

Girls tie for second at state indoor meet



By Kevin Gordon

GENEVA — Eastwood High School's girls track and field team had a day to remember Saturday.

The Eagles broke four school records, tied another school record, had seven podium finishes and ran one other Top 10 school time during the Division III state indoor championships at the SPIRE Institute.

The performances enabled Eastwood to finish in a tie for second place in the team standings, the program's highest finish at the state indoor meet. Eastwood and Maysville both scored 29 points to finish as the runner-up to Beachwood with 52. Meadowdale and Fenwick shared fourth place with 23 points.

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

Camille Foos finished second in the high jump, Ava Majzun finished second in the triple jump with school-record performances, and in the seated division Jenna Gallant was the runner-up in the shot put and 60-meter dash.

Also for the Eagles, Josie Appelhans improved her school record with a fifth-place finish in the 200, and the 4x400 relay team of Lauren Schuerman, Majzun, Gabby Provo and Appelhans broke the school record to finish third.

The Eagles' other school record came in the 4x200 relay where Schuerman, Appelhans, Macy Shoemaker and Foos finished sixth.

Eastwood's 4x800 relay team of Brynn Sheets, Lilly Beckwith, Mackenzie Chaffee and Caitlyn Stiner ran the ninth-fastest time in school history to finish 16th.

The Eagles also had nine individual personal records during the three relays.

"They just went hard and competed," Eastwood head coach Nathan Howard said. "They had a no-fear mentality, and you saw that across the board. I'm really proud of the girls. It's really nice to see. I hope it raises the expectations for the girls for the rest of the year for the team, knowing where we stand."

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

“It’s belief right now,” Howard said. “The girls have worked hard all winter. They’ve been in the weight room. They’ve come to practice. That’s something we’re trying to build right now. We have some really strong leaders who are building that right now. I’m happy with that.”

“The environment here at SPIRE was great and we can be nervous for a meet like this, but we didn’t put a lot of pressure on ourselves to the point we can’t run well,” Appelhans said. “We rose to the occasion. I’m so excited about the outdoor season. This meet has really boosted my confidence and the team’s confidence.”

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

Foos ties her school record in the high jump



Foos had a terrific day in the high jump, clearing 5-2 to match her school record from earlier this season.

“It was super fun today,” Foos said, “I was out there with no pressure. I was doing what I like to do, so I was really happy with everything that happened.”

Foos was seeded in a six-way tie for fourth at 5-2, based on qualifying marks during the season. Three other jumpers cleared 5-5, 5-4 and 5-3. Each event had 16 qualifiers.

“I really didn’t expect that,” Foos said. “I didn’t even think I’d be anywhere near the top, but I was proud of the way I performed.”

Foos had never cleared 5-0 during an indoor meet until this season, and the junior’s outdoor PR of 5-0 came last season in the district championships at Oak Harbor.

On Saturday, the competition started at 4-8, and Foos cleared the opening height, 4-10, 5-0 and 5-2 on her

first attempt. Her only three misses came at 5-3. Adena senior Katie Burns was the state champion with a height of 5-3.

“I was really excited about that,” Foos said of clearing the first four bars with no misses.

“Last year, I was up and down a lot. This year, I’m trying to be consistent, so I appreciated that. It was fun to be consistent.”

Foos originally set the school record earlier this season when she cleared 5-1 on Jan. 10 and increased the mark to 5-2 the following week. She matched it again Saturday.

“That was just the result of trying to be more relaxed, more calm,” Foos said. “Getting in the weight room really helped me to build up some stamina. That really helped. I’ve also tried to have a different mindset, trying to be more uplifting and positive. I’m really excited for the outdoor season, especially for what the team can do.”

"I have a lot more confidence, but I like to play it cool and keep things under control," Foos added. "I don't necessarily have a (height) I want to do. I just want to keep improving and get as high as I can."

Majzun finishes second with big PR



Majzun delivered her school-record performance on her sixth and final attempt of the competition after the freshman fouled on four of her first five attempts. The jump made her the runner-up to Maysville sophomore Emma Tamasovich, who had a distance of 36-9³/₄.

Majzun jumped 34-8³/₄ to break the school record of 32-6 set by Whitney Hoodlebrink in 2010. She also passed Hannah Firsdon, who jumped 32-3 in 2013. Majzun entered the meet third on Eastwood's all-time list with a distance of 32-2³/₄.

"Today definitely exceeded my expectations," Majzun said. "I wanted to get on the podium, and I finished second. It was a really good day. Breaking the school record is really exciting

because I wanted to do it all season."

Majzun opened the competition with a foul, but came back with a PR distance of 33-3¹/₄ on her next attempt to move into third place after the preliminaries.

The 16 jumpers each received three attempts during the prelims with the top nine distances advancing to the finals where the athletes received three more jumps to improve their marks. Majzun also fouled on her final prelim jump and her first two attempts in the finals.

