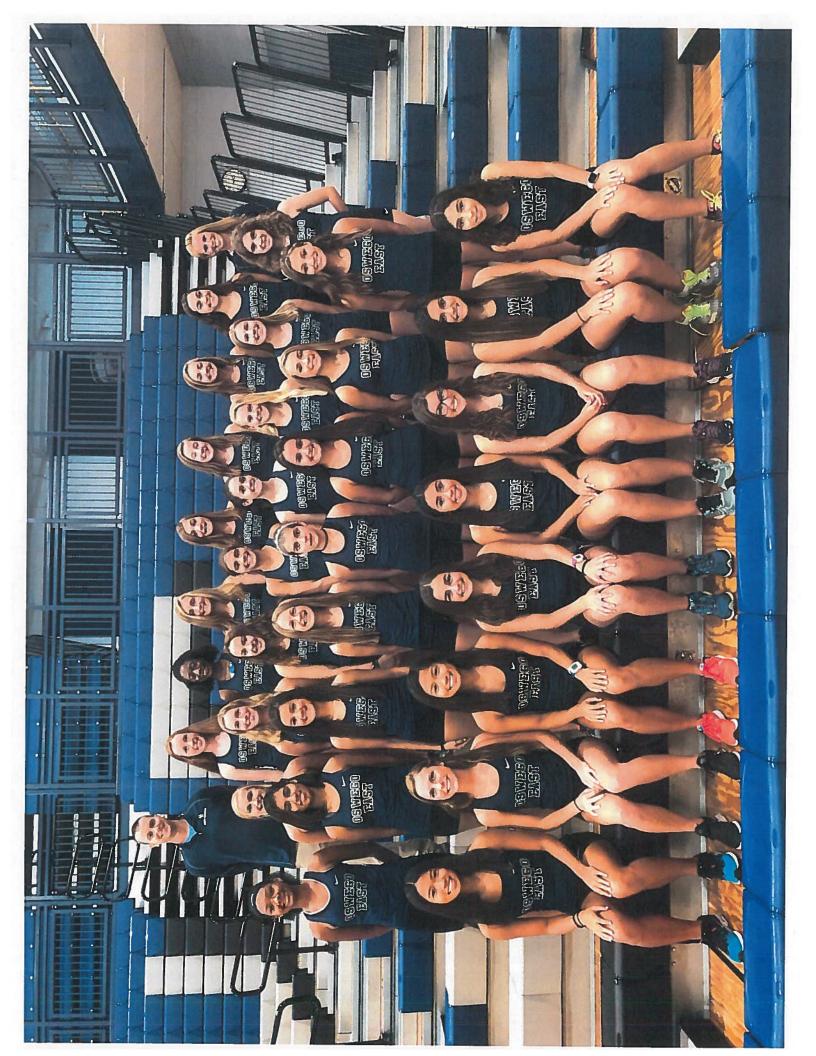
OSVIEGO EAST CROSS COUNTRY



1								The second	2	2018-2019 Season	eason	- Contract	The state of the s						
1 1 1 1 1 1 1 1 1 1					Pfainfield		Wolf Cumulative 3	Plainfield						OE Blue vs.	Conference at				
1 11 11 11 11 11 11 11	Name	Т		Yorkville Invite	e Central	TF South		East	ichard Spring	Plainfield South	Naperville North		Wheaton	Silver	Channahon	Regionals	- 1		Season PR
1 11 11 11 11 11 11 11	Zarembski, Madison	6	17:29					19:18	17:42	19:46	18:00	3 17:35						17:29	17:29
1. 1. 1. 1. 1. 1. 1. 1.	Ede, Morgan	=	18:14						18:18							ļ			18:14
1 1 1 1 1 1 1 1 1 1	Sim, Katherine	12	18:16						18:58										18:16
1	Allen, Naylah	9	18:55						19:15										18.
1 1 1 1 1 1 1 1 1 1	Clark, Ana	6	19:28							21:58:00	20:12								19-78
1 1 1 1 1 1 1 1 1 1	Webb, Kara	-	19:37						20:12										19-
1 11 11 11 11 11 11 11	Gall, Elyssa	12	19:39					2	20:09										19.
1 1 1 1 1 1 1 1 1 1	Barroso, Ana	6	19:41					21:30	19:45										19.
1 1 1 1 1 1 1 1 1 1	Amer, Madison	6	19:42						20:29										19.
1	Mendoza, Liliana	=	19:42						20:21		20:31								19.
1 200	Aligaier, Leah	ð	20:01	20:16				shins	20:37		shins								100
1 200 200 2010	Dunn, Katie	6	20:06:00						20:51		21:57	Š		22-16					20.06
1. 2. 2.0.2 2.1.0 2.1.4 2.1.4 2.1.5 2.1.4 2.1.5 2.1.4 2.1.5 2.	МсКійір, Етта	Ξ	20:12	22:00					20:36		20:42				213				20.02
1 20,000 20,000 21,000 21,000 20,000	Sim, Kathleen	12	20:20	21:46				21:57	20:45		21:06								20.
1 2015 2014 2015 2016 201	King, Hannah	6	20:27	22:10:00					20:34		21:22								20.
1 2015/00 213 2136/00 2130 2136/00 2130 21	Garcia, Sammie	9	20:36					22:43	20:36			21:		22:20:00	212				30.2
1 2.100	Murphy, Meghan	=	20:59:00	23:12				23:17:00	21:36				L	22:47:00					1-65-06
1	Ede, Molly	đ	21:00	23:32				24:26:00	21:09		21:20:00	l _		22:39:00					21.
	Salmeron, Emily	10	21:00			6	knee	Ы		timingl		ŀ		23:03:00	21:00				21.0
11 213	Hartigan, Nicky	6	21:25	21:25				ankle		ankle				ankle					21.0
1	Viano, Gaby	=	21:30	22:52				24:01:00	22:39		21:31:00			23:32:00					21:
10 2138 to 2138 to 2438 to	Castelan, Yocie	6	21:37:00	23:07				23:54:00		23:10:00	22:23:00			23 23 00	22:				21:37:
