

Girls break 3 records in fourth place finish at Eastwood Relays



Photo credit: Deb Streaker Athletes: Leah Emch to Haley Sponaugle

By Kevin Gordon

LUCKEY — Eastwood High School's girls distance medley relay team broke two records Friday night.

And Jenna Gallant improved her school record in the seated shot put.

The three record-breaking performances were part of a terrific performance by the Eagles in the Eastwood Relays/Northwest Ohio Meet of Champions.

Eastwood won the DMR and the high jump relay on the way to a fourth-place finish in the 12-team meet. The Eagles scored 59 points to trail Anthony Wayne 94, Whitmer 75 and Findlay 69 in the team standings.

"We beat some good teams tonight," Eagle head coach Nathan Howard said. "There's no shame in losing to some of the teams we lost to tonight. Not a perfect night for us, but we saw some really amazing performances overall."

The meet featured great competition, with many of the teams being defending league champions or

possible league and district champions this season.

The girls and the boys meet saw a combined seven records broken.

"Tonight was a big step forward for us," Howard said. "We really responded to the level of competition. We stepped up in almost everything and weren't intimidated by (the competition) one bit. That was nice to see.

"We're still not where we want to be," Howard said. "We have girls who are really talented and just doing one event because we're bringing them along slowly. We also know we're going to have to be really good because there are some really good teams in the league this year."

The Eagles finished fifth in the combined team standings, which added the girls and boys scores together to determine the champion. Eastwood had 125 points, while Findlay was the combined champion with 155.

Anthony Wayne was second with 144, followed by Southview 133, Whitmer 131 and the Eagles.

Distance medley relay breaks 24-year-old record

The DMR team of Amelia Ward, Camille Foos, Leah Emch and Haley Sponaugle won in 13:01.83 to break the meet record of 13:05.90 set by Woodmore in 2020 and shattered the school record of 13:32.95 set last season.

The girls won easily over Norwalk, which was second in 13:18.87.

“I was really happy with the way we ran,” said Sponaugle, who ran on the team that set the school record last season.



Photo Credit: Livia Segal Athletes: Foos, Ward, Sponaugle, Emch

“Everybody was really happy with the way they ran. We had a lot of season bests or people running a smart race.”

The distance medley consists of an 800, a 400, a 1,200 and a 1,600.

“That was special, watching those girls really go after it,” Howard said.

“We knew they’d have a chance to break the record, but we knew they’d have to run pretty well to do it. They did a great job.”

Sponaugle said the team didn’t talk about breaking either record until the day before the meet when Howard

brought it up during practice.

“We thought it would be really cool if we could break the records, and we were able to do it,” Sponaugle said. “That’s really exciting. We looked at that last year and we thought we could do it. We knew bringing our A team in this year, that we could really lower that and we did.”

The same four — Ward, Sponaugle, Foos and Emch — finished second in the 4x800 in 10:19.25.



Photo credit: Deb Streater Athlete: Gallant

Gallant breaks seated shot put record

Gallant increased her school record in the shot put twice this week. She won Friday with a distance of 9-3½, improving her mark to 8-10 during Tuesday’s Northern Buckeye Conference dual meet against Rossford.

“I feel really good about the record,” Gallant said.

“I thought I had a chance to throw the record again tonight, and I did it.”

Gallant, who is in her second season, qualified for the state meet last. Her personal best last season was 8-9¼.

“Jenna has a great attitude,” Howard said. “She broke (the record) by a little bit on Tuesday and then broke it by a lot tonight. I think she has a bigger throw left in her.”

“I know the shot better and I’m more into it,”

Gallant said of her improvement, adding her goal this season is 10-0. “Knowing more about it has helped me get into it more.”

Gallant also is competing in the 100 this season. She didn't compete in the running events last season. She also set the school record in the 100 Tuesday at Rossford with a time of 40.14. Her time Friday was 42.34.

"I thought it was really cool, so I decided to try it," Gallant said. "I'm glad I'm doing it."



Photo Credit: Danielle DeFalco Athlete: Lilly Mullholand

High jump team wins

The Eagles' other victory came in the high jump relay where Lilly Mullholand, Addie Hartman and Foos had a combined height of 14-5.

The field events were scored as relays. Schools entered three athletes in each field event, with the combined height or distance used to determine team points.

Mullholand was the top individual in the event, clearing 5-1, which was a career best by three inches. Hartman and Foos tied for fourth at 4-8.

The long jump team of Reilly Might, Bella Provo and Hartman finished third with a distance of 42-10½.

Might jumped 14-5½ for 10th place, while Provo and Hartman both had a distance of 14-2½.

Eastwood also had two fifth-place finishes. The top five finishers in each event earned medals.

The 4x400 team of Emch, Foos, Kayla Buehler and Emerson sheets was fifth in 4:23.11.

The shot put team of Harper Rollins-Morlock, Emma Keifer and Kennedy Ameling was fourth with a distance of 89-3½. Rollins-Morlock was 10th with a distance of 31-1¾, while Kiefer threw 29-6¼ and Ameling threw 28-7½.

NEXT

The Eagles host Oak Harbor Tuesday in an NBC dual meet. Eastwood also competes in a junior varsity invitational Saturday at Wauseon.

EASTWOOD RELAYS RESULTS

<https://www.baumspage.com/track/trevent.php?peventid=585&table=C>

EASTWOOD-OAK HARBOR INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=513&table=C>

WAUSEON JUNIOR VARSITY INVITATIONAL INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=155&table=C>