

John O'Malley is a distance and cross country coach at Sandburg High School in Orland Park, IL.

Sandburg's cross country teams have qualified for the Illinois state championship 19 years in a row, which is the longest running streak of any active Illinois coach. Their finishes include two state championships, a runner-up, two fourth place finishes and 13 top ten performances in Illinois' competitive big school classification. They have been Nike Cross Nationals qualifiers and have won the Nike Midwest Regional three times. O'Malley has coached three different Gatorade Athletes of the Year (Lukas Verzbicas, Sean Torpy and Dylan Jacobs).



On the track, Sandburg's average season-best time in the 4×8 since 2011 is **7:44.89**. John O'Malley has coached 17 different quartets to sub 7:50 (35 different quartets to sub 8:00). They have been all-state every year in this event for ten years running, with only one finish outside the top 4 in state during that span, including three state champions relays in 2015, 2016, and 2018. Sandburg set the state record in the 4×8 in 2016 running **7:37.36** with three of the relay legs on their third race in 24 hours. Sean Torpy also set the all-time Illinois 800 meter record and a U.S. #1 in 1:47.91. Additionally, he has coached five different runners in 1600 at 4:10.1 or better. Through his years of coaching, Coach O'Malley has grown a strong hatred for Paul Vanderseen.