

2009 2nd Annual Seven Lakes Relays

Seven Lakes High School on Friday, February 27th.

The Seven Lakes Relays is a co-ed meet with quality competition.

12:00 p.m. Scratch Meeting
1:00 p.m. Field Events, 3200 M Run, and 1600m Boys
5:00 p.m. Running Events (Against Time)

Running Events : 100 M Dash, 100 M Hurdles, 110 M Hurdles, 200m Dash, 300 M Intermediate Hurdles, 400m Dash, 800m Run 3200 M Run (girls only) 5000m (boys only) and 1600 M Run.

Relays Events: 400 M Relay, 800 M Relay, and 1600 M Relay.

All events including relays will be scored 10-8-6-4-2-1.

Double points WILL NOT be awarded to relays. Athletes may compete in 3 running events (including relays), but not more than 5 total events.

FAX your acceptance letter:

Attention: Scott Kenney at 281-644-1785

EMAIL your acceptance information scottkenney@katyisd.org

Your acceptance information must be received no later than **January 16th.**

We are limiting entries to 12 boys and 12 girls' teams.

There will be a \$50.00 entry fee for those teams who are not part of the Athletic Director's Agreement. Additional information will be sent to you upon receipt of the acceptance letter.

Looking forward to hearing from you!!

Scott Kenney and Marvin Rathke

Girls and Boys Head Track and Field Coaches- Seven Lakes High School

_____ We will attend the Girls division _____ We will attend the Boys Division

School _____ Address _____

Coach _____ School Phone # _____ Fax# _____

Do you have the TRACKMATE computer program? Yes _____ No _____

2nd SEVEN LAKES RELAYS- 2009

Meet information

Date: February 27, 2009

Time: See enclosed meet schedule

Rules & Regulations: UIL rules will govern participation and eligibility

Scoring: Scoring for all events including relays will be 10-8-6-4-2-1

Site: Seven Lakes High School

Entry Procedures: **Entry deadline is Friday, February 20, 2009**

Seven Lakes will be using the TrackMate 6.02 computer program for the 2009 Seven Lakes Relays. All participating schools can download a free copy of TrackMate for use in demo mode directly from the Sports Automation website (at www.microsport.com) and use it to enter contestants. This contestant file can then be forwarded by email (scottkenney@katyisd.org) to submit participating schools' entries.

Each participating school **is encouraged** to use the above procedure for submitting entries. If for some reason the above procedure can not be followed, please fax a copy of the entries to Scott Kenney at 281-644-1785. (Entry form is enclosed)

Entries should be emailed or faxed to Scott Kenney on or before Friday, February 20.

Entry Fees: \$50.00 per team for those schools not in the Athletic Directors Agreement
Make checks payable to: Katy ISD

General Information:

1. Map(s) for bus parking, campsites, and warm up area for athletes will be sent later to registered teams.
2. Please remind all athletes that tape will not be allowed on the track or runways.
3. Athletes may warm up **ONLY** outside the track facility. No athletes will be permitted on the infield for warm up.
4. Remind all athletes to stay out of baseball and softball facilities.
5. All field event medals for places 1-3 will be given at the conclusion of the event at the event site.
Medals for the 3200 M run and 1600m Boys run will be given at the awards table prior to the start of the finals.
All other running event medals will be presented to the top three finishers at the awards table immediately after each event is completed.
6. If there are 24 or more entries in the 3200 M run, the event will be heated with the first heat being the slow heat. We will also heat the 1600 M run if there are more than 16 entries with the first heat being the slow heat.

Participating Teams (Limit of 12 Teams):

Directions to Seven Lakes High School:

1. I-10 west or East to Grand Parkway Exit (Highway 99) .
2. Turn left (south) onto Grand Parkway (Highway 99). (*If driving east on I-10, turn right.)
3. Continue to Fry Rd Exit.
4. Head west on Fry Rd.
5. The school is located at the intersection of Fry Rd. and Katy-Gaston Rd.
6. The track is located on the south part of the campus and the scratch meeting will be held in the coaches' meeting room on the southwest side of the campus- more details will be sent to attending teams

Thanks for coming to the Seven Lakes Relays.

SEVEN LAKES RELAYS

February 27, 2009

Seven Lakes High School

SCHEDULE OF EVENTS:

12:00 p.m.	SCRATCH MEETING	SLHS Athletic Meeting Room (behind main weight room)
1:00 p.m.	FIELD EVENTS	
	LONG JUMP	Boys, Girls (3 attempts; top 8 advance to finals)
	TRIPLE JUMP	Girls, Boys (3 attempts; top 8 advance to finals)
	HIGH JUMP	Girls (opening height 4'6") South Pit Boys (opening height 5'6") North Pit
	SHOT	Boys (3 attempts; top 8 advance to finals) West ring Girls (3 attempts; top 8 advance to finals) East ring
	DISCUS	Girls (3 attempts; top 8 advance to finals) West ring Boys (3 attempts; top 8 advance to finals) East ring
	POLE VAULT	Girls (open at 8'), Boys (open at 11')
1:00 p.m.	3200 METER RUN	Girls
	1600 M RUN	Boys
5:00 p.m.	RUNNING FINALS (AGAINST TIME)	
	4 X 100 M RELAY	Girls, Boys
	100 M HURDLES	Girls
	110 M HURDLES	Boys
	100 M DASH	Girls, Boys
	4 X 200 M RELAY	Girls, Boys
	400M Dash	Girls, Boys
	300 M INTERMEDIATE HURDLES	Girls, Boys
	200M Dash	Girls, Boys
	1600M RUN	Girls
	5000M RUN	Boys
	4 X 400 M RELAY	Girls, Boys

