

## **Newsome wins district title in the discus**

**By Kevin Gordon**

OAK HARBOR — Olivia Newsome is competing with increased confidence.

The positive mental attitude helped the Eastwood High School junior earn a Division II district championship Thursday night.

Newsome threw 121-4 to win the discus at Oak Harbor High School and qualify for next week's regional meet at Lexington High School.

The top four finishers in each event at Lexington advanced to the regional.

Newsome was one of two regional qualifiers for the Eagles, joining the 4x800 relay team of freshman Leah Emch, senior Maisy Stevenson, sophomore Amelia Ward and junior Talia Baum, which was second.

The district meet concludes Saturday.

Newsome threw well for the fourth straight meet. She had thrown 116-3 or better in each of her last three meets, including a mark of 125-4 during Saturday's Northern Buckeye Conference Championships at Memorial Stadium in Fostoria.

Her throw in the conference meet was the fourth-best in school history. She was seeded third for the district meet, but finished first by just over three feet.

"I'm really happy with the way today went," Newsome said. "I thought I had a chance to place in the top four, but I didn't know if I could win it. You want to place top four, so you can move on, but a good distance is always nice."

Qualifying for the regional was Newsome's goal after she failed to advance there last season. Before Newsome's string of meets where she threw 116-3 or better, she threw 97-3 and 102-10.

"I feel like I'm calmer than I have been," Newsome said. "In the past, I've always been super nervous before meets, but now I'm like, let's go out and try to do well. I'm definitely more confident. I've been throwing well, and I'm trying to continue to do that."

Newsome's best throw during the preliminaries was 115-4 which put her in first place, and she extended her mark to 121-4 during the finals.

The 24 athletes were divided into three flights where they each received three throws. The top nine distances advanced to the finals where they received three more throws in an attempt to improve their distance. The top eight finishers scored points for the team.

"What a great night for Olivia," Eagle head coach Nikki Sabo said. "She attacked her first throw. From there, she was in a good position and went after it. She took advantage of her opportunity. To be a district champion and have a chance to compete again at the regional is very exciting."

Also in the discus, Eagle senior Ava Kiefer threw 106-0 for sixth place.

Stevenson finished seventh in the high jump, clearing 4-10.

### **4x800 relay finishes second**

The 4x800 team of Emch, Stevenson, Ward and Baum ran a season-best time, 10:18.51.

The Eagles battled with Perkins for the lead during a good part of the race before Perkins won by 2.44 seconds. Eastwood finished almost 28 seconds ahead of third-place Oak Harbor

"I was excited about the way we ran. We did well," Emch said. "Our goal was to be in the top four."

"We ran really well," Ward said. "We came out and competed against some good competition. Qualifying for the regional shows our potential. We can run even better and shave off even more time."

Eastwood's season best coming into the district was 10:31.78 in the Napoleon Invitational April 16.

"The better weather is helping us, staying hydrated is helping us, we're getting out faster, we're focusing on the little things and putting it all together," Ward said. "The competition is getting better, and that's pushing us to improve, The competition will get even better next week. We also push each other every day in practice to get better, and that makes the team better."

Baum ran a PR split during the race.

"They really battled for first and second place," Sabo said. "They dropped another 15 seconds, and there's still room for even more improvement."

### **District finalists**

Qualifying for Saturday's district finals were:

- 100 hurdles: senior Aubrey Haas, 17.20.
- 4x200 relay: sophomore Saylor King and Julia Sabo, senior Mikayla Hoelter and junior Emma Downs, 1:52.51.
- 300 hurdles: Haas, 50.11 (season best).
- 200: Downs, 27.28.
- 4x400 relay: Stevenson, freshman Lilly Mullholand, Baum and Hoelter, 4:12.45 (season best). Mullholand and Baum both ran PR splits.

Eastwood is second in the team standings after three of the 17 events with 23 points. Perkins is first with 32.

"They competed and went hard after each race," Nikki Sabo said. "That's what we have to do at this point, give it our all. We had a couple of mishaps in the relays, and I'm very proud they fought through that. Collectively, as a team, they were lifting each other up, and that makes you proud as a coach. It's lift each other up and let's go after the next event, and go from there. That's exactly what they did."

### **District results**

<https://oh.milesplit.com/meets/476125-ohsaa-division-2-district-oak-harbor-2022/results#.YocTE2DMK3k>

### **District information**

<https://oh.milesplit.com/meets/476125-ohsaa-division-2-district-oak-harbor-2022/info#.YoY7I2DMK3k>