

# 2023 Lamar Consolidated ISD CROSS COUNTY ROUND-UP

## Hosted by LCISD Cross Country

Coaches,

Thank you for attending our LCISD Invitational. We will do our best to make sure your teams have a great experience and that all of your athletes have the best chance for success. If you have any questions or concerns, please contact me at kevin.kean@lcisd.org or my cell number 713-492-8340. We are looking forward to beginning a great tradition! Coach Kevin Kean

### I. DATE

Friday, September 22, 2023 II.

### LOCATION

Jones Creek Ranch Park  
7714 FM359 Richmond, TX  
77406

### III. TIME SCHEDULE

7:00 a.m. Coaches Meeting at the starting line in the center of the park near the Cricket fields

7:30 a.m. Boys Varsity 5k- limit 7-scoring 5 runners-FAT timed

8:00 a.m. Girls Varsity 5k- limit 7-scoring 5 runners-FAT timed

8:30 a.m. Jr. Varsity Boys 5k- limit 10-scoring 5 runners-FAT timed

9:00 a.m. Jr. Varsity Girls 3200m- limit 10-scoring 5 runners-FAT timed

9:30 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, 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 of the meet.

VII. **COST:** HIGH SCHOOL: \$60 - boys/ \$60 - girls (\$120 both).

**IMPORTANT:** Please make checks payable to: Lamar Consolidated ISD Athletics

**IMPORTANT!**

\*\*If you send checks via mail, please address them to: LCISD Athletics

Attn: Melissa Rodriguez  
1000 E. Stadium Drive  
Rosenberg, Texas 77471  
Phone: 832-223-0147 Fax:  
832-223-0515

\*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:** Entries will be made on Direct Athletics. A link will be sent out.

The deadline for rosters is Tuesday, September 19, 2023.

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, and Junior Varsity Girls.

Kevin Kean

Churchill Fulshear High School Boys & Girls Cross Country

9302 Charger Way

Fulshear, TX 77441

School phone 832-223-5000

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ATHLETICS