

Boys win 6 events at Whitmer

By Kevin Gordon

TOLEDO — Eastwood High School's boys track and field team won six events Friday night (April 10) on the way to a fourth-place finish in the Gold W Invitational at Whitmer High School.

The Eagles scored 125½ points in the eight-team meet.

They also had two second-place finishes and four third-place finishes as they scored in 18 of the 21 events in which they competed. Eight Top 10 additions, eight personal records and 12 season bests also rained down on the Whitmer track for the Eagles.

"We had PRs," Eastwood head coach Brian Sabo said. "Kids were really battling and fighting. We started accumulating these Top 10s and I'm like this is a great night. I know we finished fourth, but we had a lot of good, positive things happen with a lot of season bests or PRs.

"Consistent times, heights and distances mean a PR is coming," Sabo added. "We have some things to fix, but there's nothing wrong with that. When I look at everything, this was a really solid meet for us. We really moved forward."

Toledo St. Francis won with 153, while Bedford (Mich.) was second with 143½ and Whitmer was third with 135. No other team scored more than 83.

The only event in which the Eagles didn't compete was the 200 where they had a last-minute injury scratch for precautionary reasons. The top six finishers in each event scored team points, with the points awarded on a 10-8-6-4-2-1 basis. Schools had one entry in each event.

"The thing I'm most proud of is the dynamic of the team and how they pour into each other because they know it matters to the team and they want to see what the points are at the end of the meet," Sabo said. "The top three teams (St. Francis, Bedford and Whitmer) were better than a year ago when I look at times and distances."

The meet consisted of eight individual running events, eight running relays and six field events.

"I'm really happy with the way we performed," Eastwood senior captain Austin Miller said. "The energy was really high, and we competed hard in every event. Our family aspect showed up tonight. We were rooting for each other and really getting after it. The effort was awesome.

"If we didn't PR, we still ran out of our minds. It's cool to see everyone run really well," Miller added. "The competition was outstanding. The classic iron sharpens iron line applies here. When you have someone to push you, it's going to make you better."

The discus, shot put, high jump, long jump and pole vault were scored as relays. Each school could enter up to three athletes in each of those event with the combined heights or distances from those athletes being used to determine the order of finish.

The triple jump was scored as an individual event since it only had four competitors.

"Everyone came out with a lot of intensity," Eastwood senior captain Hunter Lauer said. "All of these schools are way bigger than us, but we came out as we usually do, to compete hard and it showed. The performances showed we really wanted it today. We all performed very well and that's not much more we can ask if everyone PRs and we're getting Top 10 performances. "

Eagles sweep discus, shot put

Eastwood won both throwing events.

The discus team of Lauer, junior Logan Miesmer and senior Braden Dix won with a combined distance of 424-3, the sixth-best distance in Eastwood history. Lauer was first individually at 163-2, while Miesmer was fourth at 135-1 and Dix was 10th at 126-0.

The shot put team of Lauer, junior Grady Greulich and Miesmer won with a combined distance of 139-10, the fourth-best distance in school history. Lauer also won the shot individually with a distance of 53-6½, while Greulich was 10th at 43-7 and Miesmer was 13th at 42-8½.

“All of our throwers are throwing really well. They’re really consistent in their events, and a big throw is coming for them,” Sabo said. “I’m looking forward to see that for them.”

“They collectively knew what they were capable of,” Sabo added. “They all wanted to PR because they knew if they did that, they knew it would be a big night. They’re in the top 10 and that’s exciting. They’ll continue to get better.”

Lauer had a huge night individually, moving into fourth place on Eastwood’s all-time discus list. He was fifth entering the meet with a distance of 157-9 at the Liberty-Benton Relays April 4. He already ranked fifth all-time in the shot, but improved his PR from 52-1½ last season to 53-6½ Friday.

“I really didn’t expect to do this well tonight because I didn’t have a very good practice yesterday,” Lauer said. “I was nervous going in, but I focused on a couple of small cues in both events and it worked out well.”

“He’s really throwing well,” Sabo said of Lauer. “His mindset of I’m just trying to beat Hunter last week or Hunter the last meet, that’s important. He knows what he’s capable of. He’s been having big throws that were fouls or in practice, so when that happens you know bigger throws are there.”

The Eagles were third in the 4x100 throwers relay with freshman Brady Mullholand, Lauer, Miesmer and Dix had a time of 50.53, the third-fastest time in school history.

Miller has big night

Austin Miller won the 400, and was a member of the winning 4x400 and sprint medley relay teams.

The senior won the 400 in 51.21 and had a comfortable winning margin of 1.70 seconds. “I was really happy with that race,” said Miller, “The school record is always the vision, and I was hoping to get it tonight, but with the remaining races I had, I needed to shut it down. But I still believe I can go even faster.”

The 4x400 team of junior Cody Hefflinger, seniors Zach Mullholand and Henry Howard and Miller won in a season-best time of 3:28.62. The sprint medley team (100-100-200-400) of Collin Brogan, Edmund Opfer, Hefflinger and Miller won 1:37.76, the fifth-fastest time in school history.

