

Hays High School Track & Field 2025

Practice begins Monday, January 13, 2025

Report to the practice session and location that applies to you.

This practice schedule applies to Jan 13th - Jan 31st. Schedule may be adjusted slightly in February.

Girls & Boys Distance Crew: (Main contact: dylan.jones@hayscisd.net)

- Athletes planning to run the 800m, 1600m, 3200m
- Monday thru Friday: Athletes in 7th/8th XC Athletics Class will begin during the period until 5:15-ish. Athletes not enrolled in 7th/8th period will begin workout at the track at 4:35p - 6:00p.

Boy's Sprints & Field Events: (Main contact: john.hernandez@hayscisd.net)

- Male athletes planning to run race distances 400m and below and/or participate in any field event.
- Monday - Friday: 4:30p - 5:45p
- Meet at the start line of the track.

Girl's Sprints & Field Events: (Main contact: traci.hightower@hayscisd.net)

- Female athletes planning to run race distances 400m and below and/or participate in any field event.
- Monday & Wednesday: 4:30p - 5:45p; Report to the north end of the track by the score board.
- Tuesday, Thursday & Friday: 6:45a - 8:00a. Meet in the Red Gym for warm-up and then we will report to the track afterwards. Enter through the doors on the north side of the D Building closest to the HighStepper practice room.

To be ready for the season, make sure these five steps are complete.

Step 1: Sign up for the appropriate **SportsYou** code:

Girls Track: FMA6-9AFS

Boys Track: U2LV-ZWUU

Step 2: Fill out this google form to 'sign up'

<https://forms.gle/DErS9hSvMy3PJt16>

- If you are currently in an 'in-season' sport, PLEASE fill out the form, so we can plan for you. Then talk to Coach Hernandez or Coach Hightower about how/when to begin practicing with track & field.



Step 3: RankOne forms must be completed for the 24-25 school year.

Click Here → hayscisd.rankonesport.com

Step 4: Turn in an Athletic Physical dated after April 1, 2024 to the athletic trainer's office.

Most doctors' offices have a copy of the physical form or one can be printed from the link in step 2.

Step 5: PASS ALL YOUR CLASSES FOR THE 2nd NINE WEEKS!!!!

Page 2 of this document has the 2025 T&F Meet Schedule. It will be updated as soon as we fill the open dates.