re dying in the 4x4 and coming down the homestretch, it helps to hear the crowd cheering for you to get you to the finish line.”

All of the Eagles enjoyed the experience of competing at state.

“You might think coming down here the competition is scary, but once you get here, it’s not scary,” Gillespie said. “The more you talk to them and get used to them, they’re really nice people. I was really nervous when I first got here, but when I finally got here, I knew I could do it. I’ll come in with a lot of confidence next year.”

“It’s nice to be here as a freshman because we still have three years left to come back,” Provo said. “It’s a really good environment and the competition was

“I’m really proud of us because we weren’t seeded very high, but we put it all out there and it worked out really well for us,” Majzun said. “We were fearless and put everything we had into the race, and believed we could do it. Even though it wasn’t our best time, it still got us to where we wanted to be.” Running in Lane 9 on the outside, Foos gave Eastwood her usual solid run during the first leg to put the Eagles in position for a strong finish.

“I was a little nervous starting in Lane 9, but I knew I had to get out and put us in a good position,” Foos said. “I’m really proud of how I started the race, and I’m really proud of how everyone finished.”

“I’m very excited about the way we ran, Schuerman said.

“We didn’t really care where we placed,” Provo said. “We wanted to go out aggressively and get on the podium. We would have been excited to get eighth place, but to get sixth is even better. It was still a good time we ran. We did our best, so we’re really proud of our time.”

The Eagles earned the last spot in the finals by .92 over Elyria Catholic

“We were scared at first because we didn’t know if we made the finals for a little bit, but we were very happy when we found out we made it,” Majzun said.

Like their 4x100 and 4x200 teammates, the 4x400 Eagles enjoyed running before a large crowd at Jesse

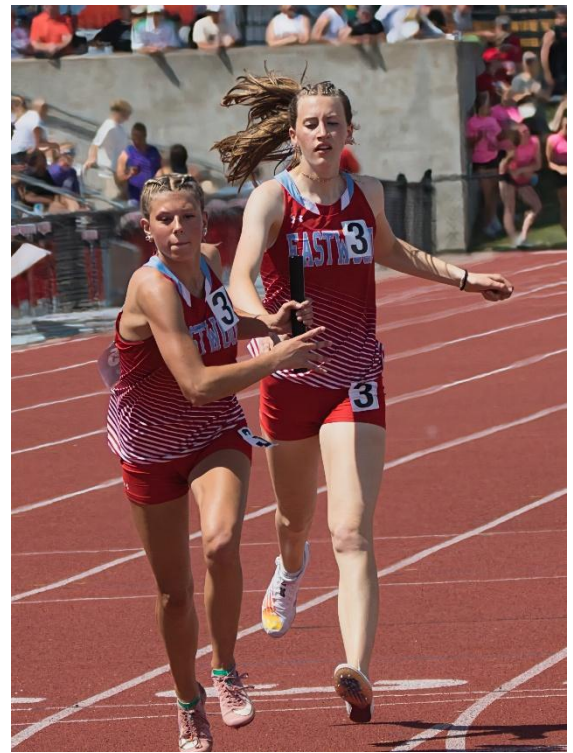


Photo Credit: Jeremy Robinson

really good, so it was really nice to be here. We'll know what to expect the next time. We won't be as nervous, wondering what it'll be like. We'll just start warming up."

Now, their goal is to earn a return to their sport's showcase event.

"I'm super excited about next season and this should give us a lot of confidence," Schuerman said. "It's so much fun here. We want to get back here."

"It'll definitely help us feel less nervous, Majzun said. "Going into prelims, we saw these older, taller girls and we were really scared. Now, we're a lot more relaxed."



Photo credit: Nick Huenefeld - Instagram

### Appelhans places seventh in 200

Appelhans finished seventh in the 200 with a time of 25.86. She finished just .70 behind champion and Beachwood sophomore Meena Abdul-Basser, who won in 25.16. The nine finalists were separated by only .84.

"That race went really well," Appelhans said. "I felt like there was a big gust of wind in my face coming down the stretch, but I tried to push through it as best as I could. I made the podium, and that was the expectation. I'm really happy with my season."

Appelhans' time was just off her school record of 25.54 set during the regional final. Her semifinal time of 25.68 was the seventh fastest of the finalists.

She originally set the school record as a sophomore last season with a time of 25.82 and broke her record three times this season. She lowered her time to 25.79 during the district finals and 25.75 during the

regional semifinals.

Appelhans was a four-event state qualifier, but she elected not to run the 100 where she was seeded 15<sup>th</sup>. She owns the Eastwood record of 12.59.

She didn't run the 100 in order to be fresher for the 4x200 and 4x100 relays that were held 23 minutes apart during the semifinals and 32 minutes apart during the finals. The start of the 100 and the 4x200 were only 12 minutes apart during the semifinals and eight minutes apart during the finals.

"I wanted to be fresh for my teammates, so we could make finals and run good times," Appelhans said.

Appelhans, Foos and Schuerman all were four-event state qualifiers. The only other four-event state qualifier in Eastwood history was Katelyn Meyer, who did it in 2016 and 2017. She also was a three-event state qualifier in 2018. No other Eagles have qualified for state in at least three events.

