

# WEST CATHOLIC ATHLETIC LEAGUE

## 2016 Track & Field Championships

### Trials – Boys and Girls

**Saturday, May 7, 2016**

### Time Schedule

- **8:00am** - Head Coaches' meeting in the classroom under the arch (starting line area)
- **No Trials for 4x100 and 4x400m.** Top 7 teams by time at end of dual meet season.
- **No Trials for 1600m, 3200m, High Jump and Pole Vault.** Finals Only.
- Events proceed in order. No set time schedule.
- NOTE that the 1600 has been moved to the end of the Trials.

#### RUNNING EVENTS

	<u>EVENT</u>	<u>ORDER</u>
9:00 AM	3200m	Girls JV, Boys F/S - <b>FINALS</b>
	High Hurdles	VG, JVG, VB, FSB
	400m	VG, JVG, VB, FSB
	100m	VG, JVG, VB, FSB
	800m	VG, JVG, VB, FSB
	300 IH	VG, JVG, VB, FSB
	200m	VG, JVG, VB, FSB
	1600m	Girls JV, Boys F/S - <b>FINALS</b>

#### FIELD EVENTS

	<u>EVENT</u>	<u>ORDER</u>
9:00 AM	Shot Put	VB, FSB, VG, JVG
	Discus	VG, JVG, VB, FSB
	Long Jump	VB, FSB, VG, JVG
	Triple Jump	VG, JVG, VB, FSB
	High Jump	Boys F/S, Girls JV - <b>FINALS</b>
	Pole Vault	Girls JV, Boys F/S - <b>FINALS</b>

May 7 & 13, 2016

St. Francis High School

Archbishop Mitty • Archbishop Riordan • Bellarmine • Junipero Serra • Notre Dame, Belmont  
Presentation • Sacred Heart Cathedral • Saint Ignatius • Saint Francis • Valley Christian

# **WEST CATHOLIC ATHLETIC LEAGUE**

## **2016 Track & Field Championships**

### **Finals – Boys and Girls**

**Friday, May 13, 2016**

### **Time Schedule**

**3:30pm** - Head Coaches' Meeting in the classroom under the arch (starting line area)

**4:50pm** - Opening Ceremony – Prayer/National Anthem

### **RUNNING EVENTS**

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| <b>5:00</b> Girls Varsity 400m Relay<br>Girls JV 400m Relay<br>Boys Varsity 400m Relay<br>Boys FS 400m Relay | <b>6:20</b> Girls Varsity 800m<br>Girls JV 800m<br>Boys Varsity 800m<br>Boys FS 800m                                 |
| <b>5:10</b> Girls Varsity 1600m<br>Boys Varsity 1600m  | <b>6:40</b> Girls Varsity 300m Hurdles<br>Girls JV 300m Hurdles<br>Boys Varsity 300m Hurdles<br>Boys FS 300m Hurdles |
| <b>5:40</b> Girls Varsity 100m Hurdles<br>Girls JV 100m Hurdles<br>Boys Varsity 110m HH<br>Boys FS 65m HH    | <b>6:55</b> Girls Varsity 200m<br>Girls JV 200m<br>Boys Varsity 200m<br>Boys FS 200m                                 |
| <b>5:55</b> Girls Varsity 400m<br>Girls JV 400m<br>Boys Varsity 400m<br>Boys FS 400m                         | <b>7:10</b> Girls Varsity 3200m<br>Boys Varsity 3200m  |
| <b>6:10</b> Girls Varsity 100m<br>Girls JV 100m<br>Boys Varsity 100m<br>Boys FS 100m                         | <b>7:45</b> Girls JV 1600m Relay<br>Girls Varsity 1600m Relay<br>Boys FS 1600m Relay<br>Boys Varsity 1600m Relay     |

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## **2016 Track & Field Championships**

### **Finals**

**Friday, May 13, 2016**

**3:00 - 4:30 PM** Implement Weigh - In's (Table near the 200m Start)

### **FIELD EVENTS**

**3:00** Girls Varsity Pole Vault  
(Boys Varsity Pole Vault  
will immediately follow)

**3:00** Boys Varsity Long Jump  
Girls Varsity Triple Jump

**4:00** Boys Varsity Shot Put  
Girls Varsity Discus  
Boys Varsity High Jump

**4:15** Boys FS Long Jump  
Girls JV Triple Jump

**5:15** Boys FS Shot Put  
Girls JV Discus

**5:30** Boys Varsity Triple Jump  
Girls Varsity Long Jump

**6:30** Boys Varsity Discus  
Girls Varsity Shot Put  
Girls Varsity High Jump

**6:45** Boys FS Triple Jump  
Girls JV Long Jump

**7:45** Boys FS Discus  
Girls JV Shot Put

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