

2025 SEVEN LAKES SHOWCASE CROSS COUNTRY INVITATIONAL

Featuring The Gary Derks Memorial Boys and Girls 5K (Varsity)

Hosted by Seven Lakes High School

Coaches, Thank you for attending our Seven Lakes Showcase. We will do our best to make sure your teams have a great experience here at Seven Lakes High School. If you have any questions or concerns, please contact me at scottakenney@katyisd.org or my cell number 281-658-3835. We are looking forward to our best showcase ever!

Coach Scott Kenney & Coach Alyssa Crocker

I. **DATE** Saturday, August 30, 2025

II. **LOCATION** Seven Lakes High School 9251 South Fry Road Katy, TX 77494

III. TIME SCHEDULE

7:00 a.m. Coaches Meeting at the east room of the concession stand

7:15 a.m. Boys Varsity Gary Derks Memorial 5k- limit 7-scoring 5 runners-chip timed

7:35 a.m. Girls Varsity Gary Derks Memorial 5k- limit 7-scoring 5 runners-chip timed

8:00 a.m. Jr. Varsity Boys 5k- limit 7-scoring 5 runners-chip timed—chip timed

8:25 a.m. Jr. Varsity Girls 3200m- limit 7-scoring 5 runners-chip timed-chip timed

8:40 a.m. Freshmen Boys 3200m- limit 7-scoring 5 runners-chip timed-chip timed

8:55 a.m. HS UIL Open Division 3200-unlimited-open to boys & girls-not timed

*** Awards Ceremony-Immediately following the Open Division 3200m- Top ten individuals and top teams will be recognized**

IV. DIVISION

Girls: Varsity 5k, Junior Varsity 3200m, Open Division 3200

Boys: Varsity 5k, Junior Varsity 5K, freshmen 3200m, HS Open Division 3200

V. AWARDS

Varsity: Team championship and Team Runner-Up Plaques

Medals: Top twenty (20) individuals

Medals: Seven (7) to the first place team

JV/Freshman: Team championship and Team Runner-Up Plaques

Medals: Top twenty (20) individuals

Medals: Seven (7) to the first place team

The Awards ceremony will be held at the completion of the meet.

Plenty of high-fives and cheering



VII. COST: Boys' Teams...\$120; Girls' Teams... \$120; The KISD athletic agreement is in effect for this athletic event.

IMPORTANT: Please make checks payable to SLHS ABC

IMPORTANT: If you send checks via mail, please address them to:

Seven Lakes High School, c/o Boys' XC- Scott Kenney; 9251 South Fry Rd. Katy, TX 77494.

**Refund Policy: Please understand that we cannot control the weather, and any meet fees will not be refunded if cancellation is deemed necessary for the safety of our athletes.*

VIII. ENTRIES: I will send instructions and the password on entering your athletes on txmilesplit. The deadline for entries is **Wednesday, August 27, 2025 at 9am.**

We are taking entries and scoring the Varsity Boys, Varsity Girls, Junior Varsity Boys, Junior Varsity Girls, and Freshmen Boys Divisions.

IX. REMIND: Please sign up with the Remind APP. The Seven Lakes Showcase Code is @25seven

X. SPECTATOR ADMISSION: Spectators will be charged an entrance fee. Adults: \$5 and Students: \$3

XI. CONCESSIONS: A concession stand will be open and serving a variety of snacks and drinks including nachos, chips, candy, and various drinks. Pre-ordered school meals are available upon request.

XII. OFFICIAL MEET APPAREL PROVIDER: Fine Design Graphics

If you have any questions or concerns, please do not hesitate to contact us.

Scott Kenney & Alyssa Crocker

Seven Lakes High School

Boys Cross Country

9251 South Fry Road Katy, TX 77494

Coach Kenney's School phone 281-237-2896

Coach Crocker's School phone 281- 237-9528

School FAX 281-644-1785

scottakenney@katyisd.org

alyssarcrocker@katyisd.org

Coach Kenney's cell phone 281-658-3835

Remind Code: @25seven





TIME SCHEDULE

7:00 a.m.	Coaches Meeting at the east room of the concession stand	8:40 a.m.	Freshmen Boys 3200m- limit 10
7:15 a.m.	Boys Varsity 5k- limit 10	8:55 a.m.	High School Open Division 3200m- unlimited- open to boys & girls
7:35 a.m.	Girls Varsity 5k- limit 10		
8:00 a.m.	Jr. Varsity Boys 5k- limit 10		
8:25 a.m.	Jr. Varsity Girls 3200m- limit 10		
			Awards Ceremony-Immediately following the Open Division 3200m



