

WEST CATHOLIC ATHLETIC LEAGUE

2015 Track and Field Championships

Trials – Boys and Girls

Saturday May 9, 2015

- Head Coach's meeting at 8:00am in the classroom under the arch (starting line area).
- **No Trials for 4x100 and 4x400.** Top 7 teams by time at end of dual meet season.
- **No Trials for VB and VG 1600 and High Jump, and all 3200.** Finals Only.
- **F/S Boys and JV Girls 1600, Pole Vault and High Jump** are Final at the Trials.
- Events proceed in order. No set time schedule.

RUNNING EVENTS

	<u>EVENT</u>	<u>ORDER</u>
9:00AM	1600m	Girls JV - Finals , Boys F/S - Finals
	High Hurdles	VG, JVG, VB, F/SB
	400m	VG, JVG, VB, F/SB
	100m	VG, JVG, VB, F/SB
	800m	VG, JVG, VB, F/SB
	300 IH	VG, JVG, VB, F/SB
	200m	VG, JVG, VB, F/SB

FIELD EVENTS

	<u>EVENT</u>	<u>ORDER</u>
9:00AM	Shot Put	VG, VB, JVG, F/SB
	Discus	VB, VG, F/S B, JVG
	Long Jump	VG, VB, JVG, F/SB
	Triple Jump	VB, VG, F/S B, JVG
	High Jump	Boys F/S - Finals , Girls JV - Finals
10:00AM	Pole Vault	Girls JV - Finals , Boys F/S - Finals

May 9 and 15, 2015
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

2015 Track and Field Championships

Finals

Friday May 15, 2015

Time Schedule

3:30 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 (2)

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

8:15 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys F/S 1600m Relay
Boys Varsity 1600m Relay

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

Start times are estimate. We will proceed to the next division in each event as previous finishes.

FIELD EVENTS

2:00 Girls Varsity Pole Vault

TBD Boys Varsity Pole Vault
(will immediately follow Girl's Pole Vault)

4:00 Boys Varsity Shot Put

Girls Varsity Discus
Boys Varsity High Jump
Boys Varsity Long Jump
Girls JV Triple Jump

6:30: Girls Varsity Shot Put

Boys Varsity Discus
Girls Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump

5:15 Boys F/S Shot Put

Girls JV Discus
Boys F/S Long Jump
Girls Varsity Triple Jump

7:45 Girls JV Shot Put

Boys F/S Discus
Girls JV Long Jump
Boys F/S Triple Jump

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