

Connally Cougar Invitational

Below are the performances entered for the meet that met the national silver standard.

HS Boys

110 Meter Hurdles 14.60 Michael Collins Houston Strake Jesuit

1600 Meter Run 4:15.90 James Webb Houston Strake Jesuit

1600 Meter Run 4:17.50 Parker Stinson Cedar Park

1600 Meter Run 4:18.90 Sean Welleck Austin St Michaels

1600 Meter Run 4:20.10 Dennis Hodapp Austin St Michaels

1600 Meter Run 4:20.80 John McNamara Andrews

1600 Meter Run 4:21.50 Jay McIllece Cedar Park

1600 Meter Run 4:22.10 Sann Allison Canyon

3200 Meter Run 9:37.70 Sann Allison Canyon

800 Meter Run 1:56.20 James Webb Houston Strake Jesuit

800 Meter Run 1:57.30 Charles Foreman Georgetown

Record setting mile run.

Cougars Defend Home Track, Claim 4th straight Title!!!

With the Weather being an obstacle for many of the areas track meets, causing cancelations, the Connally Cougar Invitational stood firm. Cold and wet conditions did not stop this track meet from moving forward. Many runners from different parts of Texas showed up to compete in what turned out to be one of the best distance competitions in the state. Schools such as Houston Strake Jesuit, Cedar Park, Austin St. Michaels, Smithson Valley, St. Andrews and Georgetown to name a few put on a show in the 1600m run. As one coach put it "That boys mile race is the talk of the state right now (10 runners?4:29 and under)The 7 fastest times run in the state yesterday were run at Connally High School." That being said, the Cougars stood their ground at home to real off their 4th straight meet title. Without the cushion of the field events, the Cougars were forced to flex their muscles on the track alone. The sprint relay lead by Spencer Eggleston, showing off their new all white uniforms, started the afternoon winning the 4X100m relay. Brandon Pittman earned a second straight gold medal ,in as many weeks, claiming 1st in the 100m dash. Marcus Ali placed 2nd in the 110H. The team of Brandin Ndubuisi, Chester Chappell, Matthew Mitchell and Keith Benford secured a first place finish in the sprint medley. Spencer Eggleston followed the medley with a 1st place finish in the 400m run. Not to be outdone, Brian Washington sprinted around the curve in just over 22 seconds to capture a 1st place medal in the 200m dash. That was followed up by the record setting mile run. To cap off an evening of dreary conditions, the mile relay team of Phillip Davis, Brandon Pittman, Brian Washington and Spencer Eggleston sprinted by Smithson Valley in 3:24 seconds to preserve not only a 1st place finish in the relay but a team title as well. Connally have won 4 straight track meets that range from Georgetown to Bryan, Tx. The Cougars will split up and compete in Houston @ the TSU relays and also in Fort Worth @ TCU Horned Frog Invitational next Saturday.