

Girls run to third-place finish at Napoleon

By Kevin Gordon

NAPOLEON — Eastwood High School's girls track and field team ran its way to a third-place finish Saturday in the Napoleon Invitational.

The Eagles scored 85½ points of its 99 points in the 13 running events. They placed third or higher in three of the four relays, and scored points in seven of the eight individual running events. The top eight finishers in each event scored team points.

Napoleon won the eight-team meet with 130 points, while Napoleon was second with 108½. The Eagles finished seven points ahead of fourth-place Wauseon and 10 points ahead of fifth-place Defiance.

Eastwood won only one of the 17 events held in chilly and windy conditions, but added two second-place finishes, three third-place finishes and four fourth-place finishes.

"We know we have work to do in the field events," Eastwood coach Nathan Howard said. "To be an elite team, we have to score more than 13 points in the field events. On the positive side, once the running events started, it was one of our best days of the year. The runners performed very well."

"We're pleased with the finish," said Eastwood senior Saylor King, who placed in the 100 and the 200. "A lot of people stepped up in multiple races."

Distance runners have strong day

The Eagle distance runners had their usual strong day.

Eastwood won the 4x800 relay, and had three placers in the 800, the 1,600 and the 3,200. Schools could enter up to three athletes in the individual events.

The 4x800 team of Leah Emch, Camille Foos, Haley Sponaugle and Amelia Ward won in 10:21.40.

Ward was third in the 800 in 2:36.50, followed by Foos in fourth in 2:36.88 and Brynn Sheets eighth in 2:47.46.

Sponaugle was fourth in the 1,600 in 5:37.09, followed by Emch in fifth in 5:48.07 and Z Ramsey in sixth in 5:54.10. In the 3,200, Sponaugle was second in 12:20.16, while Ramsey was fifth in 12:55.25 and Emily Payne was eighth in 13:40.23.

"Absolutely a good day for the distance runners.," Howard said. "(Sponaugle) was just great. (Ramsey) had two really, solid smart races. It was nice to see Emily Payne get the chance and then get a point out of it."

Sprinters contribute

Seniors Reilly Might and Saylor King led a solid day by the Eastwood sprinters.

They tied for fourth in the 100 in 13.82, while King was seventh in the 200 in 29.72.

"Those are really strong things," Howard said. "We asked our seniors to step up and they did. They're improving and making progress. This was their first open race all year, and they both ran well, and we're starting to see some of the freshmen run well, too."

The 4x400 team of Foos, Might, Kayla Buehler and Ward was second in 4:24.56.

The 4x100 relay team of King, Mallory Sandberg, Lila Kiefer and Might was third in 53.87.

The 4x200 team of Kiefer, Bella Provo, Mallie Bradley and Piper Sutton was sixth in 2:00.84. Also for the Eagles, Mallory Sandberg tied for fourth in the 100 hurdles in 16.99.

Welcome back

Buehler continued to run well in her return to track and field. The senior was third in the 300 hurdles in 52.63, a 2½-second personal record. She was a last-minute addition to the 4x400 relay team. She ran a PR split in the 4x400.

Buehler ran as a freshman, but didn't run the last two seasons before returning to the team this season. She was named the Northern Buckeye Conference basketball player of the year and was a special-mention all-state selection as a senior.

"She's running well, and that's great to see," Howard said. "She's doing a nice job. She volunteered to run the 4x4 relay, and those are the things we were like to celebrate here."

NEXT

Eastwood travels to Rossford Tuesday for a Northern Conference tri-meet against the Bulldogs and Fostoria at the Glenwood Athletic Complex, 28720 Lime City Road. The Eagles then host the Eastwood Relays Friday.

NAPOLEON INVITATIONAL RESULTS

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EASTWOOD-ROSSFORD-FOSTORIA INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=71&table=C>

EASTWOOD RELAYS INFORMATION

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