2026-27 HIGHLAND PARK LADY SCOTS TRACK & FIELD

The athletes must have completed the online paperwork before tryouts on **November 16th**, and a UIL physical form emailed (as a pdf – no photos) to Coach Bailey by noon on Monday, November 16th. The physical cannot be dated before May 1, 2026. All forms can be found on the athletic website – www.scotsillustrated.com – Sports – Track & Field (Girls) – scroll down to Forms – 2026-27 UIL HP Physical/Medical History Forms. Rank One Forms

Events

The following is a list of the U.I.L. Track & Field events for girls:

Relays – 400M Relay, 800M Relay, 1600M Relay
Sprints – 100M Dash, 200M Dash, 400M Dash
Hurdles – 100M Hurdles, 300M Hurdles
Distance – 800M Run, 1600M Run, 3200M Run
Throws – Shot Put, Discus
Horizontal Jumps – Long Jump, Triple Jump
Vertical Jump – High Jump, Pole Vault

Testing

Cardiovascular Endurance (2400 M Run)
Sprint Endurance (600 M Run)
Sprint Speed (100 M Dash, 300 M Dash – no blocks)
Distance Jumps (Long Jump, Standing Long Jump)
Distance Throws (Shot Put, Discus)
Height Jumps (High Jump)
Upper Body Strength (Push-ups, Sit-ups, other strength drills)
Body Position Awareness (Tumbling, Drills, etc)
Event Technique (Coach Observation)

Which Events Will Test What (all will have Coach Observation throughout)

Sprints – Sprint Endurance, Sprint Speed, Standing Long Jump, Body Position Awareness
Distance – Sprint Endurance, Cardiovascular Endurance, Body Position Awareness
Hurdles – Sprint Endurance, Sprint Speed, Body Position Awareness, Standing LJ
Throws – Standing LJ, Distance Throws, Body Position Awareness
High Jump – Body Position Awareness, Height Jumps, Standing LJ
Long Jump/Triple Jump – Body Position Awareness, Distance Jumps, Sprint Speed, Standing LJ
Pole Vault – Body Position Awareness, Sprint Speed, Upper Body Strength, Standing LJ

During tryouts, no spikes and no starting blocks will be used.

Schedule (subject to change, if necessary – make-ups will be scheduled with Coaches)

*Athlete Meeting – Tuesday, Nov. 10th @ 3:45 p.m. @ Highlander Stadium.

- **Monday, 11/16** – Measure Standing Long Jump, Time 2400 M Run, Time 300 M Dash, LJ & TJ evaluation, Shot Put evaluation
- **Tuesday, 11/17** – No tryouts due to State Runner-Up Cross Country Team being recognized at the HPISD School Board Meeting.
- **Wednesday, 11/18** – Time 600 M Run (everyone runs this), 100 M Dash, Hurdle evaluation, Discus evaluation
- **Thursday, 11/19** – Meet @ stadium @ 3:45 p.m. Coaches will meet with each athlete individually. For those in 8th period cross country, you will meet with the coaches starting at 2:45 p.m. Everyone will stay at the locker room until everyone has met with the coaches.
- **Friday, 11/20** – No practice. Have a Happy Thanksgiving!

(go to next page)

Other Information

Tryouts will begin each day at 4:00 p.m. Tryouts will be held at Germany Park.
If you cannot attend a scheduled tryout due to another HPISD extra-curricular activity, please email Coach Bailey (baileys@hpisd.org) to set up an appointment to meet with her. Please check with Coach Bailey if you have any questions.

Practice Schedule after Tryouts (subject to change, if necessary)

***Follow Thanksgiving Holiday Calendar.**

- **Monday, Nov. 30th** – 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else. **TRYOUTS: Pole Vault – 4:00 p.m.-5:30 p.m.**

- **Tuesday, Dec. 1st** - 8th period - 4:30 for those in cross country; 4:00 p.m.-5:00 p.m. for everyone else. **TRYOUTS: High Jump – 4:00 p.m.-5:30 p.m.**

- **Wednesday, Dec. 2nd** - No practice - Cross Country Banquet.

- **Thursday, Dec. 3rd** – 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Friday, Dec. 4th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Monday, Dec. 7th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Tuesday, Dec. 8th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Wednesday, Dec. 9th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Thursday, Dec. 10th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

- **Friday, Dec. 11th** - 8th period – 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

***Follow the Winter Break Calendar from Dec. 14th – Jan. 5th.**

***Wednesday, Jan. 6th** – Begin regular practice schedule - Practice 8th period – 5:30 every day.

***Thursday, Jan. 7th** - Team and Individual Pictures @ 3:45 p.m. @ Germany Park and the Parent/Athlete Lady Scots Track & Field Meeting is @ 6:00 p.m. in the Clements Leadership Building.