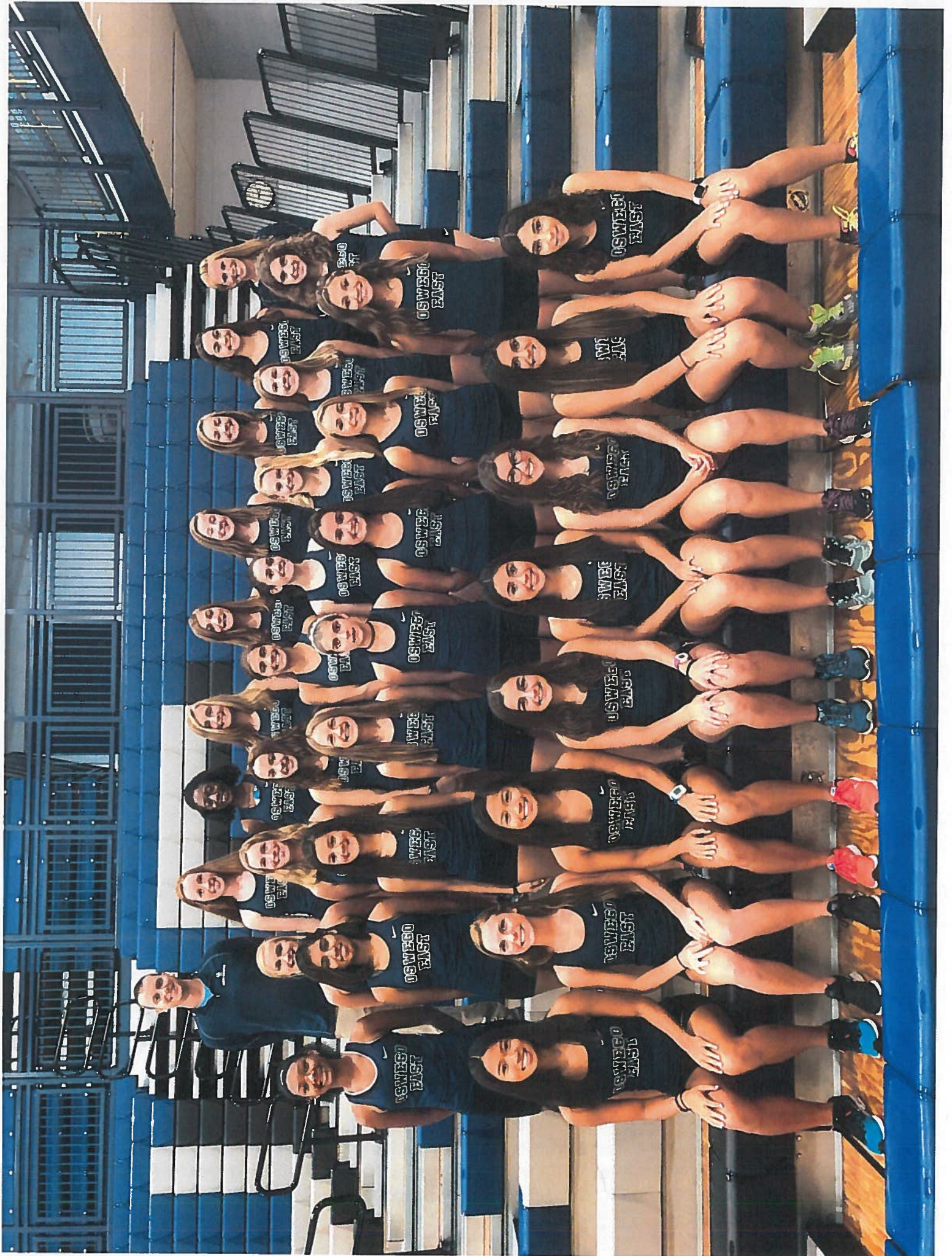


# OSWEGO EAST

CROSS COUNTRY







# OSWEGO EAST GIRLS CROSS COUNTRY

## 2018-2019 Season Schedule

| Date  | Meet  | Location                            |
|-------|---|-------------------------------------|
| 8/20  | @ Yorkville Invitational                      | Hoover Outdoor Education Center     |
| 8/23  | @ Plainfield Central Dual                     | Plainfield Central High School      |
| 9/1   | @ TF South Invitational                       | North Creek Meadow Forest Preserve  |
| 9/11  | vs. Plainfield East                           | OEHS/Crossroads Church              |
| 9/15  | Richard Spring Invitational                   | Detweiler Park (Yorkville)          |
| 9/18  | vs. Plainfield South, Xainland (Senior Night) | OEHS/Crossroads Church              |
| 9/21  | Naperville Invite                             | Naperville North High School        |
| 9/29  | Wheaton-North Flight Invitational             | St. James Park (Wheaton)            |
| 10/6  | West Aurora Blackhawk Stampede                | Stewart Sports Complex (Mongtomery) |
| 10/12 | SPC Conference                                | Channahon Park                      |
| 10/20 | IHSA Regional                                 | Oswego East High School             |
| 10/27 | IHSA Sectional                                | TBA                                 |
| 11/3  | IHSA State Meet                               | TBA                                 |

\*Some locations and dates may vary slightly from the printed schedule. For updated information, check out our website at <http://www.runninggate.weebly.com>.  
Follow us on Twitter: @RunningOEHS Follow us on Instagram: @RunningOEHS





# 2018 OSWEGO EAST CROSS COUNTRY

*Confidence - Joy - Rhythm - Discipline - Trust - Growth - Risk*













...TIME FLIES WHEN YOU'RE HAVING FUN

# OSWEGO EAST CROSS COUNTRY

*Class of 2019*

GROUNDWORK



## “Give yourself a chance”

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USAs was a really good performance. That gave me more **confidence**. And the Prefontaine Classic too, to be able to PR that early in the season. Last summer was when I started to gain my **confidence** at this new level.



I’m really lucky to have so many great training partners. On those days that are hard, they just tell me, “**Zone in on my back. Just follow it as long as you can**” and so on. It would have been way harder to make these changes in training all alone.