Seven Lakes Relays Girls Meet Records

2008 Champions Cy-Fair 108 points

Long Jump	Kendrah Wren	Klein Oak	17'-2"	(2008)
Shot Put	Marie Pregeant	Cy-Fair	39'-11"	(2008)
Discus	Jessica Poeschl	Katy-Taylor	123'-4"	(2008)
Triple Jump	Kerrie Hall	Katy	35'-6"	(2008)
High Jump	Ellen Hargrove	Georgetown	5'-4"	(2008)
Pole Vault	Rachel Demny	Klein Oak	9'-6"	(2008)
3200 M Run	Bree Schrader	Kingwood Park	11:13.43	(2008)
4 x 100 (400 M)	Elita Bryant, Lindsay Isaacson, Danielle Ordenez, Kandace Malone Cy-Fair 49.20 (2008)			
100 M Hurdles	Kandace Malone	Cy-Fair	14.84	(2008)
100 M Dash	Lindsay Isaacson	Cy-Fair	12.26	(2008)
800 M Run	Jasmine Dalton	Stafford	2:18.84	(2008)
4 x 200 (800 M)	Jasmine Dalton, Ogechi Agu, Jasmine Oyewumi, Candria Jones Stafford 1:46.43 (2008)			
400 M Dash	Khristen Liverman	Georgetown	59.00	(2008)
300 M Hurdles	Kandace Malone	Cy-Fair	45.18	(2008)
200 M Dash	Lindsay Isaacson	Cy-Fair	25.70	(2008)
1600 M Run	Kathryn Racine	Seven Lakes	5:18.78	(2008)

4 x 400 (1600 M) Carol Solano, Kelsi Reich, Christine Ajufo, Lauren Schwartzenburg College Park 4:07.18 (2008)

Seven Lakes Relays Boys Meet Records

2008 Champions Klein Oak 108 points

Long Jump	Trent Hunter	Katy	21'5"	(2008)
Shot Put	Jon Arthur	Brazoswood	53'3"	(2008)
Discus	Jon Allemang	Brazoswood	145'3"	(2008)
Triple Jump	Shawn Gore	Brazoswood	43' ½"	(2008)
High Jump	Nathan Lane	Georgetwon	6'2"	(2008)
Pole Vault	David McKinzie	Katy-Taylor	15'8"	(2008)
3200 M Run	Chase Rathke	Seven Lakes	9:24.83	(2008)
4 x 100 (400 M)	J. Shankle, O. Cook, D. Hales, R. Robinson Klein Oak 42.26 (2008)			
100 M Hurdles	Brad Hufford	Georgetown	14:38	(2008)
100 M Dash	Steven Geloneck	Houston Christian	11.01	(2008)
800 M Run	Jon Kern	Georgetown	1:55.25	(2008)
4 x 200 (800 M)	John Lattal, Nevin Sneed, Blake Peters, Cullen Pabody Katy-Taylor 1:29.32 (2008)			
400 M Dash	C. Plamer	Klein Oak	50.44	(2008)
300 M Hurdles	Seth Mabry	College Park	39.01	(2008)
200 M Dash	T. Robinson	Klein Oak	22.47	(2008)
1600 M Run	Chase Rathke	Seven Lakes	4:23.06	(2008)
4 x 400 (1600 M)	Maina Musa, Brad Hufford, Camerson Foreman, Even Hibbs Georgetown 3:21.38 (2008)			

SEVEN LAKES RELAYS TRACK AND FIELD MEET ENTRY FORM

February 27, 2009
Seven Lakes High School

PLEASE PLACE AN "X" IN THE BOX BY THE APPROPRIATE TEAM: BOYS ☐ GIRLS ☐

SCHOOL: _____ COACH: _____
(Enter Your School Name)

PLEASE PRINT: Last Name, First Name, and Best Time of athlete in that event. Put your best contestant first in each event. This will help us put them in the best heat of that event.

<u>3200 Run Girls Only</u>	Time	<u>5000 M Boys Only</u>	Time	<u>4 x 100 M Relay</u>	Time
1		1		1	
2		2		2	
3		3		3	

<u>100/110 M Hurdles</u>	Time	<u>100 M Dash</u>	Time	<u>4 x 200 M Relay</u>	Time
1		1		1	
2		2		2	
3		3		3	
				4	

<u>400 M Dash</u>	Time	<u>300 M Hurdles</u>	Time	<u>200 M Dash</u>	Time
1		1		1	
2		2		2	
3		3		3	
4		4		4	

<u>1600 M Run</u>	Time	<u>4 x 400 M Relay</u>	Time	<u>Long Jump</u>	<u>Triple Jump</u>
1		1		1	1
2		2		2	2
3		3		3	3
4		4			

<u>High Jump</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Pole Vault</u>
1	1	1	1
2	2	2	2
3	3	3	3