1 27-24 20 25-5400	Soduto, Angle	9	21:38:00	23:19:00				25:24:00		23:07:00	22:43:00		1:05:00	24:01:00					21:38:(
1	Banks, Mallory	6	22:06					24:28:00	22:06		23:31:00			23:15:00	22:24:00			ĺ	22:06
10 22-48500 26-33-30 25-3	Patterson, Ellery	9	22:43					smoke		25:31:00	22:53:00			24:46:00	22:43				22:43
12 23.32 23.15 to 25.12 to 24.10 25.15 to	Sniegowski, Madison	9	22:48:00	26:13:00				26:15:00		26:23:00	24:47:00		1:59:00	25:43:00					22:48:00
12 241200 264200 264200 2713500 27	Wolf, Becca	12	23:32	24:06:00				head/shins		28:00:00	25:50:00			26:15:00					23:32
V 12 24:12:00 26:13:00 26:13:00 36:14:00 31:13:00 25:46:00 26:46:00 27:20:00	Wilke, Lanaya	6	24:07:00	26:15:00				27:15:00		hips	25:28:00	24:26:00		26:20:00	24:07:00				24:07:00
11 26:54:00 27:31:00 29:35:00 had modified 30:55:00 would be a consistent of the analysis of the	Hemmer, Emily	12	24:12:00	26:56:00				28:48:00		27:09:00	25:46:00		1:06:00						24:12:00
12 26.55:00 26.55:00 27:19:00 head modified 31:21:00 triming	Lopez, Jessica	F	26:54:00	27:41:00				30:55:00		29:36:00	27:39:00		0:16:00	family	27:50:00				26:54:00
t 12 2936-00 back black	Krapez, Marie	12	26:55:00	26:55:00				31:21:00		timing				timing	timing				26:55:00
Thing timing tim	McGavin, Mary	12	29:36:00			not ready	back	back		29:36:00	back	PT		timing	timing				29:36:00
1 of 8 of 8 6 of 8 NA 2nd of 10 1 of 2 5 of 41 9 of 9 2nd of 6 1st of 2 1 of 1 1 of 2 13 of 64 1 st of 3 5 of 10 5 of 18 NA 3rd of 10 7th of 10 NA 15 pts *15 pts	Scheerenberger, Kitty	12								timing	timing								
1 of 2nd of 10 8 of 38 6 of 8 NA 2nd of 10 2nd of 6 1 st of 2 13 of 64 1 st of 3 5 of 10 5 of 18 NA 3rd of 10 7th of 10 NA *15 pts *15 pts *15 pts *15 pts *15 pts																			
1 of 2 5 of 41 9 of 9 2nd of 6 1st of 2 1 of 1 of 2 13 of 64 1st of 3 5 of 10 5 of 18 "15 pls "15 pls 15 pls 15 of 9	Frosh Team					1 of		8	of 38	9	0,8			Ą.	2nd of 10				
2nd of 6 1st of 2 13 of 64 1st of 3 5 of 10 5 of 18 NA 3rd of 10 7th of 10 NA	Open Team					1 of ?		ır.	of 41	, ch	9 01 9			₹.	3rd of 10				
*15 pts	Varsity Team		2		1st of 2	1 of	~		Ì		of 10	5 of 18						Maddie	
					*15 pts		•												



