



**ZAN WESLEY HOLMES MS TRACK & FEILD  
NC1(SW) LEON C ARMWOOD, JR. USN; ret.**

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**From:** Coach Leon C. Armwood, Jr. NC1 (SW) USN; ret.

**Subject:** 2025 Pre-Athletics Track & Field Competition Schedule, Requirements & Location

**Designated Grade Level:** Pre-UIL in grades 3rd - 6th

**Dear Parents, Guardians, and Student-Athletes,**

Your student athlete has been selected to participate in the 2025 Pre-Athletics Track & Field Competition Sponsored by the Health & Physical Education department. Each Student-Athlete must participate in the 1. Developmental, Pre-Qualifier, and the Qualifier meets to participate in the **Individual Event**, and the **Boys & Girls Team Champion. (PLEASE COME TO PRACTICE);** **MODE OF COMMUNICATION WILL GROUP ME; I WILL BE SENDING ALL PARENTS AN INVITE SO WE CAN COMMUNICATE BEFORE AND DURING THE TRACK MEETS THIS SEASON.** Thank you Coach "A" or Armwood.

**Track Meet Guidelines & Expectations "IMPORTANT"**

Encourage students to bring lunch to the **Track Meet** and **water bottle** to **PRACTICE & MEETS**. Parents, if you would like to donate snacks and drinks for our student athletics, please let me know so I can tell you when and where to drop it off. Students must stay with their campus team and track coach(es) at the track stadium. Coaches, Dallas ISD staff & volunteers **are permitted on the field**. Uniforms: Appropriate track & field performance wear (DISTRICT ISSUED). School track uniforms **MUST** be turn-in after every track meet. **Spikes are not permitted**. Running shoes with rubber soles are required.

**REQUIERED BY ALL PARTICIPANT:**

Participation in the Developmental meet.

Pre-Qualifier Meet.

The Qualifier Meet.

Only students who qualify will attend and compete in the Individual Event and Boys & Girls Team Champion.

**EVENTS: (Each athlete can compete in 3 events)**

- |                       |                       |
|-----------------------|-----------------------|
| 1. Standing Long Jump | 6. 400-meter dash,    |
| 2. Softball Throw     | 7. 800-meter dash     |
| 3. Turbo Javelin      | 8. 1600-meter run     |
| 4. 100-meter dash     | 9. 4x100-meter relay  |
| 5. 200-meter dash     | 10. 4x400-meter relay |