

Foos qualifies for girls state high jump; 4 school records broken



By Kevin Gordon

MARION — Camille Foos is headed to her sport's showcase event.

The Eastwood High School junior qualified for the Division IV state track and field championships in the high jump with a second-place finish during Wednesday's regional at Harding Stadium.

Foos cleared 5-2 to tie her personal record and advance to the state meet June 4-5 (Thursday-Friday) at Ohio State University's Jesse Owens

Stadium.

The top five finishers in each event at the regional advanced to state. The state championships also include three at-large qualifiers in each event. Those spots will go to the next three regional finishers with the best height/time/distance, regardless of region. The other regionals are at Austintown Fitch and Chillicothe Southeastern.

Foos' performance was part of another terrific night for the Eagles.

Josie Appelhans broke her school record in the 100 and the 200 to qualify for the finals of those races, and ran a leg on the 4x200 and 4x100 relay teams that advanced to the finals.

In addition, the Eagles' 4x400 relay team qualified for its finals with a school-record time, Sophie Gillespie advanced to the finals of the 300 hurdles, and the 4x800 relay team ran a season-best time to finish 10th in its final.

"It was an awesome night," Eagle head coach Nathan Howard said. "We had the same team mentality of always going after it, a no-fear mentality and racing great. I'm really proud of them."

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

The regional concludes Friday with the final 13 events.

Foos qualifies for state in high jump with 2nd-place finish

Foos jumped well again to qualify for state in the high jump. She jumped 5-2 for the fourth time this season to finish as the runner-up to Patrick Henry sophomore Kynli Crossland, who cleared 5-3. Ashland Crestview freshman Kaelyn Weaver also jumped 5-2, but Foos had fewer misses.

"I'm really excited about going to state," said Foos, who was seeded in a tie for third in the regional after she cleared 5-2 to win the district meet in Fostoria. "I was getting nervous for a few seconds, but I pulled it together in the end.

"I really didn't have any expectations because I don't like to give myself expectations," Foos added. "That was my PR, so I tied that and I jumped well. I wanted to be in the top five and go from there."

Foos cleared 4-8 and 4-10 on her first attempt, but needed all three attempts to clear 5-0 and 5-1. She made 5-2 on her first attempt and then missed all three tries at 5-3.

"She was calm, cool and collected like she normally is," Eagle assistant coach Laura Buehler said. "She was consistent as she usually is. She didn't get frazzled when she had a few misses. She pulled it back together and collected herself and finished strong.

"She pretty much stays calm when she jumps," Buehler added. "She doesn't overthink things. She says OK, and goes for her next attempt, takes the feedback we give her and puts it together on her next jump, She's really good about that."

Foos' height of 5-2 is good for an eight-way for fourth place on Eastwood's all-time list.

"I was a little nervous, but Laura and T.J. really helped calm me down," Foos said, praising Buehler and assistant coach T.J. Tuttamore for keeping her calm when she was at 5-0 and 5-1. "We talked about anything but jumping, anything random to keep myself pre-occupied with anything but jumping."

Foos has had good attempts all season at 5-3 and 5-4.

"She's been super consistent this year," Buehler said. "I'm really happy with the way she's jumped this year. She's jumped 5-2 several times, and we're waiting for that breakthrough at 5-3. She's had some good attempts at those heights, and it's there. It's coming soon."

Foos jumped well during the winter indoor season, capped by a second-place finish in the Division III state meet with a jump of 5-2. She set the school indoor record earlier this year when she cleared 5-1 Jan. 10, and then increased the mark to 5-2 the following week and matched it at the state meet.

"She's been really clutch with high jump," Howard said. "Nothing gets to her. She doesn't feel the pressure. She had a couple of really high-pressure jumps that she needed to make and she nailed it all night."

"I felt good coming into the season," Foos said. "I was excited to do more indoor meets this season, so I'd be ready for the outdoor season. I'm really happy with the way I've jumped this season. I was a little nervous at the start of the season, but I've jumped well and I'm really proud of myself."

Foos and sophomore teammate Lauren Schuerman will attempt to qualify for state in the long jump Friday. Schuerman is seeded seventh, while Foos is ninth.

Also Friday, sophomore Skyler Chrisman will compete in the pole vault. She's seeded ninth.

4x800 relay finishes 10th with season-best time

The Eagles' 4x800 relay team of freshman Ava Majzun, junior Brynn Sheets, and freshmen Gabby Provo and Taylor Mangette finished 10th in 10:07.90, a season best that was well under its previous best of 10:12.78. The team was seeded 10th for the regional. "They ran their best time, a lot to build on from that since they'll all return next season," Eastwood assistant coach T.J. Tuttamore said. "They learned a lot today by being in a big meet."

Majzun ran a PR of 2:21, beating her best of 2:23.6. Provo also PRd with a 2:34 time, beating her previous best of 2:35.9.

"(Majzun) always does a great job of kicking us off and putting us in a good position, and the other girls fought," Howard said. "They ran really well. They put themselves in position."

Appelhans advances to 100, 200 finals; 4x100, 4x200 relays also qualify for finals

Appelhans had a big night, breaking her school records in the 100 and the 200 to advance to the finals of those events. She and the Eagles also advance to the finals of the 4x200 and 4x100 relays.