DSWEGO EAST GIRLS CROSS COUNTRY

2018-2019 Season Schedule

Location

	Invitation	d Central	n Invitatio	ld East	dag lavits	El South
Meet	@Yorkville Invitation	@ Plainfield Central	TF South Invitatio	vs. Plainfield East	Richard Sp	vs. Plainfield South.
Date	8/20	8/23	11/6	9/11//	9/15	9/18

Dual

Hoover Outdoor Education Center Plainfield Central High School North Creek Meadow Forest Preserve OEHS/Crossroads Church Detweiller Park (Yorkville) OEHS/Crossroads Church Naperville North High School St. James Park (Wheaton) Channahon Park Stewart Sports Complex (Mongtomery)

Articland (Senior Night)

West Aurora Blackhawk Stampede Wheaton North Elight Invitational

SPC Conference

HSA State Mee HSA Sectional IHSA, Regional

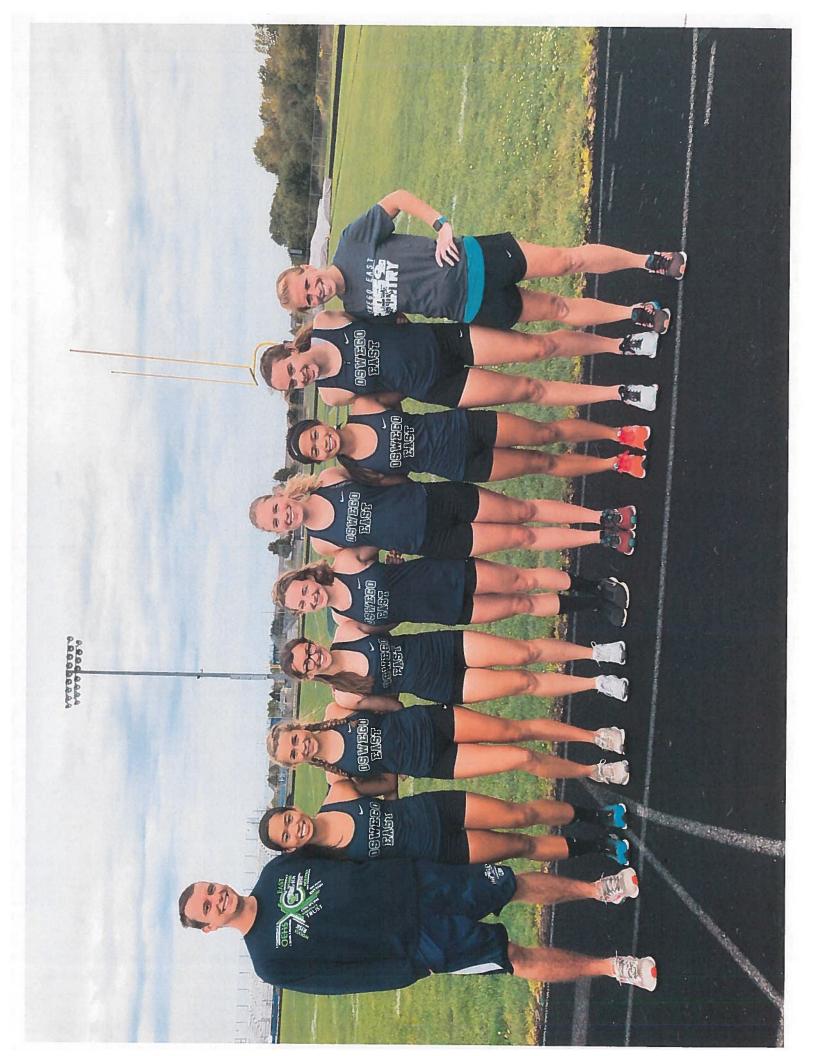
Naperville Invite

Oswego East High School

website at htt Some locations and dates may vary slightly from the printed schedule. For updated information, chart our Policy us on Instagram: @

