

WEST CATHOLIC ATHLETIC LEAGUE

2015 Track and Field Championships

Coaches,

A few reminders, etc. about our upcoming League Championships at Saint Francis High School:

- Each school is allowed **5 entries per event**, per division. If you have a 6th athlete who has a realistic shot at qualifying for CCS, let me know, otherwise we all have a 6th athlete who “deserves” to make the WCAL Championships, but it is too hard to get everyone’s athletes in. It goes without saying, in the spirit of our league, only legitimate marks should be entered.
- For Direct Athletics purposes, please enter either hand times with an “h” at the end of the time, or convert using .24 for all races under 1600m.
- Because of the 7 lanes at our facility, if all 8 boys’ teams enter relays, only the top 7 will be able to compete. SO THAT ALL COACHES MAY PLAN THEIR ENTRIES ACCORDINGLY, PLEASE DECLARE WHETHER OR NOT YOU WILL BE ENTERING 400M AND/OR 1600M RELAYS BY **FRIDAY, MAY 1** TO STEVE FULLER BY E-MAIL (see below).
- This year we have **combined the Boys and Girls Trials** onto the same day: **Saturday, May 9**. Field and Track events both start at 9:00am (with the exception of the Pole Vault which will start at 10:00am).
- Competitors in the shot, disc, long jump and triple jump will each receive 3 attempts at the trials. The top 8 in each division will compete on Friday at finals.
- Please pay careful attention to the **FS/JV 1600m, High Jump** and **Pole Vault** as they are **finals** only on the girls’ and boys’ **trials dates**. **ALL 3200S WILL BE ON FRIDAY AT THE FINALS**.
- All entries will be done on www.directathletics.com and entries must be completed by **Sunday, May 3 at 4:00pm (noon)**. A list of entries will be e-mailed out later on Monday, May 4 to all head coaches so corrections can be made by the evening of Monday, May 4.
- Implement weigh-ins will take place both days.
- CCS At-large qualifying marks are published on the CCS website and included in the Meet Manager program. We will make certain to make those well known during the WCAL Finals.
- The school responsibilities for field events relay exchange zones and hurdles are the same as last year and are documented under separate cover. We also have two possible outside officials for one of the horizontal jumps and discus. We will know more in the next day or two. While we can provide tape measures and the necessary rakes, shovels and brooms, please bring enough people to adequately staff the event. Also, whichever school is running the Shot and Discus each day, please provide someone to perform the weigh-ins.
- Prior to each day’s competition, please note that there will be a head coaches’ meeting. The time and place of each meeting is indicated on the Meet Schedule.
- Please send me the number of assistant coaches for each team prior to Sunday’s closing of entries.
- Please be aware that parking on campus can be challenging. **Please try to arrive on campus as close to 3:00 (not sooner)** as possible for the Finals since the 2:30 – 2:45 time frame will be very congested. Also, buses will be parking on the lot off of NORTH DRIVE (past the hospital). I will send out maps on Saturday. **PLEASE LET ME KNOW IF YOU ARE COMING BY BUS** so we can make sure we have adequate space reserved.

Please feel free to contact me if you have any questions or concerns.

Steve Fuller

WCAL Meet Director

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