

2012 WCAL Track & Field Championships

Trials - Girls

Wednesday May 9, 2012

Time Schedule

3:00 Coaches Meeting (On the Field – Near Finish Line)
3:00 – 3:30 Implement weigh-in's (Table near 200m Start)
5:00 – 5:30 Implement weigh-in's, if necessary

RUNNING EVENTS

4:00 Girls JV 1600m (*Finals*)
4:20 Girls Varsity 100m Hurdles
4:30 Girls JV 100m Hurdles
4:45 Girls Varsity 400m
5:00 Girls JV 400m
5:15 Girls Varsity 100m
5:25 Girls JV 100m
5:40 Girls Varsity 800m
5:55 Girls JV 800m
6:10 Girls Varsity 300m Hurdles
6:15 Girls JV 300m Hurdles
6:35 Girls Varsity 200m
6:45 Girls JV 200m
7:00 Girls JV 3200m (*Finals*)

FIELD EVENTS

4:00 PM
Girls Varsity Shot Put
Girls JV Discus
Girls JV Pole Vault (*Finals*)
Girls JV High Jump (*Finals*)
Girls Varsity Long Jump
Girls JV Triple Jump
6:00 PM
Girls JV Shot Put
Girls Varsity Discus
Girls JV Long Jump
Girls Varsity Triple Jump

**** If the meet gets ahead of schedule, we will proceed****

May 8, 9 and 11, 2012

Saint Francis High School

Archbishop Mitty • Archbishop Riordan • Bellarmine • Junipero Serra • Notre Dame, Belmont •
Presentation • Sacred Heart Cathedral • Saint Ignatius • Saint Francis • Valley Christian

2012 WCAL Track & Field Championships

Trials - Boys

Tuesday May 8, 2012

Time Schedule

3:00 Coaches Meeting (On the Field – Near Finish Line)
3:00 – 3:30 Implement weigh-in's (Table near 200m Start)
5:00 – 5:30 Implement weigh-in's, if necessary

RUNNING EVENTS

4:00 Boys F/S 1600m (*Finals*)
4:30 Boys Varsity 110m Hurdles
4:45 Boys F/S 65m Hurdles
4:55 Boys Varsity 400m
5:15 Boys F/S 400m
5:35 Boys Varsity 100m
5:50 Boys F/S 100m
6:15 Boys Varsity 800m
6:30 Boys F/S 800m
6:50 Boys Varsity 300m Hurdles
7:05 Boys F/S 300m Hurdles
7:20 Boys Varsity 200m
7:35 Boys F/S 200m
7:55 Boys F/S 3200m (*Finals*)

FIELD EVENTS

4:00 PM
Boys Varsity Shot Put
Boys F/S Discus
Boys F/S Pole Vault (*Finals*)
Boys F/S High Jump (*Finals*)
Boys Varsity Long Jump
Boys F/S Triple Jump

6:00 PM
Boys F/S Shot Put
Boys Varsity Discus
Boys F/S Long Jump
Boys Varsity Triple Jump

**** If the meet gets ahead of schedule, we will proceed****

May 8, 9 and 11, 2012

Saint Francis High School

Archbishop Mitty • Archbishop Riordan • Bellarmine • Junipero Serra • Notre Dame, Belmont •
Presentation • Sacred Heart Cathedral • Saint Ignatius • Saint Francis • Valley Christian

2012 WCAL Track & Field Championships

Finals

Friday May 11, 2012

Time Schedule

4:00 Head Coaches' Meeting (Room 403 – Brick Building near the 200m Start)

4:50 Opening Ceremony – Prayer/National Anthem

RUNNING EVENTS

5:00 Girls Varsity 400m Relay
Girls JV 400m Relay
Boys Varsity 400m Relay
Boys F/S 400m Relay

6:40 Girls Varsity 800m
Girls JV 800m
Boys Varsity 800m
Boys F/S 800m

5:15 Girls Varsity 1600m
Boys Varsity 1600m

7:05 Girls Varsity 300m Hurdles
Girls JV 300m Hurdles
Boys Varsity 300m Hurdles
Boys F/S 300m Hurdles

5:40 Girls Varsity 100m Hurdles
Girls JV 100m Hurdles
Boys Varsity 110m HH
Boys F/S 65m HH

7:30 Girls Varsity 200m
Girls JV 200m
Boys Varsity 200m
Boys F/S 200m

6:05 Girls Varsity 400m
Girls JV 400m
Boys Varsity 400m
Boys F/S 400m

7:50 Girls Varsity 3200m
Boys Varsity 3200m

6:25 Girls Varsity 100m
Girls JV 100m
Boys Varsity 100m
Boys F/S 100m

8:30 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys F/S 1600m Relay
Boys Varsity 1600m Relay

May 8, 9 and 11, 2012

Saint Francis High School

Archbishop Mitty • Archbishop Riordan • Bellarmine • Junipero Serra • Notre Dame, Belmont •
Presentation • Sacred Heart Cathedral • Saint Ignatius • Saint Francis • Valley Christian

2012 WCAL Track & Field Championships

Finals

Friday May 11, 2012

FIELD EVENTS

4:00 – 4:45PM Implement Weigh-In's (Table near the 200m Start)

2:30 PM

Girls Varsity Pole Vault

5:00 PM

Boys Varsity Shot Put

Girls Varsity Discus

Boys Varsity High Jump

Boys Varsity Long Jump

Girls JV Triple Jump

6:15 PM

Boys F/S Shot Put

Girls JV Discus

Boys F/S Long Jump

Girls Varsity Triple Jump

Boys Varsity Pole Vault

7:30 PM

Girls Varsity Shot Put

Boys Varsity Discus

Girls Varsity High Jump

Girls Varsity Long Jump

Boys Varsity Triple Jump

8:15 PM

Girls JV Shot Put

Boys F/S Discus

Girls JV Long Jump

Boys F/S Triple Jump

May 8, 9 and 11, 2012

Saint Francis High School

Archbishop Mitty • Archbishop Riordan • Bellarmine • Junipero Serra • Notre Dame, Belmont •
Presentation • Sacred Heart Cathedral • Saint Ignatius • Saint Francis • Valley Christian