



2023 FMHS TRACK AND FIELD SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
2/16	Navy and White Intrasquad	Flower Mound High School
2/23	Jaguar Invitational	Flower Mound High School
3/4	Coppell Invitational	Coppell High School
3/9	Aubrey Invitational	Aubrey High School
3/17-3/18	Southlake Distance Festival	Southlake Carroll High School
3/23	Max Goldsmith Relays	Lewisville High School
*3/31-4/1	Texas Relays	University of Texas
4/6	Marcus Invitational	Marcus High School
4/12-4/13	District 6-6A Championships	Flower Mound High School
*4/20-21	Area Championships	Coppell High School
*4/28-4/29	Region 1-6A Championships	University of Texas Arlington
*5/13	UIL State Championships	University of Texas

COACHES

Head Coach

Andrew Cook: Sprints and Distance
cooka@lisd.net

Assistant Coaches

Clint Davidson: High Jump/Distance
Casey Fitzgerald: Sprints and Relays
Brent Nickerson: Pole Vault
Jaxon Salinas: Shot Put and Discus
Preston Hodge: Hurdles
Ebony Nwanebu: Long and Triple Jump

***Varsity only and must qualify**

Track Website: fmhsrunning.com

