

## Saturday, August 12, 2023 at Dawson High School

**Awards:** Will be awarded to the first 15 finishers in the all divisions, No team awards

**Results:** Results will be compiled and sent to you and will be posted on [www.runhoustontiming.net](http://www.runhoustontiming.net).

**Course:** All grass, flat, very fast with great footing and is extremely spectator-friendly.

**Team meeting** at 5:15am

**Bus leaves SLHS 9th Grade Center at 5:30am**

### Running Schedules (rolling Schedule Times are estimates) start warmup 50 min prior

7:15 AM – Varsity Men: Arjun, Zaza, Lucas, Chris, Sam G, Trevor, Jack, Matt, Keegan, Reilly

Varsity Women

Junior Varsity Men: Mohamed, Albert, Alberto, Agustin, Sidd, Hrehan, Kanishk, Nidish, Eze, Ethan, Jose, Jack C, Victor, Edwin, Michael, Evan, Richard, Paul, Jordan, Feliks, Sam L, Emmanuel L, Jackson, Joshua, Sebastian, Sreejit Dane, Paxton, Bjoern, Grayson, Sam T, AmenEl, Kaden, Ethan W, Sam Y, Mitchel, Boxuan  
Junior Varsity Women

#### Check List

- Socks are options, mini
- Spikes-make sure spikes are in descent shape/right size
- Uniform
- Running shoes
- Bottles of water
- Bottles of sports drink
- Light & nutritious snacks & Meal Money
- Sweats/Windsuits
- Backpack w/ two trash bags
- All required jewelry is off
- Watch and Logbook

Post Race Food-Drink

*Do Evening Before.....*



#### 10 Points:

1. When it is too hot, cold, wet, windy, etc. for them...it is just right for us.
2. Races are won by those who believe in winning.
3. A goal is a dream with a deadline.
4. Winning is not normal.
5. Accept the challenges so that you may feel the exhilaration of victory
6. Don't let talent control your sport.
7. No one ever drowned in their own sweat.
8. Run hard when it is hard to run.
9. The more intense your effort the more intense your pride.
10. Extra effort is the key to success.

Past Results of the Varsity, JV, and freshmen races from 2020 on the next page

1	Ruben Rojas-Betanzos	10:03.5	5:02/M				
3	Leopoldo Toro	10:12.8	5:06/M				
5	Javier Pineros-Guerra	10:24.3	5:12/M				
6	Fernando Hernandez Brugo	10:24.4	5:12/M				
7	Miguel Prieto Caicedo	10:31.8	5:16/M				
10	Daniel Garza	10:49.1	5:25/M				
11	Matthew Montgomery	10:51.6	5:26/M				
13	Ayden Johannson	10:53.3	5:27/M				
15	Mohamed Abd-ElMeguid	10:59.9	5:30/M				
17	Hector Cruz	11:08.8	5:34/M				
20	Marco D'Ascola	11:16.7	5:38/M				
21	Jad Wardeh	11:20.4	5:40/M				
24	Connor McDaniel	11:23.1	5:42/M				
25	Kevin Johnson	11:26.1	5:43/M				
34	Trey Pierson	11:48.0	5:54/M				
41	Gordon Prior	12:04.2	6:02/M				
44	Micah Bentley	12:10.6	6:05/M				
48	Doug Eamon	13:04.0	6:32/M				
50	Shane Roy	13:06.7	6:33/M				
<b>Varsity Team Score: 32</b>	<b>Team Time: 52:29.0</b>	<b>Ave Time: 10:29.8</b>					

Team - Seven Lakes				Finish Position - 1			
Team Score (places): 16		Team Score (times): 57:09.4		Ave Time:11:25.9			
Pos	Name	O'All Place	Cum Place	Time	Cum Time	Time Back	
1	Braedon Bigott	1	1	11:15.7	11:15.7	0:00.0	
2	Albert Yang	2	3	11:23.3	22:39.0	0:07.5	
3	Sebastian Lira	3	6	11:26.6	34:05.7	0:10.9	
4	Nicholas Romero	4	10	11:29.8	45:35.5	0:14.0	
5	Aldrich Leow	6	16	11:33.9	57:09.4	0:18.1	
6	Tyler Welch	-8	-24	11:43.5	1:08:53	0:27.8	
7	Hanz Jimenez	-11	-35	11:46.8	1:20:40	0:31.1	
8	Samuel Lin	More Than 7		11:54.7	1:32:35	0:38.9	
9	Lucca Traslosheros	More Than 7		11:59.9	1:44:35	0:44.1	
10	Manuel Padron	More Than 7		12:07.5	1:56:42	0:51.7	

Team Score (places): 78		Team Score (times): 1:09:36.6		Ave Time:13:55.3			
Pos	Name		O'All Place	Cum Place	Time	Cum Time	Time Back
1	Nikita Illichev		6	6	12:35.9	12:35.9	1:58.5
2	Ashyton Rector		14	20	13:23.7	25:59.6	2:46.3
3	Camilo Rivera		15	35	13:37.0	39:36.7	2:59.7
4	Sebastian Marcano		21	56	14:44.0	54:20.7	4:06.6
5	Grant Breslin		22	<b>78</b>	15:15.8	<b>1:09:37</b>	4:38.5
6	Ashja Qazi		-23	-101	15:18.4	1:24:55	4:41.1
7	Isaac Westrup		-24	-125	15:32.0	1:40:27	4:54.6
8	Jawad Moulai-Khatir		More Than 7		16:23.0	1:56:50	5:45.7
9	Jesus Nones		More Than 7		18:41.2	2:15:31	8:03.8