“Austin ran well,” Sabo said. Miller ran three 400s in the meet, the slowest one being 51.21 seconds. “The thing I appreciate about him is he’s attacking right away unlike last year. He’s not waiting. He’s attacking, and he still has something left for the end.”

The Eagles' other victory came in the 4x110 shuttle hurdles relay where Zach Mullholand, senior Noah Taylor, and sophomores Carsyn Jones and Brayden Luidhardt had a time of 1:02.97, the eighth-fastest time in school history.

"They're a bunch of young, new guys," Sabo said, "They just compete and get after it, and they're on the Top 10 list. They're just going to keep getting better."

Eastwood also had two second-place finishes.

The pole vault team of senior Cullen Shank, sophomore Everett Ward and freshman Elijah Snowden was second with a combined height of 33-0. Shank was second individually at 12-6, while Ward was fourth with a season best 11-6 and Snowden was 17th at 9-0.

The 4x800 team of freshman Cole Schimmoeller, junior Casen Henline, sophomore Scott McKenzie and Howard was second in 8:52.07. McKenzie (2:16) and Schimmoeller (2:12) both had season-best splits.

More Eastwood results

Also finishing third for the Eagles were:

- Triple jump — Zach Mullholand 40-5½, sixth-best in history.
- 800 — Howard, 2:02.90 (sb).
- 4x100 — Jones, Brogan, sophomore Trace Johnson and Opfer, 45.67.

Eastwood had two fourth-place finishes.

The high jump team of Luidhardt, Opfer and junior Gage Stephenson had a combined height of 15-9 as all three jumped 5-3. Luidhardt and Opfer tied for 10th, and Stephenson was 11th. The 15-9 height was a season best. Opfer's height was a pr.

Freshman Zach McClure had a pr time of 10:54.57 in the 3,200.

The Eagles had three fifth-place finishes.

The distance medley team (1,200-400-800-1,600) team of Schimmoeller, freshman Crosby Rollins-Morlock, Henline and McKenzie had a time of 11:52.67. Henline's 800 split of 2:09.9 was a pr, while McKenzie's 1,600 split of 5:11 was a season best.

Rollins-Morlock was a last-minute substitute to run the 400 leg in the relay and ran a 60.4 second split.

"I told him we need you and he said, yes, he was ready to go," Sabo said. "I told him we needed him to run as close to 60 (seconds) as he could and he was 60 flat or whatever it was. It was good to get him involved in the meet."

The 4x200 team of Hefflinger, Zach Mullholand, Opfer and Jones had a time of 1:35.28.

Luidhardt had a time of 16.30 (pr) in the 110 hurdles.

Sophomore Oliver St. Louis was sixth in the 1,600 in 4:56.75 (pr).

Eastwood had two seventh-place finishes. Brogan had a time of 11.74 (pr) in the 100, and Taylor had a time of 46.86 (sb) in the 300 hurdles.

The Eagles' long jump team of senior Hunter Wilson, freshman Don Booker and Stephenson was eighth with a combined height of 49-9½. Wilson was 17th at 17-8, while Booker was 21st at 16 ¾ and Stephenson was 23rd at 15-11½ (sb).

Progress and depth

The Eagles are developing depth in all of their events with a strong mix of contributions from the senior, junior, sophomore and freshman classes.

"The depth is awesome," Miller said. "Our championship teams from the past had had depth, and we're developing that depth. We don't necessarily have all-stars, but we have

a lot of guys who are really good. It's not one person carrying the team. Everyone is contributing. We don't have a single weak spot."

Workhorse seniors like Miller, Howard and Lauer, and junior Ben Buehler are leading the way, and seniors like Brogan and Zach Mullholand are leading, too, with increased workloads. Last season, Brogan and Mullholand were used in one or two events. Now, they're competing in three or four events.

"We're really good across the entire team," Sabo said. "We're young and, in certain events, we're very young ... sophomores, freshmen, and juniors who weren't used in very many meets last year. We're asking some of these guys to run three and four events, last year it was one or two."

Sabo also likes the team's spirit. The athletes cheer each other on when they're not competing, and many other athletes still attend the meets, even though they're not competing.

"Across every event, we're getting better," Sabo added. "We have to get better in a couple of events or two, but that's normal. You always have that happen. I like this team. I like being around the guys. I love that they pour into each other, and we'll definitely get better."

NEXT

The Eagles visit Genoa Tuesday (April 14) for a Northern Buckeye Conference tri-meet with the Comets and Lake.

WHITMER INVITATIONAL RESULTS

<https://www.athletic.net/TrackAndField/meet/637325/info>

EASTWOOD-GENOA-LAKE INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=110&table=C>

MORE INFORMATION ON EASTWOOD TRACK AND FIELD

<https://www.eastwoodtrack.com/>

<https://www.facebook.com/EastwodTF>

<https://x.com/EastwoodTF>