



## 2025 FMHS TRACK AND FIELD SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
2/14	Byron Nelson Invitational	Texas Stadium (Northwest HS)
2/22	Hebron Hawk Invitational	Hebron High School
2/27	Jaguar Invitational	Flower Mound High School
3/6	Coppell Relays	Coppell High School
*3/7-3/8	Bluebonnet Invitational	Texas A&M University
3/21	Max Goldsmith Relays	Lewisville High School
*3/21-3/22	Jesuit Sheaner Relays	Jesuit High School
3/22	Southlake Distance Festival (Distance Events Only)	Southlake High School
3/28	Texan Twilight Invitational	Texan Stadium (Northwest HS)
4/2-4/3	District 5-6A Championships	Little Elm High School
*4/11	Area Championships	Ron Poe Stadium McKinney
*4/18-4/19	Region 1-6A Championships	University of Texas Arlington
*5/3	UIL State Championships	University of Texas

### **COACHES**

#### Head Coach

Andrew Cook: Sprints and Distance  
cooka@lisd.net

#### Assistant Coaches

Melissa Cook: High Jump/Mid-Distance  
Casey Fitzgerald: Sprints and Relays  
Juan Thrasher: Hurdles and Relays  
Jaxon Salinas: Shot Put and Discus  
Byron Dixon: Pole Vault  
Ebony Rabb: Long and Triple Jump  
Van Green: Field Events

**\*Varsity only and must qualify**

Track Website: [fmhsrunning.com](http://fmhsrunning.com)

