



2026 FMHS TRACK AND FIELD SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
2/19	The Colony Invitational	The Colony High School
2/28	Charger Relays	Keller Central High School
3/5	Coppell Relays	Coppell High School
*3/6-3/7	Bluebonnet Invitational	Texas A&M University
3/13	Byron Nelson Invitational	Texan Stadium
3/20-3/21	Southlake Distance Festival (Distance Events Only)	Southlake High School
3/27	Jaguar Invitational	Flower Mound High School
4/2	Telaneus Invitational	Marcus High School
4/7 & 4/10	District 5-6A Championships	Coppell High School
4/17	Area Championships	Braswell High School
*5/1-5/2	Region 1-6A Championships	University of Texas Arlington
*5/16	UIL State Championships	University of Texas

COACHES

Head Coach

Andrew Cook: Hurdles and Distance
cooka@lisd.net

Assistant Coaches

Melissa Cook: High Jump/Mid-Distance
Casey Fitzgerald: Sprints and Relays
Alex Drummond: Hurdles and Relays
Jaxon Salinas: Shot Put and Discus
Dallas Dagampat: Pole Vault
Ebony Rabb: Long and Triple Jump
Van Green: Field Events

***Varsity only and must qualify**

Track Website: fmhsrunning.com

