

# **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

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

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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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