

# 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

## 2018 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 - <b>FINALS</b>
	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 - <b>FINALS</b>
4:00 PM	Shot Put	FSB, JVG
	Discus	JVG, FSB
	Long Jump	FSB, JVG
	Triple Jump	JVG, FSB
	High Jump	FSB, JVG - <b>FINALS</b>

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## 2019 TRACK & FIELD CHAMPIONSHIPS

### 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