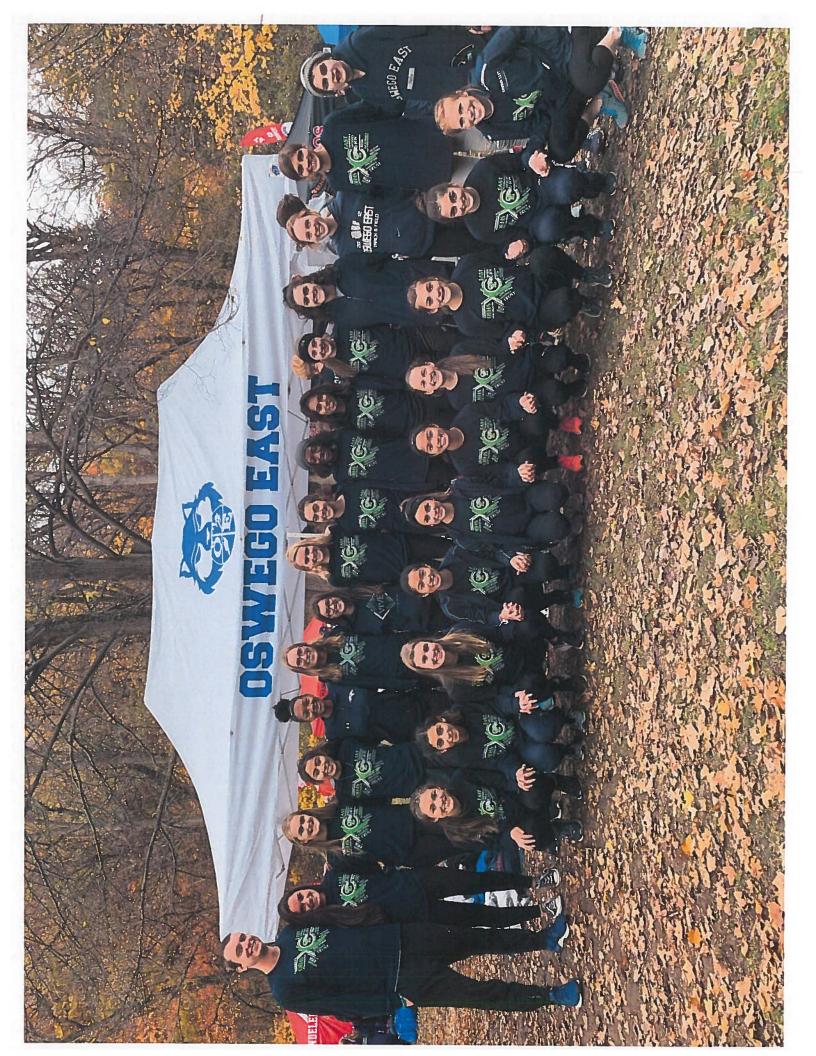


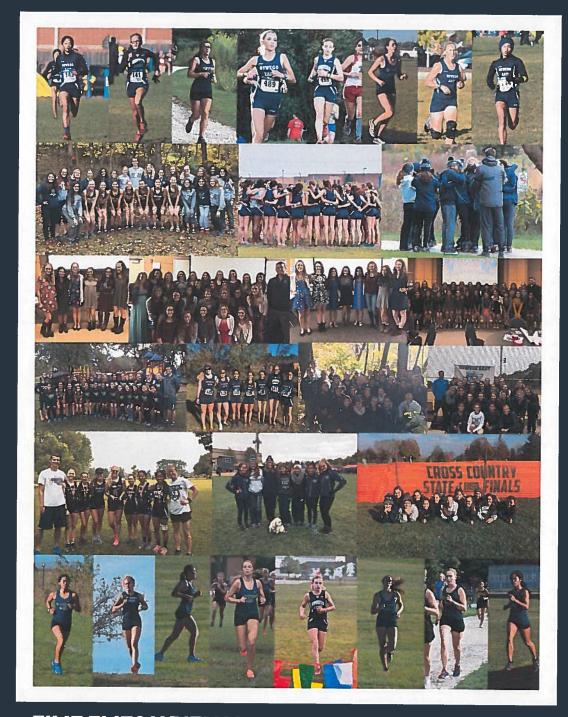












...TIME FLIES WHEN YOU'RE HAVING FUN

OSWEGO EAST CROSS COUNTRY

Class of 2019











"Give yourself a chance"

"OK, I have this huge accomplishment that I've done this season, but there's more I want to do."

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.

--Courtney Frerichs, American Record Holder and 2nd place 2017 World Championship Steeplechase

"Give yourself a chance"

"OK, I have this huge accomplishment that I've done this season, but there's more I want to do."

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.

--Courtney Frerichs, American Record Holder and 2nd place 2017 World Championship Steeplechase

When you run hundreds of miles with your besties, I think legs start to synchronize into a *rhythm*.

- Shalane Flanagan -

When you run hundreds of miles with your besties, I think legs start to synchronize into a *rhythm*.

- Shalane Flanagan -

When you run hundreds of miles with your besties, I think legs start to synchronize into a *rhythm*.

- Shalane Flanagan -

When you run hundreds of miles with your besties, I think legs start to synchronize into a *rhythm*.

- Shalane Flanagan -

"Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

- Patrick Lencioni -

"Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

- Patrick Lencioni -

"Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

- Patrick Lencioni -

"Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

- Patrick Lencioni -

Trust is knowing that when a 🎥 "Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

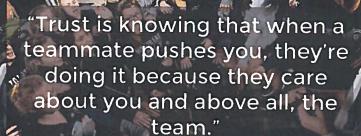
Patrick Lencioni -

teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -

Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -



Patrick Lencioni -



teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -



teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -



Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -



"Trust is knowing that when a teammate pushes you, they're doing it because they care about you and above all, the team."

Patrick Lencioni -

"RUN OFTEN. RUN LONG." BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"RUN OFTEN. RUN LONG." BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"RUN OFTEN. RUN LONG."
BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"RUN OFTEN. RUN LONG."
BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"RUN OFTEN. RUN LONG."
BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"RUN OFTEN. RUN LONG."
BUT NEVER OUTRUN YOUR JOY OF RUNNING."

-Julie Isphording

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

or to step back into safety."

TO STEP FORWARD INTO GROWTH

r to step back into saiet;
-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

-Abraham Maslow-

or to step back into safety."

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-

"In any given moment we have two options:

TO STEP FORWARD INTO GROWTH

or to step back into safety."

-Abraham Maslow-



"Any goal worth achieving involves an element of **risk**."

-Dean Karnazes-



"Any goal worth achieving involves an element of **risk**."

-Dean Karnazes-



"Any goal worth achieving involves an element of **risk**."

-Dean Karnazes-



"Any goal worth achieving involves an element of **risk**."

