

Glenbard West sophomore Megan Ozog and freshmen Christina Sedall and Caitlyn Reick spent the week rewriting the sophomore-level school record book, even at each other's expense.

At Saturday's Sue Pariseau Invitational, the Hilltoppers' sophomore-level outdoor school records in the 3,200- and 1,600-meter runs were broken by Sedall and Ozog, respectively, from marks had been set in the previous meet Tuesday at home.

"We're kind of trading it off between a couple of us. One person breaks it and then someone else breaks it so it's kind of funny, but we're all good sports about it so it's fun," Ozog said.

The Hilltoppers still finished fifth at their invite (59 points), one point shy of fourth place, even with more underclassmen promoted to help the varsity, which won its level for the third year in a row.

Wheaton North (112) won the sophomore level, followed by Hinsdale Central (104.5), Naperville North (71) and Oak Park-River Forest (60). The invite was moved to Benedictine after Wednesday's rains resulted in flooding that covered the home track at Duchon Field.

Sedall's second-place time of 11:47.56 fully-automatic time Saturday easily broke the manual-time mark of 11:53.2 set by Ozog in Tuesday's triangular at Glenbard West. Running the 1,600 instead Saturday, Ozog finished fourth in 5:31.33 to break the previous record of 5:32.5 set by Reick Tuesday.

Before Tuesday's performances, the sophomore-level school records were Rachel Felt's 5:34.7 from 1993 and Muffy Crossman's 11:59.1 set back in 1983, the oldest existing record for a current event by seven years.

“That’s really exciting. There are so many old times and we’re finally just taking them all down,” Sedall said. “It’s good to have some new names on the wall.”

One reason for the recent winds of change is that Glenbard West’s sophomore-level records must be achieved on the sophomore level. Strong younger distance runners of the past were promoted to the varsity by the outdoor season, such as 2012 graduate Maddy Nagle the indoor sophomore-level record holder for the 3,200 (11:26.25) and 1,600 (5:26.63) from 2009.

With the cross country team at its strongest in more than 30 years, there’s so much depth that some of the Hilltoppers’ younger runners, who would be varsity performers for many other teams, have remained on the sophomore level to get competition experience. Girls track distance coach Paul Hass also is the girls cross country team’s head coach.

Reick rejoined the varsity Saturday to help the 3,200 relay win in a state-best time of 9:28.62.

“Honestly, (Hass) doesn’t really sit there and tell us, ‘Here are the records,’ but he’ll just tell you if you’re close, in the middle of the race,” Reick said.

“I found out (about my record) the day afterwards and I was really surprised. It was a good surprise. (Tuesday) wasn’t my best 1,600, but I just had a lot of fun with it and I was so happy when Megan destroyed it. It was awesome.”

Sedall said she didn’t even know she was going to run the 3,200 for sure

until Tuesday. One advantage for her race was she spent the final laps trying to catch first-place Emily Hamilton of Naperville North (11:42.63) and seemed to have enough energy to pass her had the race been another 400 meters.

“I really just kind of wanted to catch the girl in first place,” Sedall said. “Then on the last lap, (Hass) was like, ‘You’re into the (record) time, so I was like, ‘Let’s just go for it.’ It kind of was (pushing me). I obviously wanted to break it.”

“She did a good job so I was happy for her,” Ozog said. “I’m OK (with it). I was hoping she would be able to break it because it wasn’t that ridiculous of a time to break. I was kind of expecting that she would be able to do it. I wasn’t too upset but I wanted to do pretty well today.”

Ozog hadn’t competed recently and was surprised that her return ended up being Tuesday. That confidence carried over to Saturday’s race, where she was disappointed that she finished just 1.07 seconds behind third-place Hinsdale Central freshman Emma Sullivan (5:30.26).

“I didn’t know (the school record) before Caitlyn, but (distance coach Paul Hass) told me it was like a 5:30-something and that I broke that indoors so he said I could definitely do it,” Ozog said. “I was hoping to do that so I’m glad that I did.”

The 3,200 relay nearly added to the list Saturday. The second-place lineup of Julia Sakach, freshmen Abby Shaver and Abby Moody and Ozog (10:12.05) were an impressive second to Naperville North (10:02.42) but just missed the record mark of 10:11.2 set in 1996.

Nevertheless, Sakach (2:28.5), Shaver (2:30.7), Ozog (2:33.3) and Moody

(2:38.9) all had strong splits. The Huskies just missed the invite record of 10:01.73.

“We talked about it this week a bit, just that we have a shot at it,” Shaver said. “I was watching (the clock) and I didn’t know exactly what the record was but I was thinking, ‘We’re going to beat it.’ ”

For Sakach, Saturday continued to be a breakthrough. After sitting out cross country and indoor track recovering from an injury, Sakach competed in both the 3,200 and 1,600 relays for the second straight meet.

The 1,600 relay of Sakach, freshman Sharon Murray, Jessica Johanson and freshman Ellen Daniels (4:21.31) took second to OPRF (4:17.12). Sakach (1:03.8) had the top split, followed by Daniels (1:04.3), Murray (1:05.4) and Johanson (1:07.7).

“I’m really fortunate to have a great team to be able to train with,” Sakach said. “It’s definitely nice to come back and just kind of be like, ‘OK. I can just kind of see where I am at now and go off that and start fresh.’ ”

Sakach was part of last year’s second-place 3,200 relay at the 3A state meet with Nagle, senior Emma Reifel and junior Madeline Perez. There have been a couple of times this season that the three state returnees were going to compete together in the relay, but Sakach wisely scratched after not feeling comfortable to compete during warmups.

“Definitely I’ll have those days where I’ll wake up or the day before it’s been hurting so I’ll just have to ice a lot. If it hurts during warmups, I just don’t want to push anything,” Sakach said.

“That always comes in the back of my mind, ‘Let’s make sure I not hurt anything.’ It’s really nice just to have teammates supportive with every decision. Emma and Madeline are really good with that, where it’s like, ‘If you can’t (compete), just don’t worry about it.’ ”

Sophomore Hannah Paterakis enjoyed another strong invite of sprinting. She finished fourth in the 200 (28.65) and anchored the fourth-place 800 relay with freshmen Nicole Rogus and Amani Bader and Johanson (1:57.03) and sixth-place 400 relay with Murray, Bader and Johanson (55.67).

“I think that this and our last invite (at Downers Grove North April 12) were probably one of my better days,” Paterakis said. “I think I’ve kind of found my groove with the 200. I really like the 200. I did the 400 (Tuesday), but (head coach Kelly Hass) just said, ‘I think the 200 is your race.’ ”

Daniels was third in the 400 (1:04.04). Shaver was fifth in the 800 (2:34.33), and freshman Katie Goleash surpassed 80 feet in discus for the first time to take fifth (80-5). Bader was seventh in triple jump (29-0 1/4) with a personal best by more than a foot.

“(My 800) was good. I was trying to get close to the same time as I had in my 4-by-800 (2:31 split) because that means I can still do it after racing,” Shaver said.

After her record race in the 1,600, Ozog also was elated for freshman teammate Abby Moody. The No. 15 seed in the fastest heat with Ozog, Moody instead finished eighth and eighth overall in 5:37.72 – a personal-best time by roughly 28 seconds.

“I’m happy that I finally broke 6:00 – by a lot. I wasn’t sure if I could do it,”

Moody said. "I felt like I was going to come in last, and I just had to push it the whole time. It felt good to be with all of the really good girls and push myself harder. I broke my PR (in the 3,200 relay) there, too, so Sue P. has been great."