

WEST CATHOLIC ATHLETIC LEAGUE

2014 Track and Field Championships

Trials - Girls

Wednesday May 14, 2014

Time Schedule

3:00 Coaches Meeting (location TBD)
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
4:40 Girls Varsity 400m
4:50 Girls JV 400m
5:00 Girls Varsity 100m
5:10 Girls JV 100m
5:20 Girls Varsity 800m
5:30 Girls JV 800m
5:40 Girls Varsity 300m Hurdles
5:50 Girls JV 300m Hurdles
6:05 Girls Varsity 200m
6:15 Girls JV 200m

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

**** The meet will not proceed ahead of schedule****

May 13, 14 and 16, 2014
Saint Francis High School

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

WEST CATHOLIC ATHLETIC LEAGUE

2014 Track and Field Championships

Trials - Boys

Tuesday May 13, 2014

Time Schedule

3:00 Coaches Meeting (location TBD)
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*)
4:20 Boys Varsity 110m Hurdles
4:30 Boys F/S 65m Hurdles
4:40 Boys Varsity 400m
4:55 Boys F/S 400m
5:10 Boys Varsity 100m
5:20 Boys F/S 100m
5:35 Boys Varsity 800m
5:45 Boys F/S 800m
6:00 Boys Varsity 300m Hurdles
6:10 Boys F/S 300m Hurdles
6:25 Boys Varsity 200m
6:35 Boys F/S 200m

FIELD EVENTS

3:30 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
5:30 PM
Boys F/S Shot Put
Boys Varsity Discus
Boys F/S Long Jump
Boys Varsity Triple Jump

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WEST CATHOLIC ATHLETIC LEAGUE

2014 Track and Field Championships

Finals

Friday May 16, 2014

Time Schedule

3:00 Head Coaches' Meeting (location TBD)

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

6:20 Girls Varsity 800m
Girls JV 800m
Boys Varsity 800m
Boys F/S 800m

5:10 Girls Varsity 1600m (2)
Boys Varsity 1600m (2)

6:40 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

6:55 Girls Varsity 200m
Girls JV 200m
Boys Varsity 200m
Boys F/S 200m

5:55 Girls Varsity 400m
Girls JV 400m
Boys Varsity 400m
Boys F/S 400m

7:10 Girls Varsity 3200m
Girls JV 3200
Boys Varsity 3200m
F/S Boys 3200m

6:10 Girls Varsity 100m
Girls JV 100m
Boys Varsity 100m
Boys F/S 100m

8:00 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys F/S 1600m Relay
Boys Varsity 1600m Relay

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2014 Track and Field Championships

Finals

Friday May 16, 2012

3:00 – 4:30PM Implement Weigh-In's (Table near the 200m Start)

FIELD EVENTS

2:30 Girls Varsity Pole Vault

5:00 Boys Varsity Pole Vault

3:30 Boys Varsity Shot Put
Girls Varsity Discus
Boys Varsity High Jump
Boys Varsity Long Jump
Girls JV Triple Jump

6:005 Girls Varsity Shot Put
Boys Varsity Discus
Girls Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump

4:45 Boys F/S Shot Put
Girls JV Discus
Boys F/S Long Jump
Girls Varsity Triple Jump

7:15 Girls JV Shot Put
Boys F/S Discus
Girls JV Long Jump
Boys F/S Triple Jump

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