

## **Foos wins girls district high jump**

### **By Kevin Gordon**

FOSTORIA — Camille Foos has jumped consistently well this season.

And the Eastwood High School track and field junior high jumped well again Wednesday when she won her specialty in the Division IV district meet at Memorial Stadium.

Foos cleared 5-1 to earn a berth in next week's regional at Harding Stadium in Marion.

She was one of three regional qualifiers for the Eagles, who also advanced sophomore Skylar Chrisman with a fourth-place finish in the pole vault; and their 4x800 relay team of freshman Ava Majzun, junior Brynn Sheets, and freshmen Gabby Provo and Taylor Mangette which finished fourth.

The four finishers in each event at the district advanced to the regional May 27 and 29 at Marion Harding High School.

The finals of the high jump, shot put, pole vault, 4x800 relay and the 3,200 were held Wednesday (May 20). The remaining field events and running finals are Friday (May 22).

The pole vault originally was scheduled to be held Friday, but was moved to Wednesday because inclement weather forecasted for Friday.

In the 100, 200, 400, 100 hurdles, 300 hurdles, 4x100 relay, 4x200 relay and the 4x400 relay, the eight-fastest times advanced to the finals. The top eight finishers in each semifinal of the 800 qualified for the finals. No semifinals needed for the 1,600.

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

The Eagles also scored with seventh-place finishes from Mangette in the 3,200 and senior Piper Sutton in the pole vault, and an eighth-place finish from senior Kennedy Ameling in the shot put.

Eastwood advanced seven individuals in six events and three relay teams to the finals, including junior Josie Appelhans who qualified for the finals of the 100 and the 200; and sophomore Karissa Nelson and freshman Sophie Gillespie, who both advanced to the finals of the 100 hurdles and 300 hurdles.

The Eagles also had seven personal records during the meet.

Eastwood is fourth in the team standings with 24 points. Huron leads with 38, followed by Ashland Crestview 34½ and Liberty Center 28. Thirteen teams are in the district.

"It was a solid night," Eastwood head coach Nathan Howard said after a marathon night of competition. The meet started at 4 and didn't finish until approximately 10:15. "We qualified a lot of events to finals, that was a goal, and we didn't have any catastrophes. We're in good shape for Friday."

### **Foos wins high jump**

Foos cleared every bar on her first attempt until she missed at 5-3 after she had won the competition by clearing 5-1. She made the opening height of 4-8 on her first attempt and then was perfect at 4-10, 4-11, 5-0 and 5-1.

"I was really happy with my jumping, I was super proud I didn't have any misses," Foos said. "It helps your confidence, knowing you can do it. When I get it on the first attempt, it really helps you in the end. When I get over the lower bars, it calms me down, so I can keep going to the higher bars."

Foos was the No. 1 seed for the event, based on her jump of 5-2 earlier this season. On Thursday, only one other jumper cleared 5-0 and four others made 4-10.

"We've seen a lot of that from her this year, a lot of consistency, consistently good," Howard said. "She was supposed to win and she did, and that's what you need to do at meets like this. She performed very well tonight."

Foos has cleared 5-0 six times this season, including 5-2 three times, most recently during last week's Northern Buckeye Conference Championships. The 5-2 mark is good for an eight-way tie for fourth place on Eastwood's all-time list.

Katelyn Meyer holds the school record at 5-8 in 2019, while Cathy Smithey is second at 5-6 in 1978 and Leslie Keiser is third at 5-3 in 1988.

"Those were probably some of my better attempts at 5-3," said Foos, who also has nearly cleared 5-4 this season. "I was pretty consistent with all of my jumps, even though I didn't make them. I still thought they were very good jumps, and it gave me confidence that maybe I can get it next week."

The top five finishers in each of the three regionals next week qualify for the state meet, along with the next three best heights, regardless of region. The Ohio High School Athletic Association expanded track and field from three divisions to five this season but reduced the number of regionals from four to three.

However, the number of state qualifiers in each event remained at 18.

"I'm jumping really well," Foos said. "I'm happy with where I'm at. I feel really confident. My goal next week is to get to the next level. I really don't have a height in mind. I want to keep going as far as I can to help the team out."

Foos has jumped well this season and entered the season with a ton of confidence following the winter indoor season. She finished second in the state indoor meet with a school-record jump of 5-2.

"Her success has been a lot of mind-set," Howard said. "She also had a very good winter, a lot time in the weight room, doing track-related things. She's very confident this year. She's a team captain, voted by her teammates. She's a very different person this year. She's a lot more confident person this year."

### **4x800 relay finishes fourth**

The 4x800 relay team of Majzun, Sheets, Provo and Mangette was fourth in a season-best time of 10:12.78, lowering its previous best of 10:16.67.

"We pushed ourselves to run to the best of our abilities," Majzun said. "We're really excited about advancing. Everyone wanted to do our best, and not let each other down."

"We felt really good and pushed through the race," Sheets said. "We all had a good mind-set."

The Eagles were seeded fourth. They finished 3.26 seconds behind third-place Woodmore, while Huron won in 9:34.17 and Liberty-Center was second in 9:38.35.

"Tonight was more about the place than the time, 100 percent," Mangette said.

