

WEST CATHOLIC ATHLETIC LEAGUE

2019 TRACK & FIELD CHAMPIONSHIPS

Varsity Trials – Boys and Girls

Tuesday, April 30, 2019

Time Schedule

- **3:00 pm** - 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.

RUNNING EVENTS

	<u>EVENT</u>	<u>ORDER</u>
4:00 PM	High Hurdles	VG, VB
	400m	VG, VB
	100m	VG, VB
	800m	VG, VB
	300 IH	VG, VB
	200m	VG, VB

FIELD EVENTS

	<u>EVENT</u>	<u>ORDER</u>
4:00 PM	Shot Put	VB, VG
	Discus	VG, VB
	Long Jump	VB, VG
	Triple Jump	VG, VB

April 30, May 1 & 3, 2019
St. Francis High School

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

WEST CATHOLIC ATHLETIC LEAGUE

2019 TRACK & FIELD CHAMPIONSHIPS

JV Girls & F/S Boys Trials

Wednesday, May 1, 2019

Time Schedule

- **3:00 pm** - 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.

RUNNING EVENTS

	<u>EVENT</u>	<u>ORDER</u>
4:00 PM	3200m	JVG, FSB - FINALS
	High Hurdles	JVG, FSB
	400m	JVG, FSB
	100m	JVG, FSB
	800m	JVG, FSB
	300 IH	JVG, FSB
	200m	JVG, FSB

FIELD EVENTS

	<u>EVENT</u>	<u>ORDER</u>
3:00 PM	Pole Vault	JVG, FSB - FINALS
4:00 PM	Shot Put	FSB, JVG
	Discus	JVG, FSB
	Long Jump	FSB, JVG
	Triple Jump	JVG, FSB
	High Jump	FSB, JVG - FINALS

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WEST CATHOLIC ATHLETIC LEAGUE

2019 TRACK & FIELD CHAMPIONSHIPS

Varsity, JV Girls & F/S Boys Finals

Friday, May 3, 2019

Time Schedule

RUNNING EVENTS

5:00 Girls JV 1600m
Boys FS 1600m

5:30 Girls Varsity 400m Relay
Girls JV 400m Relay
Boys Varsity 400m Relay
Boys FS 400m Relay

5:40 Girls Varsity 1600m
Boys Varsity 1600m

6:10 Girls Varsity 100m Hurdles
Girls JV 100m Hurdles
Boys Varsity 110m HH
Boys FS 65m HH

6:25 Girls Varsity 400m
Girls JV 400m
Boys Varsity 400m
Boys FS 400m

6:40 Girls Varsity 100m
Girls JV 100m
Boys Varsity 100m
Boys FS 100m

6:50 Girls Varsity 800m
Girls JV 800m
Boys Varsity 800m
Boys FS 800m

7:10 Girls Varsity 300m Hurdles
Girls JV 300m Hurdles
Boys Varsity 300m Hurdles
Boys FS 300m Hurdles

7:25 Girls Varsity 200m
Girls JV 200m
Boys Varsity 200m
Boys FS 200m

7:40 Girls Varsity 3200m
Boys Varsity 3200m

8:15 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys FS 1600m Relay
Boys Varsity 1600m Relay

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
(Girls Varsity High Jump
will immediately follow)

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

7:30 Boys FS Discus
Girls JV Shot Put

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