

WEST CATHOLIC ATHLETIC LEAGUE

2013 Track and Field Championships

Trials - Girls

Tuesday May 7, 2013

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

4:40 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

6:30 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 7, 8 and 10, 2013

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

2013 Track and Field Championships

Trials - Boys Wednesday May 8, 2013 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*)

4:20 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

~~**7:00** Boys F/S 3200m (*Finals*)~~

Moved to Friday night

FIELD EVENTS

~~**4:00 PM**~~

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

~~**6:00 PM**~~

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

2013 Track and Field Championships

Finals

Friday May 10, 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
Boys F/S 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

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WEST CATHOLIC ATHLETIC LEAGUE

2013 Track and Field Championships

Finals

Friday May 10, 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 Pole Vault

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

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

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