"I do well under pressure sometimes, and I wanted to get on the podium," Majzun said. "I worry about myself and what I'm doing and nothing else. I don't worry about who I'm competing against or what they're doing unless it comes down to the end. I knew I needed a big jump on my final attempt."

Majzun fouled by less than an inch of her first attempt, which would have been a PR, too. "I was a little nervous after the first foul because sometimes I get down in the dumps, but then I came back and with that 33 jump and that was a PR," Majzun said. "That got me excited again. I knew I could break the school record, and I knew it might happen today because this was a big meet. You often do better against great competition. I was really excited to compete today."

Majzun was seeded 10th for the state meet.

"She's a 13-year-old and a young 13-year-old who had a 2¹/₂-foot PR on her last attempt after she had fouled four times. That's the no-fear stuff," Howard said. "We're just going to go after it one more time and she ended up finishing second in one jump. That's how you finish in a meet like this. She went after it all day. She has a lot of potential."

Majzun competed in the triple jump for the first time this season since it's not an Ohio High School Athletic Association event. It's only held in a handful of meets. She's competed in the triple jump six times this indoor season.

"I've done really well, considering how short I am," the 5-foot-1 Majzun said. "I don't let my height bother me. I go out and do my best. I tried the triple jump because it looked really fun and interesting, and not a lot of people do it, so I thought I'd give it a try. I really

liked it because it was something different. It's not easy, but I'm learning and I want to keep getting better at it."

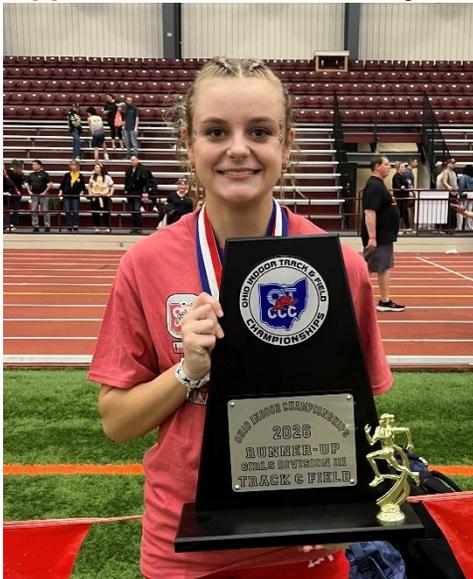
Also in the field events, Ryleigh Perry was 15th in the weight throw with a distance of 35-3.

"I did OK, but I didn't perform my best," said Perry, whose PR of 38-½ is the fifth-best in school history. "I loved getting the opportunity to compete at state and spend the time with all of the people around me who I spend so much time with during the season."

Perry was a returning state qualifier in her event after she finished 16th last season with a throw of 31-6¾.

"I have the potential to get a lot better," Perry said of the upcoming outdoor season. "I need to get in the weight room a lot more and be more active during practice; doing those things will help me get better. I'm also really looking forward to the team this year, and we could have a really good bond as a team."

Appelhans has brilliant day



In addition to helping the 4x200 and 4x400 relays set school records, Appelhans shattered her Eastwood record in the 200 with a time 26.00 for fifth place. She previously set the record earlier this season with a 26.96 time — with Saturday's time being almost a full-second faster.

"What a crazy day. I didn't think it would be by that much," Appelhans said of her record time. "Mr. Howard told me just to win my heat and I'd have a good chance to get on the podium. I wasn't thinking so much about breaking the record as I was winning my heat."

The 200 was run in heats with the winner determined by the fastest time. There were no semifinals and finals. Appelhans won the second heat, with eight of the top 10 finishers overall running in that heat.

Appelhans learned she had broken the record when her time was posted on the scoreboard.

"I was really happy with the race. I thought it was a good race," Appelhans said. "The competition was really pushing me and that helped me run even faster."

Appelhans was seeded 13th for the meet. She didn't run a 200 in the 26-second bracket last season until the district meet in mid-May.

"She's the one who is setting the tone for us and everyone is rising to her level," Howard said.

Appelhans also holds Eastwood's indoor record in the 60, and the school's outdoor records in the 100 and the 200.

"I've definitely got more left for the outdoor season," Appelhans said. "I can go even faster. I'm excited for the outdoor season, both for the team and individually."

4x400 blisters school record



The 4x400 team of Schuerman, Majzun, freshman Provo and Appelhans finished third with a time of 4:11.37 to break the school record by 9.56 seconds. The previous record of 4:20.93 was set earlier this season by Schuerman, Appelhans, Raegan Sabo and Provo. “On my gosh, that’s crazy,” Appelhans said of the near 10-second record. “I knew we

could break the record, but not by 10 seconds. That is awesome.”

“A nine-second school record — they have the belief,” Howard said. “Now, they’re talking about going even faster. We need to be below four (minutes). That’s where good the teams are and we’ll be there.”

