

Cy Woods boys ranked No. 5, Cy-Fair girls ranked No. 4 in CCCAT poll

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The Cross Country Coaches Association of Texas released its preseason poll today.

The Cypress Woods boys are ranked No. 5 in the state. The Cy-Fair girls are ranked No. 4. The Cypress Creek girls are receiving votes, but they haven't quite cracked the Top 10.

The district is full of talent this year in cross country. The battle for a 17-5A crown on the boys' side should be fierce with teams such as Cy Woods and Cy Creek. Cy-Fair and Cy Creek are just two teams expected to fight for a district and possibly a regional title on the girls' side.

Some key runners to watch: Cy Woods' Craig Nowak attended the Nike Elite camp after winning the 5A 1600-meter title in May. Cy Creek's Leslie Schilsky should be one of the leaders for the Lady Cougars.

The 2011 cross country season begins soon. The Cypress Relays take place at 8 a.m. Saturday at Cypress Ranch High School.

(http://www.yourhoustonnews.com/cypress/sports/article_8a21274a-ca0e-11e0-9d01-001cc4c03286.html)