

2022 SEVEN LAKES SHOWCASE CROSS COUNTY INVITATIONAL

Featuring The Gary Derks Memorial Boys and Girls 5K (Varsity)

Hosted by Seven Lakes High School

Coaches,

Thank you for attending our Seven Lakes Showcase. We will do our best to make sure your teams have a great experience here at Seven Lakes High School. If you have any questions or concerns, please contact me at scottakenney@katyisd.org or my cell number 281-658-3835. We are looking forward to our best showcase ever! Coach Scott Kenney

I. **DATE**

Saturday, September 3, 2022

II. **LOCATION**

Seven Lakes High School
9251 South Fry Road
Katy, TX 77494

III. **TIME SCHEDULE**

7:00 a.m. Coaches Meeting at the east room of the concession stand
7:15 a.m. Boys Varsity Gary Derks Memorial 5k- limit 7-scoring 5 runners-chip timed
7:35 a.m. Girls Varsity Gary Derks Memorial 5k- limit 7-scoring 5 runners-chip timed
8:00 a.m. Jr. Varsity Boys 5k- limit 7-scoring 5 runners-chip timed –chip timed
8:25 a.m. Jr. Varsity Girls 3200m- limit 7-scoring 5 runners-chip timed-chip timed
8:40 a.m. Freshmen Boys 3200m- limit 7-scoring 5 runners-chip timed-chip timed
8:55 a.m. HS UIL Open Division 3200-unlimited-open to boys & girls-not timed

*** Awards Ceremony-Immediately following the Open Division 3200m- Top ten individuals and top teams will be recognized**

IV. **DIVISION**

Girls: Varsity 5k, Junior Varsity 3200m, Open Division 3200
Boys: Varsity 5k, Junior Varsity 5K, freshmen 3200m, HS Open Division 3200

V. **AWARDS**

Varsity: Team championship and Team Runner-Up Plaques

Medals: Top twenty (20) individuals

Medals: Seven (7) to the first place team

JV/Freshman: Team championship and Team Runner-Up Plaques

Medals: Top twenty (20) individuals

Medals: Seven (7) to the first place team

The Awards ceremony will be held at the completion on the meet.

Plenty of high-fives and cheering

VII. **COST:** Boys' Teams...\$75; Girls' Teams... \$75; (Maximum fee of \$150 per school); The KISD athletic agreement is in effect for this athletic event.

IMPORTANT: Please make checks payable to SLHS Boys' Cross Country Attention Scott Kenney

IMPORTANT!

*If you send checks via mail, please address them to: Seven Lakes High School, c/o Boys' XC- Scott Kenney; 9251 South Fry Rd. Katy, TX 77494.*Refund Policy: Please understand that we cannot control the weather, and any meet fees will not be refunded if cancellation is deemed necessary for the safety of our athletes.*

VIII. **ROSTERS:** An excel spreadsheet will be sent out the third week of August. Please follow the directions and coding on the excel spread sheet. Rosters of all possible contestants must be submitted via email to: scottakenney@katyisd.org The deadline for rosters is **Wednesday, August 31, 2022.** Please include the names of all possible runners; (**last name, first name**), Division number, Gender, and Team Number. You will not be able to add individuals to your roster after the due date. We are taking entries and scoring the Varsity Boys, Varsity Girls, Junior Varsity Boys, Junior Varsity Girls, and Freshmen Boys Divisions.

IX. **REMIND:** Please sign up with the Remind APP. The Seven Lakes Showcase Code is @7lshowcase

X. **SPECTATOR ADMISSION:** Spectators will be charged an entrance fee. Adults: \$5 and Students: \$3

XI. **CONCESSIONS:** A concession stand will be open and serving a variety of snacks and drinks including nachos, chips, candy, and various drinks. Pre-ordered school meals are available upon request.

XII. **OFFICIAL MEET APPAREL PROVIDER:** Fine Design Graphics

If you have any questions or concerns, please do not hesitate to contact us.