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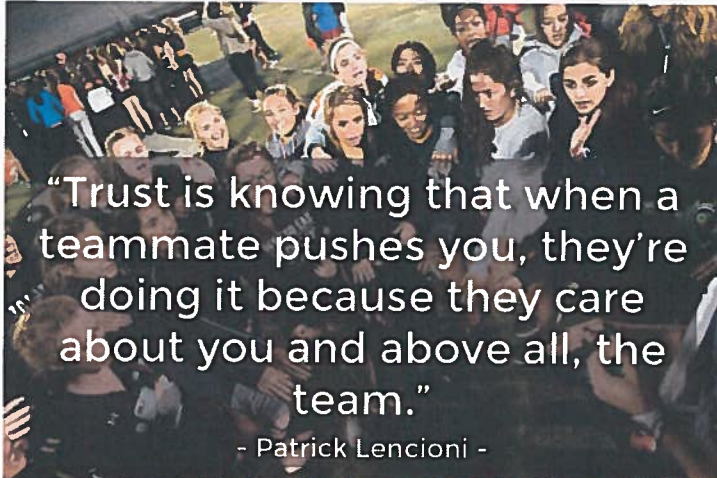
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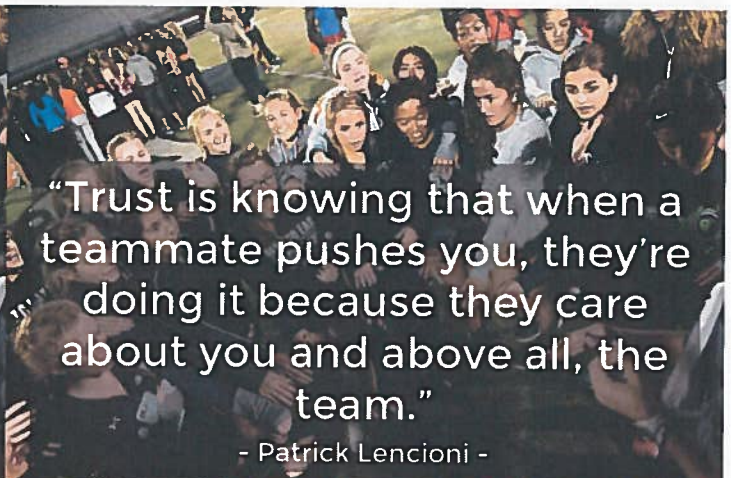
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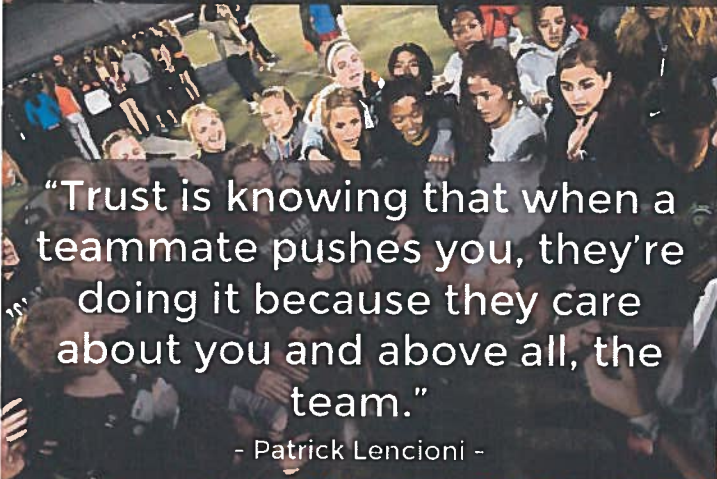
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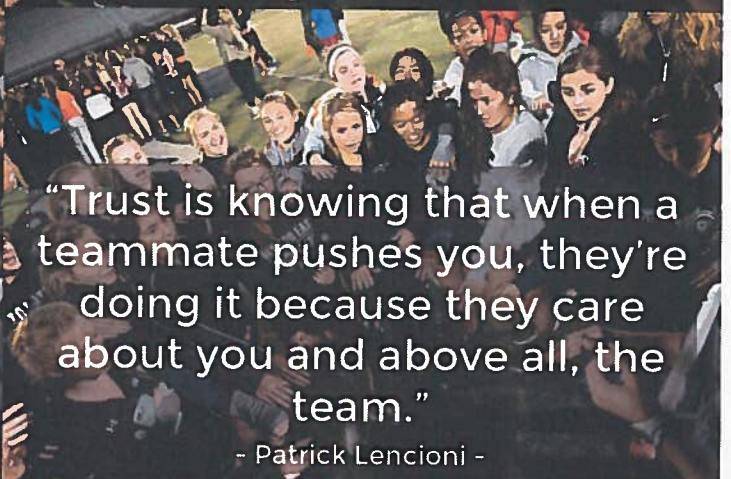
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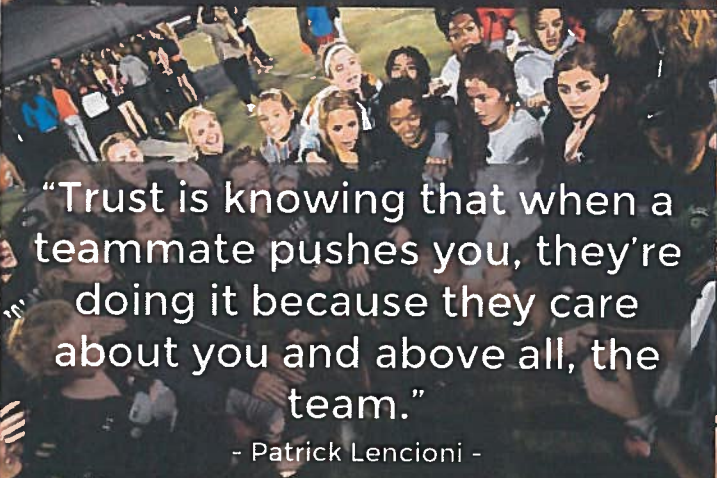
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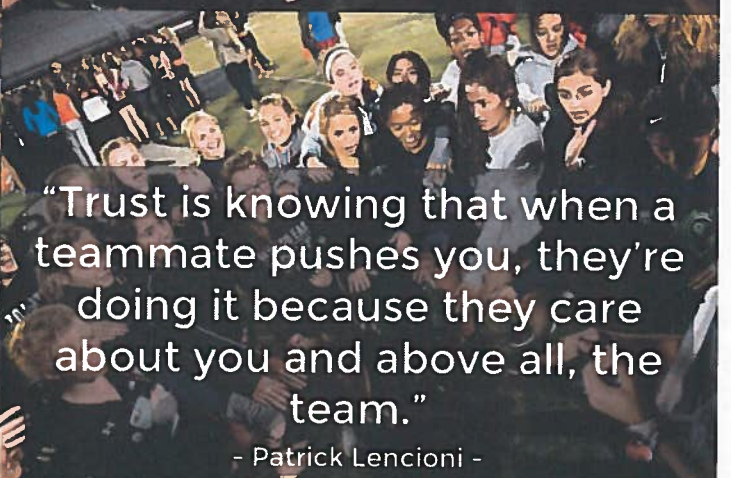
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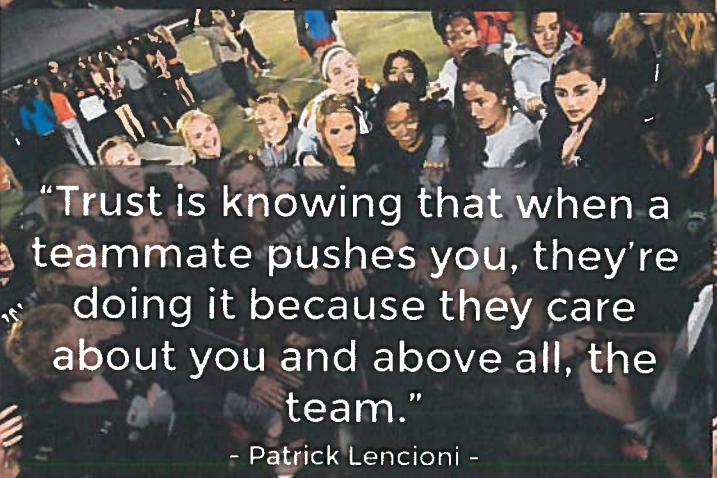
