

## Appelhans, Foos, Schuerman advance to state in 4 events; Girls qualify in eight events overall



**By Kevin Gordon**

MARION — Eastwood High School's girls track and field team enhanced its already impressive résumé Friday night.

The Eagles qualified in six events for the state championships during the final day of the Division IV regional meet at Harding Stadium.

Junior Josie Appelhans qualified in the 200 with a third-place finish and the 100 with a fifth-place finish, while sophomore Lauren Schuerman and junior Camille Foos advanced with at-large berths in the long jump where Schuerman was sixth and Foos was seventh. The Eagles also advanced to state in three relays.

- The 4x200 team of Schuerman, Foos, freshman Sophie Gillespie and Appelhans finished second.
- The 4x400 team of Foos, freshman Gabby Provo, Schuerman and freshman Ava Majzun finished third.
- The 4x100 team of freshman Macie Bradley, Schuerman, sophomore Macy Shoemaker and Appelhans finished fourth.

Appelhans broke her school record in the 200, the 4x400 relay set the school record for the second time in three days and the 4x200 team ran the second-fastest time in school history.

Foos also qualified for state in the high jump Wednesday with a second-place finish.

The top five finishers in each event at the regional advanced to the state championships June 4-5 (Thursday-Friday) at Ohio State University's Jesse Owens Stadium.

The state championships also will include three at-large qualifiers in each event. Those spots went to the next three finishers with the best height/time/distance, regardless of region. Austintown Fitch and Chillicothe Southeastern hosted the other regionals.

The Eagles scored 45 points to finish fifth as a team, only two points behind fourth-place Patrick Henry. Huron won with 63, followed by Bluffton 58 and Coldwater 54. The top eight finishers in each event at the regional scored team points. The points were awarded on a 10-8-6-5-4-3-2-1 basis.

Eastwood qualified for state in eight events, the most in school history since the girls state meet began in 1975. Eastwood's previous most was six in 2017.

“An awesome night,” Eastwood head coach Nathan Howard said. “We had huge PRs, school records. A great night overall, I’m so proud of the effort and the attitude. They really go after things. That’s what we always ask of them. This team, for some reason, they don’t get nervous. They just go. I love it.”

“Amazing. I’m so happy and so proud of everyone on the team,” Appelhans said. “It’s definitely a big step up for me and everyone else. To perform this well at the regionals and to qualify for state in this many events is huge. It’s the result of the hard work we’ve put in during the season and the work we put in outside of track, being in the weight room in the winter and having a strong team bond with each other. We know what we’re capable of.”

Appelhans, Schuerman, and Foos became just the second, third, and fourth four-event state qualifiers in school history, joining Katelyn Meyer. Meyer was a four-event state qualifier in 2016 and 2017, and a three-event state qualifier in 2018.



### **Appelhans qualifies in 100, 200**

Appelhans was third in the 200 in 25.54, lowering her Eastwood record of 25.75 during Wednesday’s semifinals. Her record going into the regional was 25.79. She was fifth in the 100 in 12.69, just off her record of 12.59, also in the semifinals. The 200 was Appelhans’ fourth event of the day. She competed in the 100 at 6:10, followed by the 4x200 at 6:18, the 4x100 at 6:50 and the 200 at 7:30.

Spencerville senior Audra McMichael won the 200 in 24.94, while Northridge senior

Ava Travis was second in 25.31.

“The 200 was amazing, being my fourth event of the day,” Appelhans said. “I didn’t know how I was going to do because I wasn’t feeling the best. I just tried to rip up the curve and push myself in it, and I was able to do that.”

McMichael also won the 100, posting a time of 12.29. The top five finishers all ran 12.69 or faster.

“I had a good start in the 100, and I don’t always get off to the best starts,” Appelhans said. “I told myself I was going to attack this and run my race. The finish was amazing. I felt strong.”

She broke Eastwood’s record in the 100 and 200 as a sophomore.

“I’m so happy,” Appelhans said. “The weather and everything else are coming together, helping me break those records. I feel good about the way I’m running. I’m excited about state.”

“Appelhans, she’s the team leader,” Howard said. “This is what she does. She chose four events today and qualified in all four. That’s amazing. I gave her the option of not running the 100, but she wanted to run it. She deserves that because she’s such a hard worker.”



### **4x200 relay advances with 2<sup>nd</sup>-place finish**

The Eagles' 4x200 relay team of Schuerman, Foos, Gillespie and Appelhans finished second with a time of 1:44.70 — the second-best time in school history. It's also sixth-fastest time in Division IV this season.

