

# 2024 SEVEN LAKES CROSS COUNTRY



**July 29: SLHS Official Season Begins**

**Aug 3: Blue versus Orange Meet**

**Aug 3: Parent/Athlete Meeting 10am**

**9th Commons**



**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 28: ALmost 5k @ Montgomery ISD Athletic 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

# 2024 SEVEN LAKES CROSS COUNTRY

## 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

0th 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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