

Emch moves into 3rd on 3,200 list as girls finish 2nd at Oak Harbor



All photo credits: Danielle DeFalco

By Kevin Gordon

OAK HARBOR — Eastwood High School's girls track and field team stacked quality performance on top of quality performance Friday night.

The Eagles fashioned six personal records and three season bests on the way to a second-place finish in the Oak Harbor Invitational. They scored 105.5 points to trail only Woodmore with 136 in the 10-team meet. Margaretta was third with 103.

Sophomore Leah Emch ran the third-fastest time in Eastwood history in winning the 3,200, and senior Julia Sabo won the pole vault for the Eagles.

Eastwood won the combined team championship with 202.5 points, based on the scores of the girls and boys teams added together. Oak Harbor was second with 179.5, while Margaretta was third with 174.

The Eagles added three second-place finishes, three third-place finishes and six fourth-place finishes as they scored in 15 of the 17 events. Eastwood had two athletes score in five of the 13 non-relay events.

Schools could enter up to two athletes in the non-relays, and one team in each of the relays. Points were awarded on a 10-8-6-5-4-3-2-1 basis.

In all, Eagle athletes improved their time, height or distance 14 times in the meet.

"I'm super proud of everyone because everyone put themselves out there, lots of PRs, lots of improvement," Eastwood senior Emma Downs said. "We put it together against a lot of great competition, and that will make us better."

Downs and the Eagles ran a season-best time of 52.11 for fourth place in the 4x100 relay where she was joined by junior Saylor King, sophomore Kyrie Henline and Sabo. Downs also was third in the long jump with a distance of 15-8 — coming within one-half inch of matching her PR.

Next for the Eagles are the Northern Buckeye Conference Championships Saturday at Otsego, followed by the district meet the following week back at Oak Harbor.



Emma Downs to Kyrie Henline

“Just a great meet for us,” Downs said. “We have a lot to be proud of. The PRs are exciting, and that gives us a lot of encouragement for next week and the big meets we have ahead of us.”

The Eagles’ big night came in some of the best weather conditions of the season. The sunny and warm day was more than welcome after a season dominated by rain, cold and wind.

“When the sun came up this morning, I knew it was going to be a great day,” Eastwood junior Amelia Ward said.

Ward and Eagle senior classmate Kayden Firsdon battled for third place in

the 800. Firsdon finished third in 2:33.51 to edge Ward by .41.

“It was a great day to compete,” Ward said. “It was exciting to see what kind of times everyone could do with this kind of weather. We were able to stay warmer. We had a lot of improvements.

“We compete hard and have good team spirit, no matter what the weather is,” Ward added. “But today was nicer because of the warm weather. Everyone was more excited and so positive because of the weather. The team spirit was good, and everyone was encouraging each other.”

Emch, Sabo post victories

Emch moved from fifth to third on Eastwood’s all-time list in the 3,200 where she won in 11:35.11. She had a winning margin of 7.87 seconds, while junior teammate Z Ramsey was fourth in 12:34.14.

Emch’s previous best of 11:53.16 came April 15 at the Napoleon Invitational. The only runners ahead of Emch in the Top 10 are Sarah Lohrbach, who ran 11:25.98 in 1998; and Lindsay Stoll, who won 11:34.61 in 1997.

Sabo cleared 11-0 to win the pole vault, and Eagle sophomore Kyrie Henline cleared 9-0 to finish fourth.

Seconds, thirds and fourths

The Eagles’ 4x800 relay team of senior Talia Baum, junior Haley Sponaugle, Ward and Firsdon was second in 10:18.91

Olivia Newsome finished second in the discus and the shot put. The senior threw 121-9 in the discus, and 33-9¾ in the shot. Eastwood sophomore Mylie Frantz was third in the shot with a PR of 33-8. Her previous best was 29-3.

Ramsey was fourth in the 1,600 in 5:46.59.

The 4x400 relay team of Baum, sophomores Lilly Mullholand and Emerson Sheets, and Ward was fourth in a 4:23.47, a season-best over the Eagles’ previous time of 4:26.52. Sheets was a last-minute addition to the team because of illness.

“We ran well,” Ward said. “We raced against the clock, and everyone went out hard. It was a good time.



Addie Hartman

“I’m really proud of (Sheets) for the way she ran,” Ward added. “It’s hard to sit around all day and then have to compete in the last five minutes of the meet. She came out and ran hard, and came through for us.”

Even more placers

Finish sixth for the Eagles were:

- Downs, 200, 27.41.
- Mullholand, 400, 1:04.83.
- 4x200 relay team of King, junior Lila Kiefer, Mullholand and Kiefer, 1:52.78 (sb).

Finish seventh for the Eagles were:

- Sophomore Mallory Sandberg, 100 hurdles 17.51.
- Sophomore Addie Hartman, high jump, 4-6.

Finish eighth for the Eagles was:

- Baum, 400, 1:06.27.



Kenna Nelson

NEXT

The Eagles host their annual junior varsity invitational Tuesday and compete in the Northern Buckeye Conference Championships Saturday at Otsego.

OAK HARBOR INVITATIONAL RESULTS

<https://www.baumspage.com/track/trevent.php?peventid=251&table=C>

EASTWOOD JUNIOR VARSITY INVITATIONAL INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=889&table=C>

NORTHERN BUCKEYE CONFERENCE CHAMPIONSHIPS INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=149&table=C>