Eastwood nearly won the race, but Bluffton edged Appelhans at the finish line to win by .57. "That was amazing," Appelhans said. "That girl got me at the end, but we still ran a great time." "We ran really well," Gillespie said. "My team was really positive. We went into it with a good mindset. Everybody did so well. I know we can do better, but it was a good time. We expected to get to state."

Three of the top six times in Eastwood history have been run this season, including a time of

1:45.72 run by Schuerman, Gillespie, Foos and Appelhans. And the Eagles believe the school record of 1:44.50, set in 2005, could fall at the state meet.

Those three times in the top six have been run by a total of six different runners.

"They ran great," Howard said. "If we clean a couple of things up, that can be a school record next week."

The Eagles improved on Wednesday's semifinal time of 1:46.33, the sixth fastest of the eight finalists.

"That gives us a lot of confidence for next week," Foos said of Friday's time. "Everyone ran well. It's really exciting to be going to state. I'm proud of us for getting better."

"That was a good time, but we can do better," Schuerman said. "We'll push ourselves to do better at state."

Foos hadn't run the 4x200 until this season.

"I've grown to enjoy that race," Foos said. "This is my first year doing it, and it's something different. We have a really good connection in that group. I'm super proud of all of us."

Also for the Eagles, Gillespie finished sixth in the 300 hurdles in 48.03, but did not advance to state. The at-large times were all under 47 seconds.

"Qualifying for regional finals as a freshman, that's a great accomplishment," Howard said.

"She got better every week of the season."

Gillespie's PR of 46.98 is fourth fastest in school history. She also had a PR of 16.47 in the 100 hurdles, just .06 shy of the Top 10 list.

### **3<sup>rd</sup>-place effort moves 4x400 relay on to state**

Eastwood's 4x400 team of Foos, Provo, Schuerman and Majzun finished third to qualify for state by breaking the school record for the second time in three days. They had a time of 4:03.80 to break their record of 4:06.55 set during the semifinals.

Wednesday's time broke the 29-year-old Eastwood record of 4:06.78. It also was the first Top 10 addition to the relay since 2013. Friday's time ranks eighth in the state.



“I was really proud of our times both days because I knew we were working towards that all season and we finally got the record at the regional,” Majzun said. “We knew we had a chance to do it again tonight. We were all so excited to break the record (Wednesday), but the record wasn’t our goal. We wanted to get into finals and then get to state.”

“We didn’t just break it. We did it twice and we did it by a lot,” Provo said. “When we realized the time we ran, we were very, very

proud of ourselves.”

The Eagles cut almost three seconds off the Eastwood record in just 48 hours. Patrick Henry won the 4x400 in 4:02.63, while Coldwater was second at 4:03.50 — just three tenths of a second ahead of the Eagles.

“That was exciting to break the record twice,” Foos said. “That’s a big boost heading into next week. We’re all super close and we all love doing it together. We’re all excited to be able to do it again at state.”

Provo and Majzun both ran PR splits.

“We’ve been trying to get that record forever, and we finally got it,” Schuerman said of Wednesday’s run. “To break it again tonight is great. I thought we had a chance to break it, but I didn’t think we’d break it by that much.”



#### **4x100 relay places fourth to advance**

The 4x100 team of Bradley, Schuerman, Shoemaker and Appelhans was fourth in 50.07, just off its season best of 49.92 and the school record of 49.49 set in 2018. Eastwood’s regional-final time is the 11<sup>th</sup>-best in the state.

“The 4x100 ran really well. 49 seconds is coming again,” Howard said.

“We ran well, and everyone tried really hard,” Bradley said. “It’s really exciting to

be going to state, especially as a freshman.”

Their time in the finals also improved on their semifinal time of 40.23.

“Definitely, our goal was to give it our all and put it all out there on the track, and we all did that,” Shoemaker said. “This is a great opportunity for all of us. We knew from the start of the season we had a chance to get to state, and now that we’re going, it’s a great achievement to be proud of. The indoor season, we knew the talent we had from the freshmen class, and we knew we could do some great things.”

Schuerman and Appelhans ran the 4x200 and 4x100 relays 32 minutes apart at 6:18 and 6:50, with Schuerman also having competed in the long jump at 4:30.

“Josie and Lauren coming back from some many races, we ran a good time,” Shoemaker said. “We weren’t back in the 49s, but it’s still a good time.”

