

2025 SEVEN LAKES CROSS COUNTRY

July 28: SLHS Official Season Begins

Aug 2: Blue versus Orange Meet

Aug 2 Parent/Athlete Meeting 10am 9th Commons

Aug. 16: Mustang Thunder Invite @ Centennial Park Friendswood, TX

Aug. 23: Kingwood Classmate Challenges @ Kingwood HS

Aug. 30: Seven Lakes Showcase @ Seven Lake HS

Sept. 6: Run the Dog Pound @ Magnolia, TX

Sept 20: Coach Ed Invitational @ Sealy HS

Sept 27: Dallas Jesuit Invitational @ Oak Point, TX

Oct 9: 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, 2024

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Extra Effort is the Key to Success

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
 2023 Matthew Montgomery*, Samuel Garcia
 2024 Samuel Garcia, Jose Cedeno Barrera, Grayson Smith

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
 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
 Reese Sullivan 8th Place
 Matthew Montgomery 10th Place
 2023 Matthew Montgomery 1st Place
 2024 Samuel Garcia

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
 2021
 Ruben Rojas Betanzos 3rd place 15:04.

STATE CHAMPIONSHIPS

2005
 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
 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
 5A-Individual Qualifier Ruben Rojas Betanzos
 2021
 6A-Individual Qualifier Ruben Rojas Betanzos & Matthew Montgomery
 2022
 6A-Individual Qualifier Matthew Montgomery & Reese Sullivan
 2023
 6A-Individual Qualifier Matthew Montgomery
 2024
 6A-Individual Qualifier Samuel Garcia Camejo



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