

For one of her biggest track races so far, Glenbard West freshman Christina Sedall kept her cool.

Sedall was a close third during most of the sophomore-level 3,200-meter run at the West Suburban Conference Silver Division Meet at Lyons Township, and that's just how she wanted it.

"I can't really start a big lead like (all-state teammate) Madeline Perez does," Sedall said with a big smile. "A lot of times, I try to finish just passing people at the end."

Such was the case Friday. Sedall transformed into a dark-green blur in the final 150 meters and pulled out the title in a sophomore school-record time of 11:45.65 fully-automatic time.

The Hilltoppers finished fifth with 57 points, nine points behind fourth-place York. LT (168) won its third straight title and completed a second straight undefeated season on that level.

Sedall won by 1.35 seconds over LT freshman Hannah Dutler (11:47.00) and broke her sophomore-level, school-record time of 11:47.65 that won the Sue Pariseau Invite on the frosh-soph level. Sedall is the Hilltoppers' first frosh-soph 3,200 champion since Rachel Felt in 1993 (12:14.6 manual time).

"It's just cool to be at conference as a freshman," said Sedall, a member of the Hilltoppers' third-place state cross country lineup in November. "I just honestly was trying to stick with those two girls that were in front of me and I knew at the end that I could just pass them."

At the indoor Silver Meet March 15, Dutler won in 11:53.85 with Sedall

fourth in 12:03.43. Dutler spent most of Friday's race in stride with Hinsdale Central sophomore Camila Horowicz (3rd, 11:47.58).

Sedall's 1,600 splits were roughly 5:58 and then 5:47 with a 1:12.7 final 400 lap.

"It didn't go out as fast as I thought it would," Sedall said. "It was pretty slow at the beginning and I was feeling really good. I didn't really feel the need to push it so I just stuck with them."

Another great finish came from freshman Ellen Daniels to secure second in the 1,600 relay with freshman Sharon Murray and sophomores Jessica Johanson and Morgan McEnroe (4:21.36). Earlier, Daniels had been scratched out of her favorite race, the open 400, after a slight injury to her leg during the finals of the 100 (4th, 13.54). Murray (5th, 1:06.30) was the Hilltoppers' lone entry in the 400.

"It was really disappointing since I usually don't run the 100. It was kind of upsetting that I got hurt running that and not what I usually do," Daniels said.

"I really wanted to make up for it (in the 1,600 relay). I kind of begged my way to get into that. They weren't going to let me, and I was like, 'I feel better.' "

She ran like it. The Hilltoppers still were a close fourth with 150 meters left, but Daniels carried them comfortably past Oak Park-River Forest (4:23.63) and Hinsdale Central (4:23.96). LT won in 4:18.78 to sweep all four relays.

"They both kind of ran down each other, trying to pass each other, so on that (last) curve, I went right past them," Daniels said. "(Assistant coach

Mark Staron is) always right there just yelling at me so I just ran as fast as I could, honestly, at the end. That's all I had left. It's probably a good thing (I scratched the 400). If I would have run that, I'm not sure I would have done as well in this one."

Sophomores Amani Bader (28.94) and Hannah Paterakis (28.95) finished 2-3 in the 200 to Hinsdale Central freshman Chloe Palo (28.88), who earlier won the 100 (13.43).

Daniels replaced Paterakis in the 100 because of her sore leg, but Paterakis still ran two sprint relays along with Bader. Those three and Murray were fourth in the 400 relay (54.16), and Paterakis, Bader, Johanson and McEnroe were fifth in the 800 relay (1:57.06).

"I did (track) last year, and it was just kind of like a start off. It was an OK season, but this year, it totally took off and I was really happy about the outcome," Bader said.

"Last year, I started (the season) late because of other sports. Starting on time and kind of getting with the girls and being with everyone kind of totally pushed me. I think I pushed myself harder this year than I have in the past."

The 3,200 relay of sophomore Megan Ozog, freshman Abby Shaver, sophomore Julia Kochert and freshman Abby Moody took third (10:27.22). Ozog later was sixth in the 1,600 (5:35.64) with Moody seventh (5:38.32).

Freshman Katie Goleash continued to make her first season a special one. She threw another lifetime-best in discus to place third (84-6) and give the Hilltoppers their lone team points in field events.

The second-seeded Goleash persevered to get a good throw on her second attempt in finals with the help of senior teammate Emily Davies. During the sophomore discus finals, throws coach Nick Posegay was busy at the shot put area at the other end of the stadium.

“It was just a rough day. I was throwing like 70s, but I was happy I was able to at least pull it up there and still place in conference,” Goleash said.

While maybe just an inch farther than her previous best, Goleash was 11th overall counting varsity results and the highest finishing freshman. She already has proven herself as a consistent 70=plus thrower.

“I definitely think I’m going to continue to do discus all four years and hopefully improve in shot put, too,” Goleash said. “I’m hopefully going to continue to improve and stick with throwing and maybe run a little.”

Freshman throwing partner Bekah Dau reached the shot put finals and was seventh (27-1), only 3 1/2 inches from sixth. It was the third-best throw this season for Dau, who was fourth indoors with a then-personal best 27-10 1/2. She beat that mark in the final regular-season meet Tuesday at Glenbard West (28-1 1/2) with her first time past 28 feet.

“I was not expecting this far (this season),” said Dau, the second-highest finishing freshman Friday. “I’m really excited because as a freshman getting 28, I’m just interested to see what I can do junior year and sophomore year.”

Sophomore Rachel Aubrey improved her ninth-seeded distance by nearly a foot and was seventh (29-7). Freshmen Maddy Burt (300 low hurdles in

56.29) and Shaver (800 in 2:32.51) also were seventh. Freshman Nicole Rogus made the 100 finals and was eighth (14.25).