

Girls 4x800 relay finishes 2nd, qualifies for regional

By Kevin Gordon

OAK HARBOR — Amelia Ward, Camille Foos, Haley Sponaugle and Leah Emch all delivered again Thursday night.

The four comprised Eastwood High School's 4x800 relay team, and they qualified for next week's Division II track and field regional with a second-place finish during the district meet at Oak Harbor High School.

The quartet ran a season-best time of 9:55.40 to finish as the runner-up to Oak Harbor, which won in 9:51.45.

The top four finishers in each event at the district advanced to next week's regional at Lexington High School, near Mansfield.

The top eight finishers in each event at the district scored points for their team.

The finals of the 4x800 relay, high jump and discus were held Thursday, along with the preliminaries of the 100, 200, 400, 100 hurdles, 300 hurdles, and the 4x100, 4x200 and 4x400 relays.

The district concludes Saturday with the remainder of the field events at 10:30 a.m. and the running finals at noon.

"We ran well," Emch said of the 4x800 relay. "We knew we were good enough to get to regionals, but we still wanted to push hard and run a good time. The main goal this week was to go out and compete."

The Eagles were seeded second in the district, based on regular-season times.

They lowered their previous best time of 9:56.43 — the seventh-fastest time in school history. Thursday's time nearly moved the four into sixth place on Eastwood's all-time list.

The sixth-place time of 9:55.08 was run in 2005, and the Eagles were only .32 shy of that.

"We all ran well and tried to do our best," said Foos, who also placed sixth in the high jump with a height of 4-10. "We wanted to get PRs (personal records) and run well as a team, and we did that."

"We improved our time. That's important," Emch said.

Ward and Emch both ran PR splits. The Eagles were comfortably in the top four during the race. They finished ahead of the next three teams — Perkins in 10:02.88, Genoa in 10:23.04 and Clyde in 10:31.22. The other three teams all ran 11:24 or higher.

"We had some competition which was nice," Emch said. "It was good having the competition because it pushes us to run faster."

"The race went really well," Emch added. "(Ward) went out really hard and really competed. After that, everyone competed with what they had. It worked out for us. We're hoping we can make it to state next week."

The Eagles have finished sixth in the regional the last two seasons. The top four teams in each event at Lexington advance to state, along with the next two fastest times, regardless of regional.

"They're consistent," said Eastwood assistant coach T.J. Tuttamore, who works with the distance runners. "They're trying to get recovered, but they did what needed to do. They always get the job done. They'll put it all together next week. They did what they had to go to get to regionals."

Sponaugle and Ward are seniors, while Emch is a junior and Foos is a freshman. "We definitely can go even lower," Foos said. "We're looking forward to next week." Also for the Eagles, sophomore Kennedy Ameling placed in the discus. She finished eighth with a throw of 100-4.

District finalists

Eastwood athletes who advanced to the district finals were (the eight fastest times in each event qualified, regardless of heat):

- 100 hurdles: 4) junior Mallory Sandberg, 17.00.
- 300 hurdles: 6) senior Kayla Buehler, 52.36; 8) sophomore Makenna Nelson, 53.25.
- 4x100 relay: 7) team of senior Saylor King, freshman Mallie Bradley, Sandberg and senior Reilly Might, 52.63.
- 4x200 relay: 7) team of King, Bradley, Sandberg and Might, 1:52.84.
- 4x400 relay: 4) team of Ward, Might, Foos and junior Emerson Sheets, 4:18.26.

OAK HARBOR DISTRICT INFORMATION

<https://oh.milesplit.com/meets/607611-ohsaa-division-2-district-oak-harbor-2024>

OAK HARBOR DISTRICT RESULTS

<https://www.baumspage.com/tf/nw/2012/oakharbor/2024/Results.htm>

LEXINGTON REGIONAL INFORMATION

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