Appelhans is the only Eagle to qualify for state in four running events.



Photo credit: Laura Buehler

“It was a tough to decision not to compete in the 100, and focus on the two relays,” Howard said. “It definitely worked out for her. It definitely worked out for the two relays. They wouldn’t have been there without her. The individual honors are really well deserved.”



Photo credit: Jeremy Robinson

#### **4x200 relay finishes seventh; Eagles break school record during semifinals**

Schuerman, Foos, Gillespie and Appelhans finished seventh in the 4x200 with a time of 1:44.86, just off their school-record time of 1:44.13 during the semifinals.

“Our goal was to give it everything we have, and leave here with no regrets,” Schuerman said. “I’m really proud of us. The environment here is so special.”

“We wanted to go out and do our best to end the season on a good note,”

Appelhans said.

The Eagles certainly did that with a podium finish and school record. The previous Eastwood record in the event was 1:44.50 was set in 2005.

“I’m really happy we broke the record because we’ve been really close for a while,” Foos said. “It’s been our goal this season to break it. Doing it here at state makes it even more special. I’m really happy we got here, and we were able to get on the podium.”

“That was amazing, breaking the school record,” Appelhans said. “All of the work we’ve done this season paid off. I couldn’t believe it and then it was like, ‘Oh my gosh, did we really just run that time. That was an amazing time. Our goal all year has been to break the record, get to state and then to get on the podium. We’re very happy right now.”

The Eagles were seeded sixth at state and their semifinal time was the seventh fastest of the finalists.

“We’ve supported each other all season,” Gillespie said of why all three of the relay teams have gelled this season. “We want each other to do their best, and we encourage each other. We’re all best friends, and the relays are part of our friendship.”

#### **Schuerman, Foos compete in field events**

Schuerman and Foos also competed in the long jump Thursday, and Foos competed in the high jump Friday.

In the long jump, Schuerman finished 11<sup>th</sup> with a distance of 16-3 and Foos was 14<sup>th</sup> at 15-10.



Photo Credit: Jeremy Robinson



Photo Credit: Nick Huenefeld - Instagram

They competed in the long jump at 4 p.m., just 35 minutes after running the 4x400 relay. By then, Schuerman and Foos also had run in the semifinals of the 4x200 relay at 1:32 p.m., and Schuerman ran in the 4x100 relay at 1:55 p.m.

The long jump is held at the start of all other meets, but it was held later in the day at the two-day state meet.

“We knew it would be a really tough challenge for them today, and they were outside the top eight,” Howard said.

Schuerman was seeded ninth in the event, and Foos was seeded 11<sup>th</sup>.

“They’ve never jumped after any kind of race,” Howard said. “Jumping right after the 4x4 is a nearly impossible task. I was proud of them for going out and giving it everything they had. They still jumped pretty well.”

Foos cleared 5-0 to finish in a three-way for 14<sup>th</sup> in the high jump.



## SEATED STATE MEET

### Gallant breaks own record in 100

Eastwood senior Jenna Gallant broke her school record in the seated 100 Saturday with a time of 33.06 to better her previous record of 33.34 earlier this season. She finished seventh.

In the shot put Friday, Gallant finished seventh with a throw of 9-6½.

### A bright future

The Eagles should have another strong team next season. All eight athletes who competed at state return, along with junior Brynn Sheets, sophomores Skylar

Chrisman and Karissa Nelson, and freshman Taylor Mangette, who all advanced to the regional.

Eastwood qualified for the regional in 12 events this season.

The Eagles also return juniors Mackenzie Chaffee and Raegan Russell, and freshmen Katelin Russell and Addison Hannan, who competed in the district meet.

“This sets us up really well for next season,” Appelhans said. “We have great chemistry and we’re going to come back better than ever.”

“We developed a really strong team bond which should continue next year, and our goal is to get even better,” Foos said.



The Eagles won Northern Buckeye Conference and district championships this season, and finished fifth in the regional meet. They also won the Eastwood Relays, and invitationals at Whitmer and Oak Harbor, and were third in invitationals at Liberty-Benton and Napoleon.

Eastwood finished 9-0 overall in dual and tri meets, and 7-0 in conference dual and tri meets.

“This season gives us really high hopes for next season,” Provo said. “We need to come back better and stronger for next year. We have to do more in the winter, more stuff in the weight room, more stuff with indoor track to prepare us for the outdoor season.”

“We definitely have to push ourselves during the offseason,” Majzun said. “We can’t have a season of not doing anything. We have to do something every season to keep our bodies toned.”

The Eagles are expecting to move up to Division III next season. The divisions are based on enrollment.

“We’ll have some very competitive relays again next season, and we know our league is really good, too,” Howard said. “We’ll move up a division. We’ve got to get a little better. We’re ready for those challenges.”

Before looking ahead to next season, Howard wants his athletes to enjoy this season’s success.

“Enjoyment,” Howard said when asked what he wants the team to take out of the season and the state meet. “A lot of them worked really hard for this, so I hope they soak it all in and realize how special this season was, especially the way they capped it off. This is not a normal thing.”

## **STATE CHAMPIONSHIP RESULTS**

<https://www.athletic.net/TrackAndField/meet/656920/results>

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