

## Girls 4x800 relay finishes 9<sup>th</sup> with 5<sup>th</sup>-fastest time in school history



Photo Credit: Valerie Sponaugle Athletes: Foos, Ward, Sponaugle, Emch

### By Kevin Gordon

LEXINGTON — Eastwood High School's girls 4x800 relay team ran the fifth-fastest time in school history Thursday night.

It still wasn't enough to send the Eagles to their sport's showcase event.

Leah Emch, Amelia Ward, Camille Foos and Haley Sponaugle had a time of 9:53.28 for ninth place in the Division II regional track and field meet at Lexington High School,

near Mansfield.

The top four finishers in each event qualified for the state meet May 31-June 1 at Welcome Stadium in Dayton.

The state meet also includes two at-large qualifiers in each event. The at-large qualifiers are the two finishers with the next two best times/heights/distances in each event from the four regions state wide.

The top eight finishers in each event at the regional were recognized on the awards stand.

Emch, Ward, Foos and Sponaugle beat their previous best of 9:55.40 during last week's district meet at Oak Harbor High School. The Eagles were seeded 10<sup>th</sup>, based on times from the district meet.

"That's a great accomplishment because we've worked hard to lower our times and be on the top 10 list, so we're really proud of ourselves," Foos said. "We ran better than we were seeded, so we're happy with that."

Emch, Ward, Foos and Sponaugle also moved from seventh to fifth on Eastwood's all-time list. Ward and Sponaugle are seniors, while Emch is a junior and Foos is a freshman.

"It's a bittersweet way to end the season," Ward said. "Finishing the way we did against good competition was a lot of fun. Running sub 10 (minutes) in any meet is great and to run it at the regional meet and getting lower again was super exciting."

Huron won in 9:23.08, followed by Akron St. Vincent-St. Mary 9:34.57, Lexington 9:39.10 and Tallmadge 9:41.41.

"We stuck with it and tried to go out hard," Foos said.

Emch and Sponaugle ran PR splits during the race.

"This is the hardest region, so we knew we had to run well and go out hard," Emch said.

"We ended up with a good time. We ran well."

### 4x400 relay competes

The Eagles' 4x400 relay had its second-best time of the season, but didn't qualify for the finals of its event. Ward, Foos, Emch and senior Reilly Might had a time of 4:12.75 — just off its season-best clocking of 4:12.24 at the district meet.



Photo Credit: Danielle DeFalco  
Athlete: Ward

“Our time was right off our season best and being able to hit 4:12 twice was really nice,” Might said. Eastwood’s semifinal time was the 13<sup>th</sup>-fastest of the 16 regional qualifiers. The top two finishers in each semifinal and the next four fastest times overall, regardless of heat, qualified for the finals on Saturday.

### **LEXINGTON REGIONAL INFORMATION AND RESULTS**

<https://oh.milesplit.com/meets/568342-ohsaa-division-2-region-6-lexington-2024>

### **STATE MEET INFORMATION**

<https://www.ohsaa.org/Sports-Tournaments/Track-Field/2024-Track-and-Field/2024-State-Tournament-Coverage>