-Dean Karnazes-











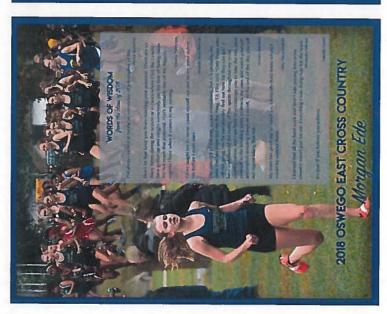




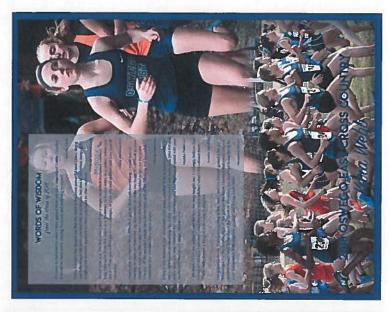








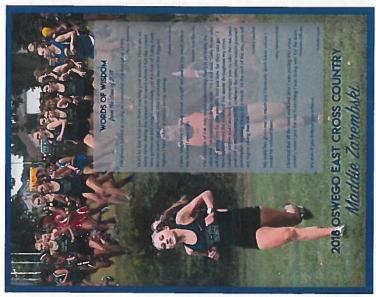


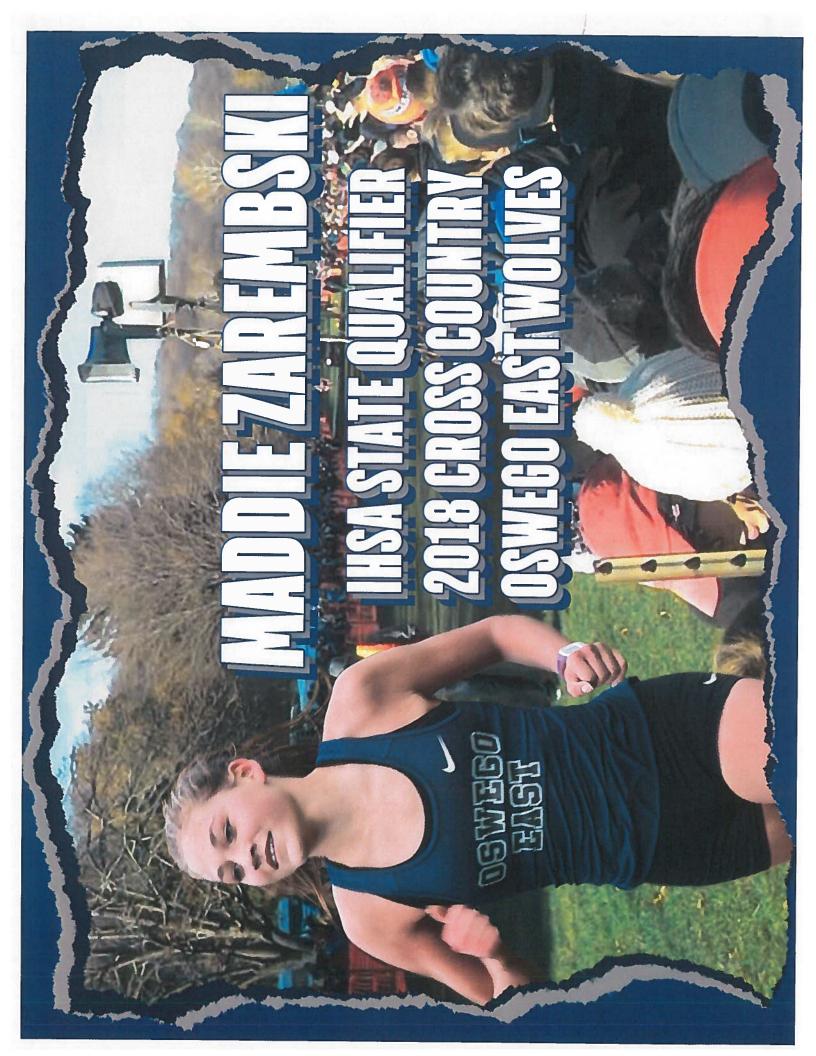












MADDIE ZAREMBSKI

State Qualifier

OSWEGO EAST CROSS COUNTRY