The 4x100 was the only race Friday for Bradley and Shoemaker.

“Bradley popped in to the relay two weeks ago, and she’s running a great first leg right now. Both of them were great tonight,” Howard said.



### **Schuerman, Foos advance in long jump**

Schuerman finished sixth and Foos was seventh in the long jump to qualify for state with at-large berths.

Schuerman jumped 16-6 and Foos had a PR with a distance of 16-5<sup>3</sup>/<sub>4</sub>, improving on her previous best of 15-10<sup>3</sup>/<sub>4</sub>.

“I’m excited to qualify for state in both, but tonight was a shock for both of us,” said Foos, who jumped 5-2 in the high jump to equal her PR, which ties for fourth place on Eastwood’s all-time list. “We came out of

nowhere. Both of us did well.”

Foos started the competition with preliminary jumps of 14-9 and 14-9<sup>1</sup>/<sub>4</sub> before jumping a PR of 16-2<sup>1</sup>/<sub>4</sub> on her final attempt. In the finals, she went 14-10<sup>3</sup>/<sub>4</sub> before fouling. She then finished with another PR of 16-5<sup>3</sup>/<sub>4</sub>.

The 13 qualifiers each received three jumps during the preliminaries, with the top nine distances advancing to the finals. The finalists then received three more jumps in an attempt to improve their distance.

“It was a little rough in the beginning, but we pulled it together in the end when it matters most.,” Foos said.

Schuerman had jumps of 15-10 and 16-6 before fouling in finish the preliminaries. In the finals, she had fouls on her first and third attempts, and a distance of 16-4 on her second attempt. Schuerman was seeded seventh for the regional, and Foos was ninth, based on distances at the district meet in Fostoria.

“We knew we had a chance to get to state if we did well,” Schuerman said. “We knew it would be close.”

### **Chrisman matches PR in pole vault**

Eastwood sophomore Skylar Chrisman matched her PR in the pole vault, clearing 9-0 to equal her best earlier this season. She finished ninth.

Chrisman cleared the opening height of 8-0 on her first attempt, 9-0 on her second attempt and then missed all three attempts at 9-6 which would have been a PR.

“She had a really good day,” Eastwood assistant coach Ethan Downey said. “She had a PR and two close attempts at 9-6 on poles we’ve never jumped on. You could see her nerves, wondering if she belonged here, but she definitely belonged here.

“Next year, we’re going to come here with a different mindset,” Downey added. “She’s going to jump well. She’s really bought in.”

### **Competitive attitudes, fresh legs**

The Eagles have fared well against great competition and in big meets all season. The regional was the latest example of that.

“We’re definitely a team when we face pressure and good competition, we always do better because we know we have to push ourselves,” Provo said. “We’re not surprised by anything. We’re ready for it. “

“We’re always positive,” Majzun said. “We don’t say it’s good competition, so we can’t win. We’re always positive that we’re going to do our best.”

“We know what we’re capable of,” Appelhans said. “We don’t let the pressure get to us. We let it push us, and we enjoy competing against good competition. That pushes us, too.”

Although Appelhans, Schuerman, and Foos are four-event state qualifiers, the workload of some Eagles has been reduced in the postseason.

“They’re fresher, and they’re feeling it right now,” Howard said. “They’ve been running three or four events all year, and when it’s down to one or two, they feel great. That’s what you see in their legs.

“You feel like you can do more because you have fresh legs,” Majzun said. “Our legs don’t hurt as much and you feel a lot fresher. You know you’re going to run better because you’re not as tired.”



### **Gallant wins seated 100**

Eastwood senior Jenna Gallant won a regional championship in the seated 100 with a time of 35.29 to beat Marion Elgin senior Julia Kuba at 36.87.

“She had a PR mentality. She went after it,” Howard said.

Gallant will compete in the seated division at the state meet in the shot put and the 100.

### **NEXT**

The Eagles compete in the state championships are (Thursday-Saturday) at Ohio State’s Jesse Owens Stadium.

### **MARION HARDING REGIONAL RESULTS**

<https://www.athletic.net/TrackAndField/meet/651382/info>

### **STATE CHAMPIONSHIPS INFORMATION**

<https://www.ohsaa.org/Sports-Tournaments/Track-Field/2026-Track-and-Field/2026-Track-Field-State-Coverage>

<https://ohsaaweb.blob.core.windows.net/files/Sports/Track-Field/2026/2026InformationPacket.pdf>

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