

# 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>
<b>9:00AM</b>	1600m	Girls JV - <b>Finals</b> , Boys F/S - <b>Finals</b>
	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>
<b>9:00AM</b>	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 - <b>Finals</b> , Girls JV - <b>Finals</b>
<b>10:00AM</b>	Pole Vault	Girls JV - <b>Finals</b> , Boys F/S - <b>Finals</b>

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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## 2015 Track and Field Championships

### Finals

Friday May 15, 2015

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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