
Cal
TRACK & FIELD

NFL Football & Track

65% of players in the NFL participated in track & field in high school

31 first or second round picks in the 2026 NFL draft were high school track & field athletes

NFL players in high school



Tyreek Hill – Georgia state 100/200 champion



Jamar Chase – Louisiana state long jump champ



Saquon Barkley – 100m/Long Jump

Christian McCaffrey – Colorado state meet finalist 100/200



Others: Justin Jefferson, Jayden Daniels, Jaylen Waddle., TJ Watt, Myles Garrett, Trey McBride, Quinnen Williams, Chuba Hubbard, Chris Olave, TJ Hockenson, Josh Jacobs, Devin White

Skills You Gain

- Speed
- Quickness
- Power
- Footwork
- Reaction Time
- Coordination
- Explosiveness

Events For Everyone

- Sprints: 100, 200, 400, relays
- Jumps: long jump, triple jump, pole vault, high jump
- Throws: shot put, discus
- Hurdles: 110H, 300H
- Distance: 800, 1600, 3200

Cal High Football & Track

- 32 football players were on the track team in 2026, competing in sprints, jumps, hurdles and throws
- 3 football coaches are on the track & field staff
- RBs, QBs, receivers and DBs are usually good sprinters, jumpers and hurdlers
- Linemen and LBs are usually good throwers and can be sprinters as well

Misc.

- Participating in track & field makes you a better overall athlete and helps your football skills
- Largest team on campus with over 250 boys and girls participating and practicing together
- Participating in track practices and meets is less expensive and more effective than getting personal training and coaching
- Track training is much more than just running. We work specifically on speed, acceleration and quickness