

High school boys finish first in Oak Harbor Invite



By Kevin Gordon

OAK HARBOR — Eastwood High School's boys track and field team didn't win a single event Friday night (May 8).

But the Eagles still had more than enough quality performances and finishes, more than enough depth and more than enough points to win the Oak Harbor Invitational.

They capitalized on eight second-place finishes — including all four relays — and scored in all 17 events to finish with 126½ points and defeat nine other teams. Margaretta was second with 114, followed by Lakota with 108 and Oak Harbor with 94½.

"I'm very happy with the way we performed," said Eastwood senior Zach Muilholand, who finished fifth in the 200, eighth in the long jump, and ran on the second-place 4x100 and 4x200 relay teams.

"Overall, I'm ecstatic about what we did tonight. It's great to win," Muilholand added. "We had a (personal record) mindset tonight. Everyone showed up, no matter the conditions, ready to PR and it showed. We had a total team effort.

"The team was fantastic. To be bring home the championship is a great feeling," Eastwood senior Austin Miller said.

Miller was second in the 400, third in the 200, and ran on the runner-up 4x200 and 4x400 relay teams.

In addition to scoring in all 17 events, Eastwood had two scorers in eight of the 12 individual events. The top eight finishers earned team points. The points were awarded on a 10-8-6-5-4-3-2-1 basis.

"It was another solid night for us," Eastwood head coach Brian Sabo said. "I wrote on the board before we left, Eastwood effort, team spirit and a PR mindset ... that's going to be our theme for the rest of the year. We showed all three of those things tonight."

The Eagles will see Oak Harbor again in the Northern Buckeye Conference Championships, and face Lakota and Margaretta in the Division IV district meet at Fostoria High School.

"We did some things today to see about the league meet and to see about districts," Sabo said. "We scored in every event and our kids gave great effort. They just fought. They chased things. They know it's points for the team. They wanted to win a team trophy. We're moving forward and they think that, and that's all we ask.

“We had some season bests, some PRs, we had some things that sit really well in the region or state,” Sabo added. “We did some things to look in terms of the league meet. I just love being around these guys because they give great effort and they do it for the team. They do it for the program. We let everything else fall where they may.”

The meet was held in windy, chilly and sometimes wet conditions, and the Eagles also were competing for the second time in three days. Their Tuesday (May 5) meet against Maumee and Rossford was delayed for one day because of inclement weather. That gave Eastwood just one day to recover and prepare for Oak Harbor.

“You just have to push through it,” Miller said. “Everybody wanted to get after it. We have great coaches, so they knew what they were putting us through. They knew we could handle it, and they were smart with where they put everyone. Everybody trusted the plan and did what they had to do, and pushed through it for the team.”

“We took a lot of time recovering in practice,” Mullholand said. “You might be a little sore, a little tired, but we were going to show up and see what happens.”

Sabo praised workhorses Miller, Mullholand, senior Henry Howard and sophomore Carsyn Jones.

Howard finished third in the 800, and ran on the 4x400 and 4x800 relay teams. Jones was a member of the 4x100, 4x200 and 4x400 relay teams.

“Miller had a good day, Howard ran three hard races, Mullholand was in four events, even though he wasn’t; feeling well, and Jones came to school during third period and ran well in three relays,” Sabo said. “We had some kids in multiple events who aren’t typically asked to do that. We need to make sure they recover and are ready to go for the league meet.”

The Eagles had a balanced effort, scoring 65 points in the eight individual running events, 32 out of a possible 40 points in the four relays, and 29½ points in the five field events.

“Our field events had a good day. They’re still attacking,” Sabo said.

The individual championship was the third of the season for the Eagles, who also won the Liberty-Benton Relays and the Napoleon Invite and finished second in the Eastwood Relays.

Miller moves up on 400 list

Miller was second in the 400 with a PR time of 50.38, moving him up one place to fourth on Eastwood’s all-time list in the event. His previous best of 50.48 came earlier this season.

Bob Gay holds the Eastwood record of 48.86 set in 1987, while former Miller teammate Dayquan Oliver is second at 49.72 in 2024, and Nick Twining is third at 50.34 in 2011.

“That was a good time, but I still feel like I have a faster time in me,” Miller said. “It was a PR, so I can’t complain. I was happy I ripped up the 400 because the last couple of meets I’ve been struggling with it. I still think I have a little bit more going into postseason.”

Miller ran the final leg in the 4x200 relay where he was joined by Jones, Mullholand and senior Collin Brogan. The team had a time of 1:31.20, the eighth-fastest time in Eastwood history. The top seven times on Top 10 list are 1:30.61 or better.

“I’m happy with that,” Miller said of the relay. “We ran a good time, and we still feel we can go even faster.”

Miller also was third in the 200 in 23.53, while Mullholand was fifth in 23.90. Also for the Eagles, Hunter Lauer was second in the shot put (52-7 $\frac{3}{4}$) and the discus (158-3), and junior Ben Buehler was second in the 1,600 in 4:48.20.

The Eagles' other second-place relay teams were:

- 4x100 — Mullholand, Jones, senior Collin Brogan and junior Cody Hefflinger, 44.43.
- 4x400 — Miller, Hefflinger, Howard and Jones, 3:28.68.
- 4x800 — junior Casen Henline, freshman Cole Schimmoeller, sophomore Scott McKenzie and Howard, 8:37.95.

More Eagle scorers

Also scoring for Eastwood by finishing in the top eight were:

- 100 — 6) sophomore Trace Johnson, 12.03.
- 800 — 3) Howard, 2:02.78; 5) junior Ben Buehler, 4:58.18.,
- 1,600 — 4) sophomore Oliver St. Louis, 4:58.18.
- 3,200 — 4) freshman Zach McClure, 10:49.00; 7) St. Louis, 11:14.33.
- 110 hurdles — 4) sophomore Brayden Luidhardt, 16.56; 7) freshman Levi Strayer, 17.44.
- 300 hurdles — 5) senior Noah Taylor, 44.63; 6) Luidhardt, 45.12.
- Shot put — 6) junior Grady Greulich, 45-3.
- Discus — 7) junior Logan Miesmer, 127-11.
- High jump — 7) junior Brady Mohr, 5-6.
- Pole vault — 3) Cullen Shank, 13-6.
- Long jump — 8) Mullholand, 19-3 $\frac{1}{2}$.

Familiar face in attendance

The Eagles treated retired head coach Gary White to a strong performance at Oak Harbor, highlighted by the great effort, great team spirit and a PR mindset.

White retired as Eastwood's head coach following the 2011 season after guiding the Eagles to Division II state championships in 2009 and 2010, and 11 straight Suburban Lakes League championships. Sabo then took over as head coach after serving as one of White's long-time assistant coaches.

White, who was the Eagles' head coach for 23 seasons, was in attendance after driving up from his home in southern Columbus.

NEXT

The Eagles host their annual junior varsity invitational Monday (May 11), and compete in the Northern Buckeye Conference Championships Wednesday (May 13) and Friday (May 15) at Genoa High School.

"We're in a great position going into the league meet with more improvement to come," Miller said of the conference meet.

"I feel about great about where we're at," Mullholand said. "We're starting to piece everything together. We're seeing improvements across the board, so we're in a great spot."

OAK HARBOR INVITATIONAL RESULTS

<https://www.athletic.net/TrackAndField/meet/633396/info>

EASTWOOD JUNIOR VARSITY INVITATIONAL INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=39&table=C>

NBC CHAMPIONSHIPS INFORMATION

<https://www.athletic.net/TrackAndField/meet/633397/info>

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