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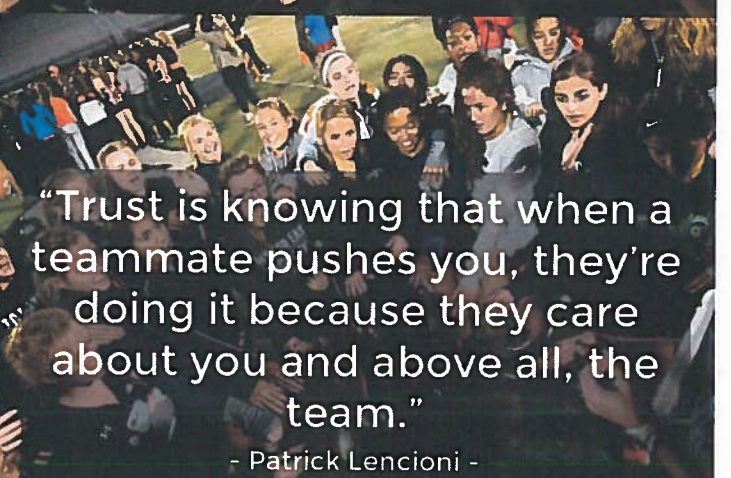
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from the class of 2017

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**2018 IHSA SECTIONAL OSWEGO EAST**  
**Maddie Zarembski**

**Words:**  
I feel proud to have been chosen to run in the 2018 IHSA Sectional. It's a great honor and a challenge. I've worked hard to get here, and I'm excited to represent my school and my teammates. I'll give it my all and try to do my best. Thank you to everyone who has supported me along the way.

**Coach:**  
The experience of competing at this level is a great one. It's a chance to see how you stack up against some of the best runners in the state. I'm grateful for the opportunity and for the support of my coaches and teammates. I'll keep working hard and trying to improve myself.

**Coach:**  
I'm proud to have Maddie on the team. She's a hard worker and a team player. She's always been a fan of the sport, and she's worked hard to become a competitive runner. I'm excited to see her perform at the sectional and to see how she does. She's a great addition to the team.

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# MADDIE ZAREMBSKI

IHSA STATE QUALIFIER  
2018 CROSS COUNTRY  
OSWEGO EAST WOLVES



# MADDIE ZAREMBSKI

*State Qualifier*

OSWEGO EAST  
CROSS COUNTRY

