



Boys Track & Field NEWSLETTER

Henry Middle School

100 N. Vista Ridge Blvd. Cedar Park, TX. 78613

Boys Coaches' Office-(512) 570-3442

Website Link: <https://sites.google.com/a/leanderisd.org/hms-athletics/>

Parents -

As we are finishing up our basketball season, I wanted to inform you of the next opportunity for your son to participate in at Henry Middle School. **We will have a parent meeting on Wednesday, February 5th at 6:00 p.m. in the HMS Cafeteria to go over our upcoming track season.** We will start our track practices on Monday, February 3rd and we will begin preparing for our first meet on February 12th at Rouse High School. Track & Field consist of 16 different events and a bunch of moving parts. Your child will be able to try-out for any event that he wishes but will have to have timed trial(s) and will have to qualify for the event(s).

Running Events (11 Events)

2400m (1.5 Miles)	300m Hurdles	4x100m Relay
1600m (1 Mile)	200m Run	4x200m Relay
800m Run	110m Hurdles	4x400m Relay
400m Run	100m Run	

Field Events (6 Events)

Long Jump	Pole Vault	High Jump
Triple Jump	Discus	Shot Put

- Athletes can participate in 5 total events (3 running events and 2 field events)
- Not all athletes will compete in 5 events, some will only participate in what events that they qualify for.
- As the season progresses, we are limited to the amount of athletes that can participate in events, so we will take the top qualifiers from each week (practice and meet results) to the next track competitions.
- District Track Meet we are limited to the top 3 athletes per event
- **You do not have to be in 1st/8th Period Athletics to participate in Track & Field.** Practices will be after school for any student that wishes to try-out that is not in the athletic program.
- We will be hosting 2 meets this year at Vista Ridge HS on March 5th and the District Track Meet on March 26-27. We will definitely need help from parents on these dates with the concession stand, please reach out if you will be willing to help.
- Workout times for vary depending on which event your son participates in
- Athletes must be passing ALL their classes in order to participate in Track & Field
- **Must Have A 2024-25 Medical Physical in order to participate in Track & Field**

2025 Boys Track Schedule

As always, thank you for all you do and please contact me if you have any questions.

Craig West
Boys' Coordinator

