

4x800 relay highlights girls solid night at Oak Harbor



All photo credits: Deb Streacker Athlete: Foos

By Kevin Gordon

OAK HARBOR — Amelia Ward, Camille Foos, Haley Sponaugle, and Leah Emch fashioned a gem Friday night.

The Eastwood High School's girls track and field team's 4x800 relay ran the seventh-fastest time in school history on the way to a second-place finish in the Oak Harbor Invitational.

The 4x800 performance was part of a solid night for the Eagles, who finished fourth in the 10-team meet. Eastwood totaled 77 points, only three behind third-place Lake. Woodmore won with 116 points, while Port Clinton was third with 80.

"We had a lot of good things happen on the track," Eagle head coach Nathan Howard said. "The sprinters ran well. Reilly Might ran well, and Kayla Buehler had another solid finish in the 300 hurdles. The relays, we had kids step up and run really good times. On the track, the kids keep competing and

getting the points. The effort is there."

The Eagles scored in 16 of the 17 events. The top eight finishers in each event scored team points, which were awarded on a 10-8-6-5-4-3-2-1 basis. Schools could enter two athletes in the 13 individual events and one team in each of the four relays.

Eastwood had two scorers in six of the eight individual running events and two of the five field events. They also scored in all four relays.

Next for the Eagles is the Northern Buckeye Conference Championships May 11 at Rossford's Glenwood Athletic Complex.

"We have some things to work on still, and we know that," Howard said. "We have to be better in the field events. We can't come out with the low point totals that we've had. The kids are doing it, and the coaches are coaching them really well right now. We know they're on the verge of doing what we need to there (in the field events).

"We have some holes in the relays and some other events we need to fill, but everything is trending in the right direction for us," Howard added. "Between the last meet Tuesday at Otsego and here, you're seeing a lot of times dropping and seeing kids running with confidence. We feel really good going into the league meet."

4x800 relay earns spot on Top 10 list

Ward, Foos, Sponaugle and Emch had a time of 9:56.43 for second place. They were only 1.18 seconds behind first-place Danbury and edged Oak Harbor for the runner-up spot by .95.

"Breaking 10 (minutes) is always super fun," Ward said. "It's a great team achievement. Everyone ran great times. Not everyone felt great, but we still came out and competed. Having that great competition, like Danbury and Oak Harbor, really helped us to step up our game."

Eastwood's best time last season was 9:57.32, with Ward and Sponaugle returning from that team. That time is now eighth-best in school history. As a freshman in 2021, Ward helped Eastwood run what is now the ninth-fastest time in school history, 9:57.40.

"They had a great run, and even better things are coming," Howard said. "They knew this time was coming, based on the way they had been running, but it was nice to see it, and we're seeing it earlier than we thought we'd see it.

"It's exciting, and that's a team that has state potential," Howard said. "That's a huge jump. It was good to see them run well and that will build their confidence."

The quartet was running the 4x800 together for the fourth time this season, Their previous times were 10:21.40, 10:19.25 and 10:11.92. Friday's meet was one of the better weather days of the season with warmer temperatures, no rain and little wind.

"Based on our times last year and seeing how the splits compare to this year, and tonight being a great night to run, everything played out nicely," Ward said. "We knew breaking 10 was something we could do."

"They're running confidently, regardless of the competition," Howard said. "Today was some really good competition. Nothing seems to shake them. They run confidently. They know what they can do."

Friday's run was even more impressive because Ward said all of the relay team members didn't feel their best. Sponaugle later ran the 1,600, but was scratched from the 3,200.

"That's a great question," Ward said when asked why the four ran so well on a day they didn't feel great. "I honestly think it was the energy, knowing what was on the line today and just having people to race against. We had the mentality of wanting to come out on top, and that helped push us along today."

More distance success

Foos finished fourth and Ward was fifth in the 800. Foos had a time of 2:31.93, edging Ward by .05.

Senior Z Ramsey finished fourth and Sponaugle was fifth in the 1,600. Ramsey's time was 5:49.06, beating Sponaugle by 9.37 seconds.

In the 3,200, junior Leah Emch was third in 11:31.91, and Ramsey was seventh in 12:48.48. Ramsey, who was a late replacement for Sponaugle, had a season-best time. Her previous best was 12:54.74.



Athletes: Sandberg and Buehler

Sprints, hurdles results

Saylor King finished fifth in the 200 in 28.33 and eighth in the 100 in 13:50. The senior's time in the 200 was a personal record, lowering her time of 28.40. She also had a season-best in the 100, improving on her previous best of 13.64. Might finished fourth in the 300 hurdles in 51.52, and Buehler

was sixth in 52.51. Both are seniors. Might's time was a PR as she beat her previous best of 51.83.

In the 100 hurdles, junior Mallory Sandberg was seventh in 17.69.



Athlete: E. Kiefer

Throwers do well

Freshman Harper Rollins-Morlock finished fifth in the shot put with a throw of 30-3, and junior Emma Kiefer was seventh at 30-2³/₄. Kiefer threw a PR, beating her previous best by three-quarters of an inch. Sophomore Kennedy Ameling was eighth in the discus with a distance of 91-3. "We saw some good things from our throwers," Howard said. "They took the next step, especially in the shot, and that was good to see."

More field events results

Junior Kyrie Henline cleared 9-0 to finish sixth in the pole vault.

Junior Lilly Mullholand tied for sixth and

Foos tied for eighth in the high jump. Both cleared 4-8.

Relay results

The 4x400 team of Foos, Ward, Might and junior Emerson Sheets was fourth in 4:17.42, a season best from its previous time of 4:19.25.

The 4x200 team of Sandberg, senior Lila Kiefer, junior Bella Provo and Might was seventh in 1:56.02.

The 4x100 team of Kiefer, Sandberg, Provo and King was seventh in 54.15.

NEXT

In addition to the conference meet, the Eagles host their annual junior varsity invitational Monday. Eastwood then competes in the Division II district meet at Oak Harbor May 16 and 18.

OAK HARBOR INVITATIONAL RESULTS

<https://www.baumspage.com/track/trevent.php?peventid=45&table=C>

EASTWOOD JUNIOR VARSITY INVITATIONAL INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=657&table=C>

NORTHERN BUCKEYE CONFERENCE CHAMPIONSHIPS INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=420&table=C>