

# WEST CATHOLIC ATHLETIC LEAGUE

## 2012 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 6<sup>th</sup> athlete who has a realistic shot at qualifying for CCS, let me know, otherwise we all have a 6<sup>th</sup> 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 4 TO STEVE FULLER BY E-MAIL** (see below).
- The **Boys** trials will take place on **Tuesday, May 8** and the **Girls** trials will be on **Wednesday, May 9**. We will begin at 4:00pm both days. 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 Saturday at finals.
- Please pay careful attention to the **FS/JV 1600m, 3200m, High Jump** and **Pole Vault** as they are **finals** only on the girls’ and boys’ **trials dates**.
- All entries will be done on [www.directathletics.com](http://www.directathletics.com) and entries must be completed by **Saturday, May 5 at 11:59am (noon)**. A list of entries will be e-mailed out later on Saturday, May 6 to all head coaches so corrections can be made by the evening of Monday, May 7.
- Implement weigh-ins will take place all three 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.
- I maintained the school responsibilities for field events, relay exchange zones or hurdles from 2011. While we can provide tape measures and the necessary rakes, shovels and brooms, please bring enough people to adequately staff the event.
- 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 Saturday’s closing of entries.
- Please be aware that parking on campus can be challenging. On Tuesday for the Boys trials Saint Francis has a 2:30 dismissal. **Please try to arrive on campus as close to 3:00 (not sooner)** as possible since the 2:30 – 2:45 time frame will be very congested. On Wednesday for the Girls dismal time is 2:10 so the campus should be clear by 2:30. Also, buses will be parking on the lot off of NORTH DRIVE (past the hospital). I will send out maps later this week. **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.

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### 2012 CCS Meet At-Large Standards

Updated 11/11/11

At-Large Entries will be admitted in accordance with [CCS Track & Field Bylaws Section 3.E.1 and 2](#). If an athlete does not qualify for the CCS Semi-Finals at his/her League Championship Meet, but **his/her mark is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years**, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays. ***The mark MUST be achieved at League Finals.***

Marks <http://www.cifccs.org/playoffs/bylaws/11-12/track%20and%20field%20boys%20bylaws.pdf>

BOYS		GIRLS	
EVENT	MARK	EVENT	MARK
100	11.19	100	12.71
200	22.75	200	26.08
400	50.13	400	58.37
800	1:57.60	800	2:19.91
1600	4:26.16	1600	5:16.90
3200	9:36.04	3200	11:28.51
110 HH	15.44	100 HH	15.60
300 IH	40.47	300 LH	46.77
400 Relay	43.69	400 Relay	50.44
1600 Relay	3:27.28	1600 Relay	4:04.44
Long Jump	21' 03.00"	Long Jump	16' 07.00"
Triple Jump	42' 11.00"	Triple Jump	34' 07.00"
High Jump	6' 01.00"	High Jump	5' 00.00"
Pole Vault	13' 03.00"	Pole Vault	9' 09.00"
Shot Put	48' 10.00"	Shot Put	36' 02.00"
Discus	141' 02.00"	Discus	112' 07.00"