

gional Highlights

Hart runs 16:08.2 in Girls n, WWS wins Girls enstein leads WWS to Boys win ahead of enbard West, York

est - Naperville North rolls in behind Morris - 17:11; tpacks Oswego East to win 1; Shilgalis late move wins Boys race

orkville 1,2,3 and 5 in first irls team; Minooka wins Boys team

C - Lyons Boys, DGS Girls win team titles

Palatine edges Grant,
 in Girls team; Negovetich
 ivividual Girls race over
 FitzPatrick

e - 19 second split gives St. Ast Boys team win; Batavia team behind Schlenker win

2A Regional Highlights

Normal U-High - Metamora edges Bloomington, Washington in Boys team; Powell with convincing Boys indv race win; Mahomet edges U-High by 2 pts in Girls race; Gordon wins by 20 seconds

Taylorville - Springfield edges Chatham-Glenwood in Boys race; Chatham Glenwood rolls to team title behind Gibson win

Woodstock - Prairie Ridge over CL South in Girls race; Crystal Lake Central wins Boys team title; MCC Jones' Boys race winner

Burlington C - Kaneland wins Boys by 4 over Benet behind Occhipinti win; Burlington Central wins Girls team title

Troy Triad - Schwartz wins Girls race by more than a minute; Triad wins Boys title over Carbondale on 6th runner tiebreak

1A Regional Higl

Tuscola - Tolono 5 in to dominting Girls tea Hendriickson rolls to w race; Urbana U-High wi Boys team; Monticello Garrett Dixon; Jackson S winner

Farmington - Eureka win: behind Argo win; Olympi them win Boys team title

Rock Falls - Host Rock over Sterling Newman in Rock Falls dominates in Hey rolls to almost mi

Freeburg - Roxana's Stu Boys indv race; Freebur team; Freeburg wins (behind Chandler

Kankakee - Top ranke Central wins Boys team wins Girls team t







Put Your Hand on S Story of the 1978 York XC Seaso



Athlete Blogs featuring Downers Grove South's Brenna Cohoon

Coach Joe Newt

Click on pic for Story

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لمارك

Monday Morning



C Zone

brings you rankings and national cross country eading up to the <e Cross Nationals

I / Regional Lists ctober 18, 2018



Illinois XC Speed Rankings

Check this site created by Roland Hopkins daily for the latest XC speed ratings for Illinois Athletes and teams.

Speed Rankings for the 2018 XC Season for Illinois Teams! <u>BOYS</u> | <u>GIRLS</u>

<u>Tully Runners</u> provides you with the latest speed ratings nationally specializing on New York teams and athletes.



ILXCTF Ran ITCCCA Coad

State and Sectional ra classifications every week Cross Country

For the sixth year, the III Country Coaches Assoc provides their coaches p publish each Wednesday country sea

Illinois High School XC









nd on Seven - 2018 Update

10/19/2018

announced the retirement Coach Joe Newton in 2016. reet year. In his 56 years as ach, his teams won 28 state It is a number that won't...



XC Zone National & Regional Lists - Updated 10/18/18

10/18/2018

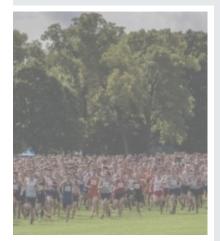
XC Zone National and Regional Lists as of October 18, 2018

Boys Top 35 | Boys Regional Lists Girls Top 35 | Girls Regional Lists



Brenna Cohoon A Page - 20

Brenna Cohoon of Downe High School will be sharing of the 2018 season ever morning this f

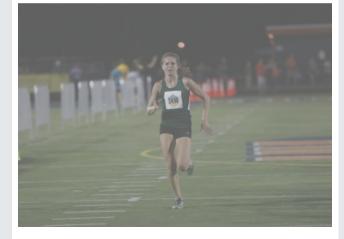


າce Meets to Watch n Illinois

10/11/2018

ichael Newman e@dyestat.com

the state series leading to
Meet on November 3...

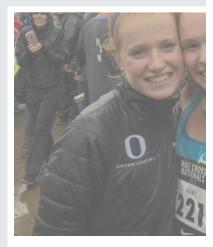


Glenbard West duo shines bright at Naperville Twilight...

10/04/2018

Hart, Cavan take individual titles; Naperville North wins memorable Girls race; Neuqua Valley packs its way in Boys Race

By Michael Newman...



Naperville Twilight Preview

10/02/2018

Katelynne Hart (pictur Pendergast) missed Pend record by less than a secor for a record run in Wedr Naperville Twilight Invitatior

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