

## 2026 O. Henry Track & Field

All 7th and 8th graders are welcome, no track & field experience required.

### Coaches:

Macie Cohen (macie.cohen@austinisd.org)

Scott Gray (scott.gray@austinisd.org)

Victoria Hinojosa (victoria.hinojosa@austinisd.org)

Jennifer Stewart (jennifer.t.stewart@austinisd.org)

Kevin Gaffney (kevin.gaffney@austinisd.org)

Elliot Hilliard (elliott.hilliard@austinisd.org)

We will hold time trials for meets, but every athlete will make the practice team.

### **Monday, March 2nd is our first time trial/practice**

Please fill out this interest form so we can add you to our contact list!



[tinyurl.com/ohms-track](https://tinyurl.com/ohms-track)

### **Practices will be held on Mondays, Tuesdays, and Wednesdays 4:00-5:00PM**

Athletes must commit to coming to at least 2 out of 3 weekly practices. *Jumping* practice will be held only on Mondays and *throwing* practice will be held only on Tuesdays. Relay team athletes must be able to attend Wednesday practices.

**Most meets will be on Thursday evenings.** We will have weekly track meets starting after Spring Break and ending the last week of April. *We will send the meet schedule as soon as we receive it from the district.*

### **7th/8th Grade Events:**

Individual 100M, 200M, 400M, 800M, and 1600M races

Team Relays - 4x100M, 4x200M, 4x400M

100/110M Hurdles, 300M hurdles

Long Jump, Triple Jump, High Jump

Shot Put, Discus

**Join the SportsYou app** - this is how coaches will communicate with athletes and families throughout the season, especially for last minute weather updates.

Join using the QR code below or download the SportsYou app and enter our team code:

C5PXDHHW



## Track & Field 2026 Time Trials and Practice Schedule

Try out for as many events as you want to! For track meets, runners are limited to 3 running events max.

If you do not “make” an event as one of our top runners, you can still come to practice and work for a spot or be an alternate.

**Athletes must commit to coming to at least 2 out of 3 weekly practices. 3 practices is best. *Jumping* practice will be held only on Mondays and *throwing* practice will be held only on Tuesdays. Relay team athletes *must* be able to attend Wednesday practices.**

### Time Trial Schedule: Week of March 2nd

Monday	100/110M Hurdles, 400M, 1600M, High Jump, Triple and Long Jump
Tuesday	100M, 800M Shot Put and Discus
Wednesday	300M Hurdles, 200M

### Regular Practice Schedule:

Monday	All Running Events, <b>High Jump, Triple and Long Jump</b>
Tuesday	All Running Events, <b>Shot Put and Discus</b>
Wednesday (Meet Prep)	All Running Events *Relay teams must be able to attend Wednesday practices
Thursday	Meet Days
Friday	No Practice