



2024 FMHS TRACK AND FIELD SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
2/15	Max Goldsmith Relays	Lewisville High School
2/24	Timber Creek Fast Invite	Timber Creek High School
2/29	Jaguar Invitational	Flower Mound High School
3/8	Byron Nelson Invitational	Texan Stadium
3/15-3/16	Southlake Distance Festival	Southlake Carroll High School
3/21	Keller Dave Park Invitational	Keller High School
*3/22-3/23	Jesuit Sheaner Relays	Jesuit High School
3/28	Steve Telaneus Invitational	Marcus High School
*3/29-3/30	Texas Relays	University of Texas
4/3-4/4	District 6-6A Championships	Marcus High School
4/12	Area Championships	Denton Braswell HS
*4/19-4/20	Region 1-6A Championships	University of Texas Arlington
*5/4	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
Daniel Nieboer: Hurdles and Relays
Jaxon Salinas: Shot Put and Discus
Preston Hodge: Pole Vault
Ebony Nwanebu: Long and Triple Jump

***Varsity only and must qualify**

Track Website: fmhsrunning.com

