

2011 4th Annual Seven Lakes Relays

Seven Lakes High School on Saturday, February 26th.

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

7:00 a.m. Scratch Meeting
8:00 p.m. Field Events
9:00a.m 5000 M Run Boys and 3200m Run Girls
10:00 a.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 21st.**

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

There will be a \$75.00 entry fee per team (boys and girls together would equal 150.00). Please make checks out to SLHS ABC (Seven Lakes High School Athletic Booster Club)

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 _____

4th SEVEN LAKES RELAYS- 2011

Meet information

- Date:** February 26, 2011
- 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 Monday, February 21, 2011**

Seven Lakes will be using the TrackMate 6.02 computer program for the 2011 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 Monday, February 21, 2011.

Entry Fees: There will be a \$75.00 entry fee per team (boys and girls together would equal 150.00). Please make checks out to SLHS ABC (Seven Lakes High School Athletic Booster Club)

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 5000M/ 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, 2010

Seven Lakes High School

SCHEDULE OF EVENTS:

7:00 a.m. SCRATCH MEETING SLHS Room 1702 A and 1702 B

8:00 a.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") North Pit
Boys (opening height 5'6") South of Tennis Courts**

SHOT Boys/Girls (3 attempts; top 8 advance to finals) West ring

DISCUS Girls/Boys (3 attempts; top 8 advance to finals) East ring

POLE VAULT Girls (open at 8'), Boys (open at 11')

**9:00 a.m. 3200 METER RUN Girls
5000 M RUN Boys**

10:00 a.m. RUNNING FINALS (AGAINST TIME)

4 X 100 M RELAY Girls, Boys

800 M RUN 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, Boys

4 X 400 M RELAY Girls, Boys

Seven Lakes Relays Girls Meet Records

2010 Champions College Park 148 points, 2009 Champions Cy-Woods 124.5 point, 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	Oca Williams	College Park	35'-11"	(2010)
High Jump	Ellen Hargrove	Georgetown	5'-4"	(2008)
Pole Vault	Rachel Stewart	College Park	10'-6"	(2010)
3200 M Run	Bree Schrader	Kingwood Park	11:13.43	(2008)
4 x 100 (400 M)	Elita Bryant, Lindsay Isaacson, Danielle Ordonez, Kandace Malone Cy-Fair 49.20 (2008)			
100 M Hurdles	Karis Norwood	College Park	14.78	(2010)
100 M Dash	Craisha Washington	Mayde Creek	11.87	(2010)
800 M Run	Grace Williamson	Langham Creek	2:17.79	(2010)
4 x 200 (800 M)	Andrea Stout, Cassandra Juarez, Simbi George, Chia Nnjai Kempner 1:45.96 (2009)			
400 M Dash	Diamond Dixon	Westside	57.38	(2010)
300 M Hurdles	Chyna Calloway	Langham Creek	43.38	(2010)
200 M Dash	Alexis Herbert	Cy-Woods	25.31	(2010)
1600 M Run	Katie Jensen	College Park	5:13.87	(2010)

4 x 400 (1600 M) Westside High School 4:02.03 (2010)

Seven Lakes Relays Boys Meet Records

2010 Champions Mayde Creek 82 points, 2009 Champions College Park 135 points, 2008 Champions Klein Oak 108 points

Long Jump	Teaundre Perryman	Cy-Springs	21'11"	(2010)
Shot Put	Jon Arthur	Brazoswood	53'3"	(2008)
Discus	Derek Benner	Seven Lakes	152' 8 1/2"	(2009)
Triple Jump	Derek Edwards	Brenham	43' 3 1/2"	(2009)
High Jump	Nathan Lane	Georgetown	6'2"	(2008)
Pole Vault	David McKinzie	Katy-Taylor	15'8"	(2008)
5000 M Run	Chase Rathke	Seven Lakes	15:13.6	(2009)
3200 M Run	Chase Rathke	Seven Lakes	9:24.83	(2008)
4 x 100 (400 M)	Kendrell Washington, Xzavien Raglin, Damon McGregor, Kendrick Washington Brenham 42.09 (2009)			
110 M Hurdles	Gabriel O'Neale	College Park	14.18	(2009)
100 M Dash	Kendrick Washington	Brenham	10.4	(2009)
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	Jessie Martinez	Mayde Creek	50.00	(2010)
300 M Hurdles	Seth Mabry	College Park	39.01	(2008)
200 M Dash	Elie Hall-Thompson	Morton Ranch	21.69	(2010)
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 26, 2011
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>	<u>Time</u>	<u>5000 M Boys Only</u>	<u>Time</u>	<u>4 x 100 M Relay</u>	<u>Time</u>
1		1		1	
2		2		2	
3		3		3	

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

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

<u>1600 M Run</u>	<u>Time</u>	<u>4 x 400 M Relay</u>	<u>Time</u>	<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

DUE DATE: February 21, 2011