

# 2015 SEVEN LAKES SHOWCASE CROSS COUNTY INVITATIONAL

## Hosted by Seven Lakes High School

Coaches,

The Seven Lakes Showcase will move its date to Saturday, September 5<sup>th</sup> this year which is a week later than our normal schedule. We have an opening for approximately 5 teams this year. Please let us know if you are interested by contacting Marvin Rathke at [marvinrathke@katyisd.org](mailto:marvinrathke@katyisd.org)

### I. **DATE**

Saturday, September 5<sup>th</sup>, 2015

### 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  
7:30 a.m. Boys Varsity 5k- limit 10- top 7 score  
7:55 a.m. Girls Varsity 5k- limit 10- top 7 score  
8:20 a.m. Jr. Varsity Girls 3200m- no limit- top 7 score  
8:40 a.m. Jr. Varsity Boys 5k- no limit- top 7 score  
8:55 a.m. Freshmen Boys 3200m- no limit- top 7 score  
9:35 a.m. Awards Ceremony-Immediately following the Freshmen Boys race

### IV. **DIVISION**

Girls: Varsity 5k, Junior Varsity 3200m  
Boys: Varsity 5k, Junior Varsity 5K, Freshmen 3200m

### 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 on the meet.  
Plenty of high-fives and cheering

VII. **COST:** Boys' Teams...\$75; Girls' Teams... \$75; (Maximum fee of \$150 per school)

Please make checks payable to SLHS ABC Booster Club.

**IMPORTANT!**

*If you send checks via mail, please address them to: Seven Lakes High School, c/o Boys' XC- Marvin Rathke; 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. **ROSTERS:** Rosters of all possible contestants must be submitted via email to: [marvinrathke@katyisd.org](mailto:marvinrathke@katyisd.org) The deadline for rosters is **Friday, August August 31st** . Please include the names of all possible runners; (**last name, first name**) grade level, and school name. You will not be able to add individuals to your roster after the due date.
- IX. **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.
- X. **MEET GUIDELINES**
- A. Each school must compete in the varsity division in order to compete in the open division. In the freshmen, Junior Varsity, and Varsity races, there is a minimum of five (5) varsity runners and a maximum of seven (7) varsity runners for team scoring. There are unlimited runners in the Open Divisions, but we are only scoring the top five from each team and runner 6 and 7 will displace.
- B. There is to be **no pacing** from coaches or volunteers during the meet.

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

Marvin Rathke

Seven Lakes High School Cross Country

9251 South Fry Road

Katy, TX 77494

School phone 281-237-2896 School FAX 281-644-1785

[marvinrathke@katyisd.org](mailto:marvinrathke@katyisd.org) cell phone 281-435-5280

**Confirmed Team:**

**Boys-** Seven Lakes, Cypress Ranch, Stratford, Sealy, East Bernard, Morton Ranch, Tompkins, Westside, Awty International, Mayde Creek

**Girls-** Seven Lakes, Cypress Falls, Stratford, Sealy, East Bernard, Morton Ranch, Westside, Awty International, Mayde Creek, George Ranch

## 2015 Seven Lakes Showcase Cross Country Meet

- You can also scan this to my email: [marvinrathke@katvisd.org](mailto:marvinrathke@katvisd.org)

September 5<sup>th</sup>, 2015

\_\_\_\_\_ Yes, we will attend

School Name: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number(s): \_\_\_\_\_

\_\_\_\_\_ Varsity Boys 5k \_\_\_\_\_ Varsity Girls 5k

\_\_\_\_\_ Junior Varsity Boys 5k \_\_\_\_\_ Junior Varsity Girls 3200m

\_\_\_\_\_ Freshmen Boys 3200m