Scott Kenney

Seven Lakes High School Boys Cross Country

9251 South Fry Road

Katy, TX 77494

School phone 281-237-2896 School FAX 281-644-1785

scottakenney@katyisd.org cell phone 281-658-3835

Remind Code: @7lakesxc



TIME SCHEDULE

7:00 a.m. Coaches Meeting at the east room of the concession stand
 7:15 a.m. Boys Varsity 5k- limit 10
 7:35 a.m. Girls Varsity 5k- limit 10
 8:00 a.m. Jr. Varsity Boys 5k- limit 10
 8:25 a.m. Jr. Varsity Girls 3200m- limit 10

8:40 a.m. Freshmen Boys 3200m- limit 10
 8:55 a.m. High School Open Division 3200m -unlimited-open to boys & girls

Awards Ceremony-Immediately following the Open Division 3200m



TIME SCHEDULE

7:00 a.m.	Coaches Meeting at the east room of the concession stand	8:40 a.m.	Freshmen Boys 3200m- limit 7
7:15 a.m.	Boys Varsity 5k- limit 7	8:55 a.m.	High School Open Division 3200m -unlimited-open to boys & girls
7:35 a.m.	Girls Varsity 5k- limit 7		
8:00 a.m.	Jr. Varsity Boys 5k- limit 7		
8:25 a.m.	Jr. Varsity Girls 3200m- limit 7		

Awards Ceremony-Immediately following the Open Division 3200m

Top 10 Varsity Boys 5k Time	
1.Theo Goff Oak Ridge High School 15:12.90 2016	
2. Emanuel Galdino Stratford High School 15:25.5 2021	
3. Reese Vannerson Strake Jesuit High School 15:27.8 2021	
4. Devin Fahey Stratford High School 15:28.78 2016	
5. Austin Richard Stratford High School 15:34.5 2014	
6. Dillon Worley Klein High School 15:38 2011	
7. Daniel Figueroa Tompkins High School 15:39.00 2016	
8. Cole Lindhorst Tompkins High School 15:44. 50 2018	
9. Alan ElBanna Cinco Ranch High School 15:44.84 2018	
10. Alec Esposito Cy-Woods High School 15:47.43 2016	
Top 10 Varsity Girls 5K Time	
1. Heidi Nielson Cinco Ranch High School 17:55.9 2019	
2. Sandy Raines Kingwood High School 17:56.2 2012	
3. Reagan Kappel Cinco Ranch High School 18:12.56 2016	
4. Sophie Atkinson Cinco Ranch High School 18:18.59 2019	
5. Alyssa Balandran Tompkins High School 18:28.81 2016	
6. Brittany Innis Cedar Park High School 18:28.4 2012	
7. Grace Custer Stratford High School 18:28.65 2018	
8. Erica Brown Seven Lakes High School 18:32.61 2013	
9. Reagan Kappel Cinco Ranch High School 18:35.2 2015	
10. Jessica Hergott Kingwood High School 18:36.87 2016	
Top 10 JV Boys 5k Time	
1. Andrew Koob Seven Lakes High School 17:01.34 2016	
2. Erick Torres Cypress Ranch High School 17:18.98 2016	
3. Ferdinand Hoven Tompkins High School 17:19.12 2018	
4. Javier Pineros 17:23.09 Seven Lakes High School 2019	
5. Leonel Perez Cedar Park High School 17:24.38 2012	
6. Anthony Mata Cedar Park High School 17:24.58 2012	
7. David Church Cedar Park High School 17:24.84 2012	
8. James Yeargan Seven Lakes High School 17:24.4 2014	
9. Eric Nakazono Tompkins High School 17:26.27 2016	
10. Gabriel Garibaldi Seven Lakes High School 17:26.37 2016	

Top 10 JV Girls 2 mile Times	
1. Kassandra Luna Cy-Fair High School 12:10 2011	
2. Allison Tracy Seven Lakes High School 12:15 2011	
3 Caroline Wheat Kingwood High School 12:18.50 2016	
4. Amber Byrd Cy-Woods High School 12:26.43 2016	
5. Lauren Roberts Katy High School 12:27 2011	
6. Dalia Najjar Cinco Ranch High School 12:28.67 2016	
7. Tori Welkener Seven Lakes High School 12:31.18 2013	
8. Allie Self Kingwood High School 12:31.71 2016	
9. Elizabeth Davis Cypress Woods 12:34.30 2016	
10. Sofia Rubio 9 Katy Tompkins 12:34.78 2016	

Top 10 Freshmen Boys 2 Mile Times	
1.Carson Slater Seven Lakes High School 10:14.80 2016	
2. Francis Galdino Stratford High School 10:27.60 2016	
3. Noah Howard Tompkins High School 10:34.29 2018	
4. Brian Gonzalez Katy High School 10:41 2011	
5. Nathan Hirst Stratford 10:47.3 2021	
6. Samuel Flusche Cinco Ranch 10:47.91 2016	
7. Ben Pearce Stratford 10:49.00 2021	
8. Peyton Hanna Seven Lakes High School 10:50.30 2016	
9. Andrew Nugent Seven Lakes High School 10:50.50 2016	
10. Andrew Koob Seven Lakes High School 10:51.1 2014	

