

## Girls finish 2<sup>nd</sup> at Napoleon as Appelhans wins twice



**By Kevin Gordon**

**NAPOLEON** — Josie Appelhans won the 100 and the 200, and Eastwood High School's girls track and field team capitalized on its depth again Saturday to earn a second-place finish in the Napoleon Invitational.

The Eagles scored in all 17 events and totaled 120 points to trail only Napoleon with 141 points in the 12-team meet.

Eastwood had at least two scorers in eight of the 13 non-relay events, including three placers in the pole vault. Schools could enter up to three individuals in the non-relay events, and one team in each relay. Points were scored on a 10-8-6-5-4-3-2-1 basis.

The Eagles added three second-place finishes, four third-place finishes, five fourth-place finishes and a combined 13 finishes in fifth- through eighth-place.

Eastwood fared well on a day it competed in wet, windy and sometimes chilly conditions.

"It was a good day," Eastwood head coach Nathan Howard said. "The conditions weren't ideal. I don't think everyone was at their best, and we still performed well, so I'm happy.

"We knew Napoleon was a really good team," Howard added. "They're allowed to be good. We performed exactly how I thought we would. No regrets at all."

Appelhans won the 100 in 12.90, the fifth-fastest time in school history, and the 200 in 27.26.

Also, for the Eagles in the sprints, Lauren Schuerman was third in the 100 in 13.22 and fourth in the 200 in 28.25. Schuerman added an eighth-place finish in the long jump with a distance of 14-4½.

Appelhans and Schuerman joined Mallory Sandberg and Kyrie Henline to finish second in the 4x100 relay with a time of 52.25. Sandberg was third in the 100 hurdles in 16.50.

"The kids who maybe didn't feel their best and still gave us good performances,"

Howard said when asked what he was most happy with, referring to Schuerman, Macy Shoemaker and Henline, who are battling injuries; and Leah Emch, who didn't feel well.

"They still came out, even if it wasn't the best race, and performed well," Howard said.

"We saw some good things in the field events. That's a good sign. The sprints performed really well."

Henline also cleared 9-0 to finish second in the pole vault, while Shoemaker and Henline both ran on the 4x200 relay team which finished fifth in 1:58.21. Bella Provo and Karissa Nelson completed the 4x200 relay team. Provo was second in the long jump with a distance of 15-4½.

Emch finished third in the 3,200 in 11:55.98 and fourth in the 1,600 in 5:34.09. She joined Brynn Sheets, Raegan Russell and Camille Foos to finish third in the 4x800 relay in 10:38.59.

### **Other Eagle placers**

Also placing in the top eight for Eastwood were:

- High jump — 6) Foos, 4-8; 8) Addie Hartman, 4-8.
- Discus — 4) Kennedy Ameling, 99-10; 8) Mylie Frantz, 91-1.
- Shot put — 5) Harper Rollins-Morlock, 31-1½; 6) Ameling, 31-1½.
- Pole vault — 4) Piper Sutton, 8-0; 8) Karissa Nelson, 7-0.
- 400 — 7) Caitlyn Stiner, 1:08.69.
- 800 — 4) Foos, 2:36.19; 8) Sheets, 2:40.88.
- 3,200 — 8) Emily Payne, 13:36.21.
- 300 hurdles — 8) Karissa Nelson, 54.05.
- 4x400 relay — 5) Foos, Vanessa Evans, Stiner and Provo, 4:29.90.

### **NEXT**

The Eagles have two meets this week. They have a Northern Buckeye Conference tri-meet Tuesday at Genoa with Oak Harbor. The Eagles host the Eastwood Relays Friday.

### **NAPOLEON INVITATIONAL RESULTS**

<https://oh.milesplit.com/meets/660112-wildcat-invitational-2025>

### **EASTWOOD-GENOA-OAK HARBOR INFORMATION**

<https://www.baumspage.com/track/trevent.php?peventid=25&table=C>

### **EASTWOOD RELAYS INFORMATION**

<https://www.baumspage.com/track/trevent.php?peventid=4926&table=A>