

WEST CATHOLIC ATHLETIC LEAGUE

2016 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 6th athlete who has a realistic shot at qualifying for CCS, let me know, otherwise we all have a 6th 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 **Athletic.net** 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 9 TO STEVE FULLER BY E-MAIL** (see below).
- The **Trials** will take place on **Saturday, May 7**. We will begin at 9:00am. Competitors in the Shot Put, Discus, Long Jump and Triple Jump will each receive **3 attempts** at the trials. The top 8 in each division will compete in the Finals.
- Please pay careful attention to the **FS/JV 1600m and 3200m, High Jump and Pole Vault** as they are **finals** only on the **trials date**.
- All entries this year will be done on [Athletic.net](#) and entries must be completed by **Thursday, May 5 at 12:00pm (noon)**. A list of entries will be e-mailed out later that day to all head coaches so corrections can be made by the **morning of Friday May 6**.
- Implement weigh-ins will take place at both the Trials and Finals.
- 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.
- The school responsibilities for the field events, relay exchange zones and hurdles were decided upon at the January Track meeting, and are documented under separate cover. While we can provide tape measures and the necessary rakes, shovels and brooms, please bring enough people to adequately staff the event. Also, whichever school is running the Shot Put and Discus each day, please provide someone to perform the weigh-ins.
- 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 the closing of entries.
- Please be aware that parking on campus can be challenging. **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. Also, buses will be parking on the lot off of NORTH DRIVE (past the hospital). I will send out maps on Saturday. **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.