She ran a time of 12.59 in the 100 to beat her record of 12.62, and a time of 25.75 in the 200 to beat her record of 25.79. Her semifinal times were the fifth fastest of the eight finalists in the 200 and seventh fastest in the 100.

The top two finishers in each event qualified for the finals, along with the next four fastest times, regardless of semifinal.

The 4x200 relay team of Schuerman, Foos, freshman Sophie Gillespie and Appelhans ran the fastest semifinal time with a 1:46.33 clocking.

“The 4x2 was good,” Appelhans said. “Our handoffs were way better. I’m excited to see what we can do on Friday.”

The 4x100 team of freshman Macie Bradley, Appelhans, sophomore Macy Shoemaker and Schuerman was timed in 50.23, third fastest of the eight finalists.

“The 4x1 was awesome, too,” Appelhans said. “We’re going to kick it on Friday.”

Appelhans ran the 100, the 4x200 and the 4x100 in a 35-minute span, starting with the 100 at 6:50, followed by the 4x200 at 7:02 and the 4x100 at 7:25. She ran the 200 at 8:15. “I wasn’t expecting those times after running all those races back to back to back,” Appelhans said. “The 200, I was not expecting that. I was prepared for the race and I trusted myself, and having the competition to push me helped.”

“The 4x2 and the 4x1, they did exactly what they needed to do,” Howard said. “That 4x2 could have been two seconds faster. The 4x100 has been super consistent. I still think the best races are ahead for both of them.”

Appelhans originally set the 100 record last season, and has lowered her record three times this season. She also set the 200 record last season, but hadn’t broken it this season until the district meet last week and then broke it again at the regional.

“That feels nice,” Appelhans said of the records. “But I still have more left. 100 percent, I can go faster.”

“She’s consistently done four events for us all year, and she’s still PRing and getting school records over and over again,” Howard said. “I can’t say enough about her.”



The 4x200 and 4x100 both are seeded for the first in the regional. The 4x200 ranks fifth in the state, while the 4x100 is sixth.

4x400 relay breaks school record to claim spot in finals

The 4x400 relay team of Foos, Provo, Schuerman and Majzun advanced to the finals with a school-record time of 4:06.55 to break the 29-year-old Eastwood record of 4:06.78. It was the first addition to the school’s all-time list in the relay since 2013.

“Who’d have thought that?” Howard said of the school record. “What a great run. For most of the year, the girls have been running the 4x4 as their third or fourth event. I told them once we get into the post season, it’ll be your second event or your first event, and it’ll be different. That’s exactly what’s happening. We’re seeing those times drop dramatically because they feel really good right now.”

Foos had a PR with a time of 59.5, beating her previous best of 60.0.

The time was the fifth fastest of the eight finalists. Eastwood is seeded sixth in the regional.

Gillespie advances in 300 hurdles

Gillespie earned a trip to the 300 hurdles final with a time of 47.26, seventh fastest of the finalists. The freshman is seeded eighth.

“She’s had a great year,” Howard said. “She doesn’t overthink it. She just attacks and runs her hardest, competing the whole way. She did a great job tonight.

Gillespie and Karissa Nelson didn’t qualify for the finals of the 100 hurdles. Gillespie was seventh 11th in 17.00, and Nelson was 15th in 19.18. Nelson hit a hurdle, fell and finished the race.

“(Nelson) was probably on pace to run sub 16,” Howard said.

A sub-16 time would have qualified Nelson for the finals. The sophomore is currently ranked sixth at 16.23 on the top ten list.

“She was flying,” Howard said. “That’s what we asked of them, don’t be afraid to make mistakes and don’t be afraid to fail. Just go after it and that’s what (Nelson) did. I’m super proud of her.”

Gillespie earned her 100 hurdles spot in the Northern Buckeye Conference and district meets with a strong showing in the Eastwood Junior Varsity Invitational May 11 with a time of 16.97, a PR. She’s PRd two more times since, finishing fifth in the NBC and fourth in the district.



“(Gillespie) has come a long way,” Howard said. “Three or four weeks ago, she wasn’t even going to compete in the 100 hurdles for us. She consistently started getting better and better. Once she learns to three-step the hurdles, she’s going to be very dangerous.”

Gallant breaks seated shot put record

Jenna Gallant broke her Eastwood record in the seated shot put with a throw of 10-7¼. The senior’s previous best of 9-11 came earlier this season. Marion Elgin’s Julie Kuba won with a throw of 14-11.

“What I told Jenna before the meet was to throw double digits, and she blew that away,” Howard said. “To go from 9-11 to 10-7, she’s saving her best for last. Hopefully, she has a great day of racing, too, on Friday.”

Gallant will compete in the 100 and the 400 at the regional Friday. She’s already qualified for state in the shot, 100 and 400.

The seated events were added to the regional this season to give the seated athletes a regional experience, according to the Ohio High School Athletic Association. The OHSAA also recently announced the seated events will be held at the district meet next season.

NEXT

The regional concludes Friday (May 29) at Harding Stadium, 500 Presidential Drive, Marion, Ohio, 43302. The meet IS NOT at Marion Harding High School. The field events start at 4:30 p.m., followed by the running events at 6 p.m.

MARION HARDING REGIONAL INFORMATION AND RESULTS

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

STATE CHAMPIONSHIPS INFORMATION

<https://www.ohsaa.org/Sports-Tournaments/Track-Field/2026-Track-and-Field/2026-Track-Field-State-Coverage>

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