

Tryouts are:
Feb 10, 11, 12

2026 Miller Girls Track



- All practices will start at 4:00pm, unless told otherwise.
- All practices will be finished between 5:15 and 5:30 pm depending on your event. **Parent Pick up no later than 5:30pm.**
- We will practice after school and during the athletic period. Girls in athletics will complete workouts during the athletic period.
- Only athletes that need to stay after school are athletes in relays, hurdles or field events. Also, if you are **not in athletics** you will need to stay after school, which is when you will do your workout. No schedule changes will be made for athletics.
- Each runner who participates in a meet will receive a uniform which consists of shorts and a top. Thrower uniforms are different from sprinter uniforms.
- All track participants must have the proper footwear. Athletic shoes are required.
- It is not necessary for all athletes to have spikes for track. It is recommended that sprinters and jumpers have spikes. Ask a coach if you have a question about spikes. We do have some to check out if you do not have your own.
- Remember you tried out for track and took a spot over someone who wanted to be here. **COMMIT AND DON'T QUIT!! You MUST be available for the district meet with no conflicts!**
- It is the coaches' discretion who is placed in meet events.
- After school practices will be with the girls, it is not a time for gossip or socializing. You will be dismissed from the team if you are gossiping or socializing and not training with your event.
- If you need to miss a practice, you must have a note from your parent, guardian and/or doctor. If you miss practice with or without a note, participation in the next meet is at the discretion of the coach.
- **Expect to work hard**, to be sore and be uncomfortable. **Being sore does not mean you are injured or need a day off from practice!!**
- We are hosting the girl's meet on March 3 and Boys on March 4. You are expected to be there both days to help run the meet and to bring items for the coach's hospitality area.
- Events in a track meet are:
 - Relays; 4X100, 4X200, 4X400
 - Open Events; 100m, 200m, 400m, 800m, 1600m, 100 hurdles
 - Field Events; shot put, discus, long jump, high jump, triple jump
- In lieu of an injury, you might be asked to stay and run in an event that you have not trained in; please be open minded! We wouldn't ask you to do it if we thought you couldn't.
- The track schedule is on the back of this sheet. **Make sure that you can participate in the district meet!**
- **Paperwork:** ALL players will need to turn in a 2025-26 completed physical form, a Medical History form, and complete all online forms through Rank One. **All physicals must be dated after April 1, 2024, and uploaded into Rank One. You need to have a green check to be clear.**

2026 GIRLS TRACK SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Williams: All Runners and Relays Garcia: Long and Triple Boynton: High Brevia- Throwers Whaley/Lucas- Hurdles	Feb. 10 <i>Tryouts 4-5:15</i> After School: None athletics (Sprinters), long and triple jump, high jump, discus	Feb. 11 <i>Tryouts 4-5:15</i> After School: None athletics (Mid and long distance 400m, 800m and Mile), hurdles, shot put	Feb. 12 <i>Tryouts 4-5:15 if needed</i> After School: TBD	Feb. 13 <i>Teams Posted</i>
Feb. 16 No Practice Staff Development	Feb. 17 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers SHIRT ORDER DUE	Feb. 18 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Feb. 19 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Feb. 20 <i>Class Period Only</i> Parent Forms Due
Feb. 23 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Feb. 24 Meet 1 at West Early Release at 3:30pm Everyone picked up from West JH	Feb. 25 <i>Practice 4-5:15</i> After School: None athletics, jumpers, hurdles, and throwers Math STAAR Simulation	Feb. 26 <i>Practice 4-5:15</i> After School: Everyone Pictures	Feb. 27 <i>Class Period Only</i>
Mar. 2 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Mar. 3 Meet 2 at Miller	Mar. 4 <i>Class Period Only</i> Boys Meet	Mar. 5 <i>Class Period Only</i>	Mar. 6 <i>Class Period Only</i>
Mar. 9 Spring Break	Mar. 10 Spring Break	Mar. 11 Spring Break	Mar. 12 Spring Break	Mar. 13 Spring Break
Mar. 16 <i>Practice 4-5:15</i> After School: None athletics, jumpers, hurdles, and throwers	Mar. 17 <i>Practice 4-5:15</i> After School: None athletics, jumpers, hurdles, and throwers	Mar. 18 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Mar. 19 Meet 3 at South Early Release at 3:30pm Everyone picked up from South JH	Mar. 20 <i>Class Period Only</i> District Participants Posted
Mar. 23 <i>Practice 4-5:15</i> After School: None athletics, relays, jumpers, hurdles, and throwers	Mar. 24 District Meet at Bonnette Field Event Finals	Mar. 25 District Meet at Deer Park- North Campus Running Finals	Mar. 26 District Meet at Deer Park High- North Campus Running Finals	Mar. 27 Turn in Equipment

- Only girls NOT in athletics, field events, hurdles and relays (not 4x4) need to stay after school.
- All Meets start at 4:30pm. Order of Events: 1600M Run 7/8, 400M Relay 7/8, 800M Run 7/8, 100M Hurdles 7/8, 100M Dash 7/8, 800M Relay 7/8, 400M Dash 7/8, 200M Dash 7/8, 1600M Relay 7/8
- Field Events: Long Jump, Triple Jump, Shot Put, Discus, High Jump
- Sportsyou Code: **B63XVFDH**- ANY CHANGES TO PRACTICE WILL BE SENT THROUGH SPORTSYOU

BMJH Boys and Girls Track Tryouts

February 10, 11, and 12

4:00-5:15

(athletes will be ready for pickup at 5:30)

	Tuesday 2/10	Wednesday 2/11	Thursday 2/12
BOYS	Sprinters (100m, 200m), high jump, discus	Mid and long distance (400m, 800m and Mile), long and triple jump, hurdles, shot put	If needed. Athlete will be notified if they need to stay.
GIRLS	Sprinters (100m, 200m), long and triple jump, hurdles, discus	Mid and long distance (400m, 800m and Mile), high jump, shot put	If needed. Athlete will be notified if they need to stay.

Teams will be posted Thursday, 2/12 or Friday, 2/13