

# 2024 SEVEN LAKES CROSS COUNTRY



**May 13th - Info Meeting Competition Gym 6pm**

**June 5: Orange Crush Starts**

**July 29: SLHS Official Season Begins**

**Aug 3: Blue Versus Orange Meet**



**Aug. 17: Seven Lakes Tri- Meet 2 Mile @ Nottingham Country Greebelt**

**Aug. 31: Seven Lakes Showcase @ Seven Lake HS**

**Sept. 14: Lovejoy XC Festival @ Myers Park - McKinney, TX**

**Sept 29: Nike South @ Bear Branch Soccer Complex**

**Oct 10: District 19-6A XC Championships @ Rushing Park**

**Oct. 21: Region III-6A Championships @ Kate Barr Ross Park**



**Nov 1: State Championships @ Old Settlers Park, Round Rock, TX**



**Qualified to State Championships 2006, 2007, 2008, 2009, 2010, 2011,**

**2012, 2013, 2014, 2015, 2017, 2018, 2019, 2020, 2021, 2022, 2023**



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www.sevenlakesxc.com

www.orangecrushrunning.com



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## ALL-DISTRICT

- 2005 Jimmy Welin\*, Chase Rathke, Steven McCormack
- 2006 Jimmy Welin, Chase Rathke, CJ Jessett, Steven McCormack, Andy Merrick, Karthik Rajendran
- 2007 Chase Rathke\*, CJ Jessett, Jimmy Welin, Henry Li, Andy Merrick, Eric Alnes
- 2008 Chase Rathke\*, Jimmy Welin, CJ Jessett, Henry Li, Alex Luna
- 2009 Alex LeRoux, Greg White, Drew Kogut, Nathan Ricketts
- 2010 Alex LeRoux, Greg White, Drew Kogut
- 2011 Greg White, Kevin Dean
- 2012 Kevin Dean
- 2013 Ryan Brenkus
- 2014 Roderick Bell\*, Chandler Rathke
- 2015 Roderick Bell, Chandler Rathke, Jonathon Falcon, Enrique Baquiro, Tyler Winter
- 2016 Enrique Baquiro, James Yeager
- 2017 Andrew Gandy, Carson Slater, Josh Kuriakose, Corbin Brescher
- 2018 Josh Kuriakose, Carson Slater, Spencer Seale
- 2019 Carson Slater, Ruben Rojas, Spencer Seale, Corbin Brescher
- 2020 Fernando Hernandez Brugo, Ruben Rojas Betanzos
- 2021 Ruben Rojas Betanzos\*, Reese Sullivan, Matthew Montgomery
- 2022 Matthew Montgomery\*, Reese Sullivan

## ALL-REGION

- 2006 Jimmy Welin 4th place  
Chase Rathke 8th place  
CJ Jessett 9th place
- 2007 Jimmy Welin Region Champ  
Chase Rathke 3rd place  
CJ Jessett 4th place
- 2008 Chase Rathke Region Runner Up  
Jimmy Welin 3rd place  
CJ Jessett 4th place
- 2009 Alex LeRoux 10th place
- 2010 Alex LeRoux 6th place  
Greg White 7th place  
Drew Kogut 10th place
- 2011 Nathan Ricketts 7th place  
Greg White 9th place
- 2012 Kevin Dean 4th place
- 2013 Roderick Bell 8th place  
Chandler Rathke 9th place
- 2014 Roderick Bell Region Champ  
Chandler Rathke 4th place
- 2019 Carson Slater 5th Place  
Corbin Brescher 8th Place
- 2020 Ruben Rojas Betanzos 4th Place
- 2021 Ruben Rojas Betanzos 3rd Place  
Matthew Montgomery 17th Place
- 2022 Reese Sullivan 8th Place  
Matthew Montgomery 10th Place

## ALL-STATE

- 2007  
Jimmy Welin 6th place 15:47.9  
Chase Rathke 11th place 15:59.4  
CJ Jessett 13th place 16:02.2
- 2008  
Jimmy Welin 4th place 15:11.23  
CJ Jessett 7th place 15:20.45  
Chase Rathke 9th place 15:28.32
- 2010  
Greg White 15th place 15:45.75
- 2014  
Roderick Bell 6th place 15:49.72
- 2020  
Ruben Rojas Betanzos 15th place 15:45.0
- 2021  
Ruben Rojas Betanzos 3rd place 15:04.7

## STATE CHAMPIONSHIPS

- 2006  
6th Place Team Finish
- 2007  
4A-STATE CHAMPIONS Team Finish
- 2008  
5A STATE RUNNER-UP Team Finish
- 2009  
5A-Individual Qualifier Alex LeRoux
- 2010  
5A-8th Place Team Finish
- 2011  
A-Individual Qualifiers Greg White & Nathan Ricketts
- 2012  
5A-Individual Qualifier- Kevin Dean
- 2013  
5A-Individual Qualifiers- Roderick Bell & Chandler Rathke
- 2014  
6A-4th Place Team Finish
- 2015  
6A-9th Place Team Finish
- 2017  
6A-15th Place Team Finish
- 2018  
6A-13th Place Team Finish
- 2019  
6A-9th Place Team Finish
- 2020  
6A-Individual Qualifier Ruben Rojas Betanzos
- 2021  
6A-Individual Qualifier Ruben Rojas Betanzos & Matthew Montgomery
- 2022  
6A-Individual Qualifier Matthew Montgomery & Reese Sullivan



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