

Boys post 5 podium finishes, break 2 records at state indoor meet

By Kevin Gordon

GENEVA — Five podium finishes, two school records, three additional all-time Eastwood Top 10 finishes, and six individual and nine relay personal records highlighted an outstanding day for the Eagle boys during the Division III state high school track and field championships at the SPIRE Institute.

The Eagles finished in a three-way tie for 11th place as a team, their best finish at the meet in 10 years. Eastwood, Gates Mills Gilmour Academy and Ottawa-Glandorf each scored 15 points to tie for 11th.

Cleveland Glenville won with 67 points, while Oak Harbor was second with 29.

Hunter Lauer, and the 4x800 relay team of Henry Howard, Austin Miller, Casen Henline and Ben Buehler both finished fourth to earn a place on the podium.

The top eight finishers in each event scored team points and were recognized on the podium.

Zach Mullholand (triple jump) and Miller (400) both finished seventh in their events, and the 4x400 relay team of Mullholand, Howard, Buehler and Miller finished eighth.

Miller improved his school record in the 400, and the 4x800 relay broke the Eastwood record. Lauer and Mullholand both had personal records in the event.

“I’m really proud of the team,” Eagle head coach Brian Sabo said. “They came in and performed well, and gave it everything they had.

“They’ve worked hard,” Sabo added. “Now, it’s paying off. This puts us in a good position for the outdoor season. Our guys had a great mindset today. They went out competed and wanted to PR, and do their best. When you have that kind of mindset, this is what happens.”

The Eagles start their third week of outdoor practice this week. They start the season March 31 when they host Wauseon and Clay in a non-conference tri-meet.

“I’m really excited about the outdoor season,” Sabo said. “Our seniors are doing a good job of leading us, and the non-seniors are contributing, too, I like our team, but we need to keep getting better.”

The state indoor championships were conducted by the Ohio Association of Track and Cross-Country Coaches.

Lauer earns fourth place on final throw

Lauer’s sixth and final throw of 59-3¼ moved him from sixth place to fourth place in the final standings on a day he threw consistently well. The senior threw a PR three times during the meet, and two other throws would have beaten his previous PR of 57-3 entering the meet.



The 16 throwers each received three attempts during the prelims with the top nine distances advancing to the finals. The finalists received three more throws in an attempt to improve their marks.

“I’m really happy with the day,” said Lauer, who also moved up one place to fifth on Eastwood’s all-time list in the event.

“Just before that last throw, he was dropped from fourth to sixth, but he came back and PRd to move back to fourth,” Sabo said. “That’s what you need to do at the state meet. Somebody always PRs and finishes far better than anybody thought they would. He had a great day.”

The senior was seeded 10th for the state meet, based on qualifying marks during the season. Lauer’s goal at state was to throw at least 60-0 and finish in the top eight.

“I was going to be happy with anything above 10th place and I wanted to throw 60-0, but any finish on the podium was what I was hoping for,” Lauer said. “Even since the last meet, I’ve tried to focus on doing my best and worrying about myself and not anyone else. My goal was 60-0, but I was going to be happy with any PR.”

After opening the competition with a throw of 55-2, Lauer had PRs of 58-1¼ and 58-7½ on his final two throws of the preliminaries. His first two throws in the finals covered 56-3 and 56-1¼.

“I came in with the mindset of focusing on myself; that’s been my approach the last few weeks,” Lauer said. “That helped me be less nervous and I’m trying to carry that over to the outdoor season, so I can perform at the highest level.

“I’m really excited for the outdoor season,” Lauer added. “I want to perform at my highest level during the outdoor season, too. My form and technique in this event and the (shot put and discus) are so much better than last year. I’m in a great spot for the outdoor season.”

Mullholand PRs 3 times on way to 7th-place finish



Mullholand also had an impressive performance in the triple jump with his seventh-place finish with a jump of 40-10¾. The senior’s day included three PRs and two other jumps that beat his PR of 37-11½ entering the day.

“I’m ecstatic about what happened,” Mullholand said. “I was seeded 12th and by no means was I expecting to even make the finals. The moment kicked in. It’s the state meet. The adrenaline started pumping. I just went for it and it turned out well.”

Immediately after running a leg in the 4x200 relay, Mullholand hurried over to the triple jump. His first jump of 39-0 was a PR. He then fouled on his second

attempt and then had another PR with a jump of 40-0³/₄ on his final attempt of the preliminaries.

In the finals, He jumped 38-10¹/₂ and 40-4 before finishing with a jump of 40-10³/₄ — an improvement of almost three feet on his PR entering the meet.

“I wasn’t very confident coming into the meet, but that first jump was a PR and right then I knew the day was going to be good,” Mullholand said. “I’ve never jumped this well. What a great day.”

Mullholand also claimed sixth place on Eastwood’s all-time list after starting the day in 10th.

“He didn’t have much time to prepare after the 4x2, but he jumped well,” Sabo said. “He was very consistent.”

