

22nd Annual College Park Invitational

Saturday Oct 3rd, 2026

The meet will once again be held at College Park High School and will run the same course as last year. We will have t-shirts on sale at the meet along with concessions for sale.

1. Directions: Exit from I-45 onto College Park Drive (242) Just North of Woodlands, head west about ½ mile, College Park High School will be on your left. Turn left into College Park High School.
2. All races will start on the practice field behind the tennis courts and will finish on the track.
3. Please do not set up camps on the Football Field.
4. No one will be allowed inside College Park High School.
5. Porta potties available near the starting line as well as restrooms at the concession stand

Schedule of the Meet:

Please report to the starting line ten minutes before your race begins.

Rolling Time Schedule

5:15 a.m. Team Meeting

5:30 a.m. Leave 9th grade center of SLHS

6:30 a.m. Packet Pick Up on the Football field

6:45 a.m. Coaches Meeting on the Football field

7:30 a.m. Varsity Boys 5km (10 Runners) Jack, Carter, Tyler, Adam K, Owen, Duncan, Vishwa, Finnegan, Adam R, Arush,

8:15 a.m. JV Varsity Boys 5km (10 Runners) Eden, Connor, Arav, Tristan, Savva, Chet, Luke, Adrian W, Sebastian, Luiz, David, Miguel, Kian, Mitchel

8:55 a.m. Freshmen Boys 2 mile (Unlimited) Oliver, Ramtin, Mateo, Ethan, Victor, Rahul, Raymond, Alex, Joshua, Henry, Trysten, Adrian O, Nico, Landon, Marcelo, Connor

Awards: 1-15th Individuals (all races) & Team Awards: 1st and 2nd for all races

Check List

- ☐ Socks are options, mini
- Spikes
- Uniform
- Running shoes
- Bottles of water
- Bottles of sports drink G2
- Light & nutritious snacks
- Post Race Meals
- Spartan T-shirt/shorts
- Backpack w/ two trash bags
- Watch
- Logbook
- Itinerary
- Get LD Mileage
- Post Race Food-Drink
- Shield Up
- Post Activity Student Release

Do Evening Before.....



Ten Essential Points

Are you enthusiastic about this race? You should be!

Consistent: Same Quality Same Quantity

Enjoy the opportunity to run FAST! Let it loose baby!

1. You must be willing to become an every day runner and person.
2. A Key experience is what you recall every time you train or race.
3. You can either slow down when it gets difficult or you can blaze from 300 meters out and become a legend in your own time.
4. If you run fast enough and someone else doesn't you will go to bed with a higher training level
5. "To give anything less than your best is to sacrifice the gift." Steve Prefontaine
6. The fun begins when the hard work starts.
7. An athlete should prefer to live like a poor man and feel like one in order to endure suffering.
8. Want to do your best is contagious.
9. No one will ever win a 5,000-meter by running an easy two miles. Not against me.
10. You can't take the easy way to glory and greatness.



Battle till the end.

Steve Prefontaine, Gerry Lindgren, NCAA National Championships Nov 24, 1969 Van Cortlandt Park, Bronx, NYC

2016 Team

9 Andrew Gandy 11th grade 16:12.91
14 Zachary S Skillman 10th grade 16:28.22
16 Josh John Kuriakose 10th grade 16:33.81
19 Chris Zapata 12th grade 16:36.31
20 Cameron Corbin 11th grade 16:37.84
28 Jacob Skillman 10th grade 17:04.31
40 Coleton Van Valkenburg 12th grade 17:32.06
2nd Place 78 points 24 sec split 1-5 16:29 Average

JV Team

6 Andrew Koob 11th grade 17:32.28
15 Adhrit Srivastav 11th grade 18:04.50
19 Peter Lee 10th grade 18:12.02
20 Brody Ameen 10th grade 18:14.69
21 Reeves Saucier 11th grade 18:17.28
37 Matt Riley 11th grade 18:50.00
51 Camden Rodgers 11th grade 19:16.18
54 Jay Lee 12th grade 19:18.09
63 Liam McNeill 12th grade 19:45.78
86 John Swingle 10th grade 20:58.22
96 Christophe Cogerino 11th grade 21:59.68
99 Martin Jimenez 10th grade 22:17.14
104 Manev Patel 11th grade 22:33.56
3rd Place 75 points 45 sec split 1-5 18:04 split



Freshmen Team

4 Brescher, Corbin 10:53.25 4
7 Nugent, Andrew 11:08.09
8 Seale, Spencer 11:11.00
10 Ashworth, Mason Katy Seven Lakes 11:26.12
25 Caffrey, Ryan Katy Seven Lakes 12:22.15

2nd place with 43 points 1:28 sec split 1-5 Average: 11:24.13





2 Mile Course Map

*Bus parking lot near finish line

*Please no footballs, soccer balls, etc.. at the meet.

*No athletes are permitted in the school building.

*Camps set up in parking lot behind the start line, Porta-pottys will be available there



5k Course Map

*Bus parking lot near finish line

*Please no footballs, soccer balls, etc.. at the meet.

*No athletes are permitted in the school building.

*Camps set up in parking lot behind the start line, Porta-pottys will be available there