TIME SCHEDULE

7:00 a.m.	Coaches Meeting at the east room of the concession stand	8:40 a.m.	Freshmen Boys 3200m- limit 7
7:15 a.m.	Boys Varsity 5k- limit 7		
7:35 a.m.	Girls Varsity 5k- limit 7	8:55 a.m.	High School Open Division 3200m -unlimited-open to boys & girls
8:00 a.m.	Jr. Varsity Boys 5k- limit 7		
8:25 a.m.	Jr. Varsity Girls 3200m- limit 7		

Awards Ceremony-Immediately following the Open Division 3200m

Top 10 Varsity Boys 5k Time			Top 10 Varsity Girls 5K Time		
1. Theo Goff Oak Ridge High School	15:12.90	2016	1. Rowan Saacke Tompkins High School	17:42.8	2023
2. Emanuel Galdino Stratford High School	15:25.5	2021	2. Jamie Klander Mayde Creek High School	17:51.3	2024
3. Matthew Montgomery Seven Lakes High School	15:27.5	2024	3. Heidi Nielson Cinco Ranch High School	17:55.9	2019
4. Parker Wood Tompkins High School	15:27.5	2023	4. Sandy Raines Kingwood High School	17:56.2	2012
5. Reese Vannerson Strake Jesuit High School	15:27.8	2021	5. Felicity Hamilton Klein Cain High School	17:57.6	2023
6. Ben Pearce Stratford High School	15:3.3		6. ReaganKappelCincoRanchHighSchool	18:12.56	2016
7. Devin Fahey Stratford High School	15:28.78	2016	7. Kaitlyn Gale Clear Falls High School	18:18.4	2023
8. Austin Richard Stratford High School	15:34.5	2014	8. Sophie Atkinson Cinco Ranch High School	18:18.59	2019
9. Jack Boyd Klein Oak High School	15:35.2	2022	9. Katherine Valentine Clear Falls High School	18:19.3	2023
10. Dillon Worley Klein High School	15:38.0	2011	10. Laney Nash Tomball High School	18:25.2	2023
Top 10 JV Boys 5k Time			Top 10 JV Girls 2 mile Times		
1. Andrew Koob Seven Lakes High School	17:01.34	2016	1. Kassandra Luna Cy-Fair High School	12:10	2011
2. Carlo Concha Cypress Ranch High School	17:03.5	2022	2. Allison Tracy Seven Lakes High School	12:15	2011
3. Matt Garib Tompkins High School	17:09.8	2024	3. Caroline Wheat Kingwood High School	12:18.50	2016
4. Erick Torres Cypress Ranch High School	17:18.98	2016	4. Amber Byrd Cy-Woods High School	12:26.43	2016
5. Ferdinand Hoven Tompkins High School	17:19.12	2018	5. Lauren Roberts Katy High School	12:27	2011
6. Hudson Smith Seven Lakes High School	17:22.3	2023	6. Dalia Najjar Cinco Ranch High School	12:28.67	2016
7. Javier Pineros Seven Lakes High School	17:23.09	2019	7. Tori Welkener Seven Lakes High School	12:31.18	2013
8. Leonel Perez Cedar Park High School	17:24.38	2012	8. Allie Self Kingwood High School	12:31.71	2016
9. Anthony Mata Cedar Park High School	17:24.58	2012	9. Elizabeth Davis Cypress Woods	12:34.30	2016
10. David Church Cedar Park High School	17:24.84	2012	10. Sofia Rubio 9 Katy Tompkins	12:34.78	2016
Top 10 Freshmen Boys 2 Mile Times					
1. Carson Slater Seven Lakes High School	10:14.80	2016			
2. Camden Gibson Klein Cain High School	10:17.6	2022			
3. Francis Galdino Stratford High School	10:27.60	2016			
4. Noah Howard Tompkins High School	10:34.29	2018			
5. Carter Maloy Tompkins High School	10:35.7	2023			
6. Griffen Saacke Tompkins High School	10:39.3	2022			
7. Brian Gonzalez Katy High School	10:41	2011			
8. Daniel Garib Tompkins High School	10:44.2	2024			
9. Nathan Hirst Stratford High School	10:47.3	2021			
10. Samuel Flusche Cinco Ranch High School	10:47.91	2016			