"We wanted to run our best and finish in the top four," Provo said.

Majzun and Sheets both ran PR splits, and Mangette and Provo were close to their PRs. Provo was running the relay for only the second time.

"They all ran very aggressively against very good competition with some of the top teams in the state," Howard said. "They competed very well. I'm super proud of them."

“Running under 10:10 in the regional would be great for them,” Howard added. “It’s a very competitive region. It’ll be a tough race, but I want to see them run a great time and finish on a high note because they’re all back next year.”

The only other running final Wednesday was the 3,200 where Magnette and junior Raegan Russell ran PR times.

Magnette was seventh in 12:56.91, beating her previous best of 13:05.31. Russell was ninth in 13:22.74, lowering her previous best of 13:26.42.

### **Chrisman places fourth in pole vault**

Chrisman jumped a PR of 9-0 for the fourth straight meet to finish fourth in the pole vault. Sutton finished in a three-way tie for seventh at 8-6.

“(Chrisman) jumped great, and she and Piper just came out and competed,” said Eagle assistant coach Ethan Downey, who works with the pole vaulters. “They came out and started at a height that neither one had started at (8-6). They both came ready to compete and ready to go, and made a good clearance at that height.”

After clearing the opening height of 8-6 on her first attempt, Chrisman cleared 9-0 on her second attempt and then missed all three of her attempts at 9-4. She barely missed clearing 9-4 on her final try.

Liberty Center’s Quinn Bailey and Crestview’s Zoe Kuhn both cleared 10-4 to finish first and second, respectively. Huron’s Harley Barkema was third at 10-0.

“I’m really happy, maybe even a bit surprised because of my seeding,” Chrisman said. “Everything fell my way.”

Chrisman was seeded eighth with her height of 9-0. Her freshman PR was 8-6.

“I feel really good about the way I’m vaulting,” Chrisman said. “I finally got my steps down and how to invert. I’m finally figuring it out. Before, I didn’t know what I was doing. I feel like I’ve learned a lot about pole vaulting, and I’ve learned about every step. Coach Downey has helped me a lot. He’s helped me a lot with inverting and gives me good drills to work on in practice.”

“She’s starting to figure it out,” Downey said. “If we put a few things together, we can attempt 10-0 pretty soon.”

Also in the field events, Ameling threw 30-10 for eighth place in the shot put and freshman Addison Hamman finished 11<sup>th</sup> with a throw of 29-10¼.

### **Eagles advance to finals**

Appelhans advanced to the finals of the 100 and the 200. She had times of 12.94 in the 100 and 26.62 in the 200. Both times were the fastest of the eight finalists. She’ll be joined in the 100 by sophomore Lauren Schuerman, whose time of 13.05 was the second fastest of the finalists.

Majzun qualified for the finals of the 400 with a time of 64.18, sixth fastest of the finalists. Nelson and freshman Gillespie advanced to the finals of the 100 hurdles and the 300 hurdles.

In the 100 hurdles, Nelson had the fastest time at 16.47 and Gillespie was sixth at 17.10. In the 300 hurdles, Gillespie had the second-fastest time at 48.68 and Nelson was fifth at 50.17. Nelson’s time was a PR, beating her previous best of 50.57.

The 4x200 relay team of senior Lily Hanneman, Foos, Gillespie and Appelhans advanced to the finals with a time of 1:48.88, the second fastest of the finalists.

The 4x100 relay team of freshman Macie Bradley, Appelhans, Shoemaker and Schuerman qualified for the finals with a time of 50.56, the fastest of the finalists.

The 4x400 team of Foos, Provo, Schuerman and Majzun advanced to the finals with a time of 4:12.63, the second fastest of the finalists.

Sheets and senior Lilly Beckwith both advanced to the finals of the 800. Sheets had a time of 2:40.28, the fifth fastest of the finalists. Senior Lilly Beckwith ran a PR of 2:46.74, lowering her previous best of 2:48.84. Her time was the 13<sup>th</sup> fastest of the finalists.

Also for the Eagles, Bradley had a PR in the 200 with a time of 28.30, but missed advancing by only four hundredths of a second. Her previous best was 28.81. Freshman Katelin Russell had a time of 67.52 in the 400, but didn't advance.

## **NEXT**

The district meet concludes Friday (May 22) at Memorial Stadium in Fostoria. The meet IS NOT at Fostoria High School. The address for Memorial Stadium is 530 Stadium Drive, Fostoria, Ohio, 44830.

The regional meet is May 27 and 29 at Harding Stadium, 500 Presidential Drive, Marion, Ohio, 43302. The meet IS NOT at Marion Harding High School.

## **FOSTORIA DISTRICT MEET INFORMATION AND RESULTS**

<https://www.athletic.net/TrackAndField/meet/650235/info>

## **FOSTORIA TICKET INFORMATION**

<https://www.athletic.net/TrackAndField/meet/650235/info>

## **MARION HARDING REGIONAL INFORMATION**

<https://www.athletic.net/TrackAndField/meet/651382/info>

## **MORE INFORMATION ON EASTWOOD TRACK AND FIELD**

<https://www.eastwoodtrack.com/>

<https://www.facebook.com/EastwodTF>

<https://x.com/EastwoodTF>