

Girls, boys impressive in season-opening victories



By Kevin Gordon

OAK HARBOR — Eastwood High School's girls and boys track and field teams scored impressive season-opening victories Tuesday at Oak Harbor.

The girls won nine of the 17 events in their 77½-59½ victory, while the boys won 12 events in their 92-45 victory.

The meet was held in cloudy, cold and windy conditions.

Eastwood competes Friday in the Liberty-Benton Invitational, and hosts Swanton in a dual meet April 5.

GIRLS RECAP

The Eagles performed well, including dominant efforts in the field events and the middle distance/distance events.

Eastwood scored 33½ out of a possible 45 points in the five field events and 28 out of a possible 32 points in the four middle distance/distance events. The top three finishers in the 13 individual events scored team points, and the relays rewarded five points to the winner.

The meet matched defending conference champions, Eastwood in the Northern Buckeye Conference and Oak Harbor in the Sandusky Bay Conference.

The Eagles had 15 personal records in the meet, 10 in individual events and five during relay splits.

"I'm very happy," Eastwood head coach Nikki Sabo said. "That's why we like starting with good competition like Oak Harbor. They have tons of strengths, a great program. For us to do as well as did against their team, it's a great start for us.

"There's still a lot of work for us to do, but a meet like this exposes what we need to work on," Sabo added. "We had some adversity that some athletes had to overcome, and that was good to have that happen. We had to fight for every point, and we came out on top."

Ava Kiefer swept the throws for Eastwood. The senior threw 116-8 to win the discus and 36-6 to win the shot put. Her throw in the discus was a PR, beating her previous mark of 107-0.

The Eagles swept the top three places in the discus, with junior Olivia Newsome second at 107-9 and freshman Addie Hartman third at 84-11.

The Eagles trailed by a 46-41 score just before the discus results were announced.

"That was a big boost," Sabo said of the discus.

Also for Eastwood in the field events, junior Julia Sabo cleared 10-0 to win the pole vault and senior Maisy Stevenson cleared 4-10 to win the high jump.

The Eagles took the top three places in the 1,600 and the 3,200.

Freshman Leah Emch won the 1,600 in 5:52.43, followed by sophomore Haley Sponaugle in 5:55.12 and sophomore Z Ramsey in 5:59.38. Ramsey's time was a PR, the previous best being 6:14.09.

Ramsey won the 3,200 in 12:48.56, followed by Sponaugle in 12:53.22 and Emch in 13:01.07. Ramsey and Sponaugle both ran PRs. Ramsey's previous best was 13:11.73, and Sponaugle's was 13:01.80.

Eagle sophomore Amelia Ward won the 800 in 2:47.63. The 4x800 relay team of Emch, Ward, senior Addie Young and junior Talia Baum won in 10:51.60.

"The distance crew crushed it," Nikki Sabo said. "Field events and distance events, we needed them to score some big points and they did. I was impressed with their effort."

Eastwood junior Emma Downs won the 200 in 27.86.

"Sprint-wise, Oak Harbor has always been dominant, and we held our own," Nikki Sabo said.

BOYS RECAP

The Eagles dominated the field events, senior Cory Jay and junior Noah Smith both won two running events, and junior Dalton Hesselbart moved into Eastwood's all-time Top 10 list in winning the pole vault.

Eastwood scored 39 out of a possible 45 points in the five field events, sweeping the top three places in the shot, high jump and long jump. The Eagles finished first and third in the discus and the pole vault.

"We had a lot of good things happen, but it's different when you're facing a quality opponent like Oak Harbor," Eastwood head coach Brian Sabo said. Oak Harbor is the defending Sandusky Bay Conference champion.

"We asked them to give great effort, not to complain one bit about the weather and they didn't, and just pour into each other and cheer each other on," Sabo added. "They did that, and they did everything we asked of them. That's appreciated. We're at a good starting point, but there are some things to fix."

Hesselbart cleared 13-9 to move into a three-way tie for ninth place on Eastwood's all-time list in his specialty. He then missed all three of its attempts at 14-0, but still finished with a PR. His previous best was 13-6.

Hesselbart, a Division II state qualifier last season, had to vault into a head wind and cross wind during the meet.

"He just came in and competed, and gave effort," Sabo said. "Things clicked. He had a really good day."

Senior Nate Heskett and sophomore Brandon Bowdle both threw big PRs to win the shot and discus, respectively.

Heskett won the shot with a distance of 45-8, improving his previous best of 42-2½. Bowdle threw 116-9, beating his previous best of 102-7.

Also winning field events for the Eagles were: senior Jacob Meyer, high jump, 6-0; and freshman Dayquan Oliver, long jump, 18-8½.

Junior teammate Bryce Koprowski-Kistner also went 18-8½ in the long jump, but Oliver was the winner based on his having the longer second-best jump. Oliver's second-best jump was less than an inch longer than Koprowski-Kistner's.

Oliver was second in the high jump (5-6) and freshman Andre Lewis was third at 5-4. Freshman Kevin Lewis was third in the long jump, 18-3¼. Senior Emmet Getz was second in the shot (39-11), and Bowdle was third (38-7).

Jay won the 1,600 in 4:59.51 and the 3,200 in 10:57.50, while senior Devin Good won the 800 in 2:12.20. The 4x800 relay team of Jay, freshman Hayden Hoelter, Xander Ramsey and Good won in 8:55.04.

Ramsey was second in the 800 in 2:18.71, and freshman John Stewart was third in the 3,200 in 11:51.41.

"We needed the field events and the distance events, and they came through," Sabo said. Smith swept the hurdles, posting a time of 16.42 in the 110 race and 43.54 in the 300 race. Eagle senior Jake Limes won the 100 in 11.71.

"We went out and gave effort, so what's going to happen when it's 65 degrees out with sun and no wind?" Brian Sabo said. "They poured in effort, and that effort will be rewarded when the weather gets better. I'm very happy."

Complete results of the meet are posted at:
<https://www.baumspage.com/track/oakharber/032922/2022/2022%20OHHS%20vs%20Eastwood.htm>