Miller seventh in 400 with school-record



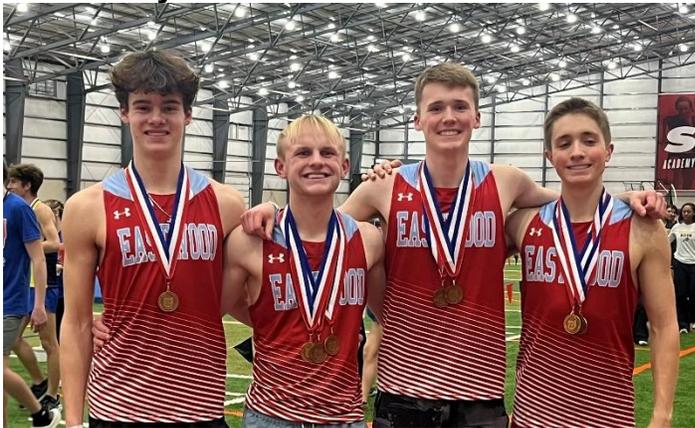
Miller had a time of 50.44 for seventh place in the 400, lowering the senior’s school record of 50.72 from earlier this season.

“I’m pretty happy about that,” Miller said, “I wish I had a little bit more at the end, but I have no complaints. I came out ready to rock and roll, so I’m glad I got after it today. It wasn’t a great race. I made up a little bit of the gap, but I didn’t go out the way I should have.”

Miller is looking forward to the outdoor season where he ran the fifth-best time in school history, 50.74, as a junior.

“I can definitely go lower with the training I’ve been doing,” Miller said. “I felt a little rough today. I’m glad I got after it today.”

4x800 relay finishes fourth in record time



The 4x800 relay of senior Howard, Miller, junior Buehler and junior Henline finished fourth in 8:21.91 to break the school record of 8:22.25 set in 2003 by Aaron Lahman, Doug Russell, Jimmy O’Brien and Ryan Schroeder.

“Henry had a plan for us to run the splits we wanted, and we ran it to a ‘T’” Buehler said. “We set the goal and went out and achieved it. We’re really pleased. We were seeded ninth

and finished fourth, so that’s a pretty good job.

“We knew that time was possible, but it’s hard to do because you need all four of us to run well on the same day,” Buehler added. “The better competition pushes you to improve. Getting everyone to run their best doesn’t happen too often, but we knew it was there.”

The competition and the environment are different here and it pushes you to do your best.”

All four ran PR splits. Howard and Miller both ran 2:03, Buehler ran 2:05 and Henline ran 2:09. All four PRs were at least three seconds or more.

“That time was amazing,” said Henline, who PRd by seven seconds. “The race went really well. Our goal was to finish in the top eight and break the school record. To do both and be on the podium is awesome.”

Buehler, Howard and Miller returned from the 4x800 last season. The Eagles didn’t hit the 8:20 mark outdoors last spring until late in the season.

“This is a great start after last year,” Miller said. “This really sets us up for the outdoor season. We just need to continue to work hard so we keep progressing.”

“We’re definitely faster than last year,” Howard said. “We’re definitely looking forward to the outdoor season.”

“They’re great leaders,” Sabo said of Howard and Miller. “They help lead us through practice and meets. It’s great for the team and our environment. We know they’re going to go out strong and put us in a good position, and then we have to go out and finish it.”

4x400 runs well to finish eighth



The 4x400 team of Mullholand, Howard, Buehler and Miller had a time of 3:32.61 for eighth place and a place on the podium. It also was the seventh-fastest time in Eastwood history.

“It wasn’t the time we wanted, but it was the effort we wanted.” Howard said. “The effort was there, but we still have a lot more left in the tank. We’re just getting started. We all agreed our goal was the school record and I knew each of us could cut a few seconds off of our times.

“To do that, it’s not necessarily about pacing,” Howard added. “It’s about mindset to go out strong and battle hard in the middle and finish strong. That was the plan. All of us accomplished the plan.”

Mullholand, Howard and Buehler all ran PR splits. The 4x400 race is the signature event for the Eagles’ boys and girls’ programs because it’s the final event of every meet, and it’s a great test of endurance and speed.

“I’m really happy with them,” Sabo said. “That’s the way to run the race. They gave it everything they had. That’s the way we want them to run. That’s a race we take a lot of pride in. It’s what our program is all about.”

4x200 relay runs well

The 4x200 team of Collin Brogan, Mullholand, senior Cullen Shank and junior Bryce Coger finished 14th with a time of 1:38.93. Brogan and Coger both ran PR splits.

“We competed well against some great competition,” Shank said. “These competitors are the best of the best. This helps build out confidence for the outdoor season.

“We’re happy with our time,” Brogan said. “We weren’t seeded very high (15th). We all ran well for this being a big meet.

The four now are looking forward to the outdoor season.

“This helps us for the outdoor season because we faced a lot of really good competition,” Coger said. “This helps our confidence for outdoors.”

Shank and Coger were added to the relay for the state meet, replacing Miller and Howard. The change enabled Miller and Howard to be focus on their other events. Athletes are allowed to compete in a maximum of four events in a meet.

“That was a solid race for them,” Sabo said, “All of them went out hard. (Shank and Brogan) have been working hard and they deserved those spots.”

NEXT

The Eagles resume outdoor practice this week. They’ll start the season March 31 with a home tri-meet against Wauseon and Clay, and then compete in the Liberty-Benton Invitational April 2.

STATE INDOOR MEET RESULTS AND INFORMATION

<https://oh.milesplit.com/meets/718841-2026-oatccc-d3-indoor-state-meet-2026>

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