Schuerman, Majzun and Appelhans all ran 62-second splits, and Provo was at 63 seconds. Provo PRd by four seconds, while Majzun PRd by eight seconds.

“I was proud of everyone on the team,” Schuerman said. “We went out and did our best and wanted to break the record. The competition makes you run faster. We’re not that far from the outdoor record. We know we can break that record and run even faster.”

Eastwood’s outdoor record of 4:06.78 was set in 1997 by Erica Nietz, Renee´LaMunyon, Samantha Glase and Cyndi Bostdorff.

“I was proud of all of us,” Majzun said. “We achieved something we all wanted. Our effort came out because we all wanted it and because of the competition. You want to keep up with them and you want to beat team. You push even harder. We’re really excited and confident about the outdoor season.

“It was amazing. We all PRd and ran a good time,” Provo said.

4x200 relay breaks school record for sixth place



The 4x200 team of Schuerman, Appelhans, Shoemaker and Foos finished sixth with a time of 1:49.96 to break the Eastwood record of 1:50.72 set in 2012 by Erica Hollister, Reagan Boice, Maddie Jackson and Rachel McNay.

“I’m really happy with that,” Appelhans said. “We were seeded eighth and moved up two places. We went out and hard and didn’t

let the pressure get to us. That was a really good race. I’m proud of everyone.”

“Coming into the race, we were all nervous because we wanted to break our school record,” Shoemaker said. “We wanted to place and get on the podium, even though we

were seeded eighth. We rose to the occasion, and were able to finish sixth and break our school record. We came into the race with a great mindset. We knew we couldn't be nervous or we weren't going to do well.

"The school record was our goal," Shoemaker added. "Even if we didn't place, we knew we'd be happy if he broke the school record that we've been striving for the last couple of years. It definitely felt like a school record. We came out strong and we finished strong."

The outdoor record in the 4x200 is 1:44.50 set in 2005 by Danielle Thornton, Amy Helm, Katie Lahey and Lizzie Lahey.

"This gives us a lot of confidence for the outdoor season because we ran a time that we ran outdoors last season," said Schuerman, who also finished 12th in the long jump with a distance of 14-8½. "It shows how much we've improved and how much faster we are."

Foos was running a leg in the 4x200 relay for the first time, Howard said.

"She ran into another girl two steps into the race, but did a nice job and ran a strong leg," Howard added.

4x800 relay posts Eastwood Top 10 time

The 4x800 relay team of Sheets, Beckwith, Chaffee and Stiner had a 16th-place time of 11:17.15, the ninth-fastest time in school history. Beckwith and Stiner are seniors, while Chaffee and Sheets are juniors.

"We gave it our best, pushing ourselves as much as we could," Stiner said. "There wasn't a specific time we were trying to hit. We wanted to go out and compete."

"We definitely faster than our last time, so that was good," Beckwith said.

The four had run together only three or four times this season, and their state time was their fastest of the season. Sheets and Chaffee both ran PR splits, with Sheets' PR being six seconds.

"Going into the outdoor season, the indoor season has really helped us," Sheets said. "It helps you get into shape and gets you ready for the outdoor season. We knew we could run that time. It was a good day."

The four started preparing for the track and field season shortly after their fall sports ended. Sheets, Beckwith and Stiner all ran cross country last fall, while Chaffee was a member of the soccer team.

"We've put in a lot of hard work to get ready for track," Chaffee said. "We have a lot of determination to be successful outdoors, too."

Gallant competes in seated events



Gallant finished second in both the shot and the 60-meter dash, throwing 9-1 in the shot and posting a time of 23.34 in the 60.

Gallant's mark of 9-1 came on her sixth and final throw of the competition. She's the Eastwood record holder in the event with a mark of 9-5. Massillon Perry senior Alsha DiPetro won with a distance of 12-4¾.

“I definitely could have done better,” said Gallant, who also finished second in the event last season when she threw 8-7½. “I wasn’t too happy with the way I threw, but once I hit, 9-1, I was OK with it. It wasn’t my best day, but it wasn’t my worst day.”

Gallant’s time in the 60 meters was shy of her school record of 21.82.

“It wasn’t my best race, but it wasn’t terrible,” Gallant said. “I started off too strong on my left hand. My right hand is my stronger hand and I overcorrected too much. That’s what messed me up the most. I lost a bunch of time and that slowed me down. “

Now, Gallant is looking forward to the outdoor season.

“This gets me ready for the outdoor season,” Gallant said. “I know if I work hard, it’ll pay off and I’ll get better.”

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 Relays April 2.

STATE INDOOR MEET RESULTS AND INFORMATION

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

<https://finishtiming.com/>

MORE INFORMATION ON EASTWOOD TRACK AND FIELD

<https://www.eastwoodtrack.com/>

<https://www.facebook.com/EastwodTF>

<https://x.com/EastwoodTF>