

Sabo cracks sprints Top 10, Kiefer has another big night as girls, boys complete perfect NBC dual seasons



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By Kevin Gordon

JERRY CITY — Julia Sabo and Ava Kiefer enhanced their already impressive résumés Tuesday night.

Sabo ran the fourth-fastest time in school history in the 100 and the sixth-fastest time in the 200, and Kiefer continued her march towards the school record in the shot put to help Eastwood High School's girls track and field team defeat Elmwood.

The Eagles won 15 events in all during their 117-20 victory to complete a perfect dual-meet season in the Northern Buckeye Conference.

The Eastwood boys also finished an undefeated an undefeated dual-meet season in the NBC with an 92-45 victory that included 11 first-place finishes.

The girls and boys both were 5-0 in conference duals. Their April 20 meet with Woodmore and Rossford was canceled because of snow.

Sabo wins three events

Sabo won the 100 in 12.93, the 200 in 26.64, and jumped 10-0 to win the pole vault.

The sophomore entered the meet with personal records of 13.40 in the 100 and 28.06 in the 200.

"I felt really good, not having as much wind in front of me, and having a little bit of wind behind me helped," said Sabo, who broke Eastwood's pole vault record last month.

The runners in the 100, 200 and the 110 hurdles had a tailwind in their events for one of the few times this season.

"I was surprised by my times," Sabo said. "I knew I felt good, and I felt I ran good times, but I didn't think they'd be that good."

Sabo is less than three-tenths of a second off the Eagle record of 12.71 set by Jamie Schmeltz in 2019. Christi Lahey is second on Eastwood's all-time list with a 12.74 clocking in 2004, and Aricka LaVoy is third at 12.88 in 2013.

The Eastwood 200 record is held by Lizzie Lahey, who ran 25.94 in 2004. Schmeltz ran a 26.13 time in 2019 for second place, while Danielle Thornton (2004) and Jessica Neitz (1993) are tied for third at 26.34, and LaVoy is fifth at 26.58 run in 2012.

"I knew I was capable of running those times," Sabo said. "I wanted to break 13 in the 100 and 28 in the 200, which I did in both of those races. It's a great feeling. I want to keep pushing the rest of this season, and the next two years to bring those times down even more."

Sabo had a height of 10-0 to win the pole vault as she cleared at least 10-0 for the seventh time in nine meets this season. She's jumped 10-6 and 10-0 in her last two meets after going 9-6 twice in a span of three meets.

She's PRd three times in the pole vault this season, most recently with a school-record jump of 10-9 April 17 at the Napoleon Invitational.

"I was establishing a run there, and I felt good doing that," Sabo said of the Elmwood meet.

"The height didn't matter since I was establishing my run. I'm just trying to put everything together, and keep pushing to improve and get better."



Kiefer strikes again

Kiefer's winning throw of 39-1 on her final attempt completed her best meet of the season. All four of the junior's attempts went at least 38-0 for the first time this season, including one of 38-11 on her second or third throw that was her best mark until her final throw.

"I felt really good coming in, and I thought I might have a big day," said Kiefer, whose previous best of 38-5 came exactly a week ago during a tri meet at home against Fostoria and Lake.

"That throw (the one that went 39-1) felt good when I released it."

Kiefer already owned the second-best throw in Eastwood history coming into the meet before adding eight inches to the distance Tuesday. Eagle assistant coach Whitney Recker holds the school record of 43-5¼ set in 2004.

The PR in the shot was her third this season, and second in the last three meets. She's also PRd twice in the discus and set the school record in the hammer throw.

"That's the most consistent day I've had this season," Kiefer said. "All four throws were at least 38-0, that's really nice. I'm really happy, and I'm just excited for what's to come. "

Girls have another usual team effort

The Eagles had their usual team effort as they won 12 individual events and three relays. The individual events were won by 10 different Eagles. Eastwood had 57 PRs during the meet, including relay splits.

"They had a team goal to win all of their duals and tri meets, and they accomplished that goal," Eastwood head coach Nikki Sabo said. "They came out and competed, and, in many events, it was against ourselves, but we're still using that competition to improve and get better."

Eastwood won four of the field events in all, with the other first-place finishes coming from Hannah Friend in the discus, 111-11; and Mikayla Hoelter in the long jump, 15-1.

The Eagles' other individual winners were: Aubrey Haas, 100 hurdles, 16.84 (pr); Talia Baum, 1,600, 6:00.82; Amelia Ward, 400, 1:05.44 (pr); Claire Carpenter, 300 hurdles, 51.18 (pr); Avery Bowman, 800, 2:41.04 and Haley Sponaugle, 3,200, 13:08 (pr).

Eastwood also won three relays:

- 4x800, team of Baum, Jamie Lahey, Addie Young and Jada Jensen, 10:48.70. Baum, Young and Jensen ran PR splits.
- 4x200, team of Saylor King, Reegan Sheets, Emma Downs and Haas, 1:57:03.
- 4x400, Hoelter, Baum, Hannah Montag and Lahey, 4:26.91. Montag ran a PR split.

The Eagles had eight PRs in the 100 and 14 PRs in the 200; Friend, Olivia Newsome and Kiefer all threw at least 101-6 to sweep the top three places in the discus; and Maisy Stevenson cleared 5-0 to finish second in the high jump. Stevenson's jump was a PR.

"We saw good performances, many PRs. It was a good night," Nikki Sabo said.



Boys have big meet for PRs

The Eagles won eight individual events, including four field events, and three relays on the way to their win. They totaled 32 PRs and one season best during the meet.

"They fixed everything we talked about last week, warming up right, getting out the right way in certain races, coming in with a PR mind-set," Eastwood head coach Brian Sabo said. "If you can PR and attack a mind-set in a dual meet, what you are going to do when we're amped up and there's a lot of other people, it's a little bit bigger, it becomes a little bit easier."

The field event winners were: Gage Might, shot put, 46-4½ (pr); Koprowski-Kistner, long jump, 18-6½; Jaleel Rayford, high jump, 5-3 (pr); and Dalton Hesselbart, 13-6 (pr).

Winning individual events were: Ryder Boice, 100, 11.59 (pr); David Russell, 1,600, 5:11.21 (pr); Ethan Kwiatkowski, 200, 24.54 (pr); and Cory Jay, 3,200, 11:02.

The Eagles' winning relay teams were:

- 4x800, team of Cory Jay, Xander Ramsey, Devin Good and Ian Sander, 9:12.94. Jay, Ramsey and Sander all had PR splits.
- 4x100, team of Kwiatkowski, Jake Limes, Koprowski-Kistner and Bryce Hesselbart, 46.60.
- 4x400, team of Limes, Koprowski-Kistner, Kwiatkowski and Ross Welling, 4:01.70. Koprowski-Kistner ran a PR split, while Limes had a season best.

"I was really happy with the how kids prepared to perform and then they went out and performed well," Sabo said. "We had PRs across the board, and that's what I asked of them."

That was really good to see. The weather started out decent and then it wasn't as good, but they continued to perform. I appreciate that."

Complete results of the meet are available at:

<https://www.baumspage.com/track/elmwood/040516/2021/Results.pdf>