

# 2010 WCAL Track & Field Championships

## Trials - Girls

Wednesday May 12, 2010

### Time Schedule

3:00 Coaches Meeting (On the Field – Near Finish Line)

3:00 – 3:30 Implement weigh-in's (Table near 200m Start)

5:00 – 5:30 Implement weigh-in's, if necessary

#### **RUNNING EVENTS**

**4:00** Girls JV 1600m (***Finals***)

**4:20** Girls Varsity 100m Hurdles

**4:30** Girls JV 100m Hurdles

**4:45** Girls Varsity 400m

**5:00** Girls JV 400m

**5:15** Girls Varsity 100m

**5:25** Girls JV 100m

**5:40** Girls Varsity 800m

**5:55** Girls JV 800m

**6:10** Girls Varsity 300m Hurdles

**6:15** Girls JV 300m Hurdles

**6:35** Girls Varsity 200m

**6:45** Girls JV 200m

**7:00** Girls JV 3200m (***Finals***)

#### **FIELD EVENTS**

**4:00 PM**

Girls Varsity Shot Put

Girls JV Discus

Girls JV Pole Vault (***Finals***)

Girls JV High Jump (***Finals***)

Girls Varsity Long Jump

Girls JV Triple Jump

**6:00 PM**

Girls JV Shot Put

Girls Varsity Discus

Girls JV Long Jump

Girls Varsity Triple Jump

**\*\* If the meet gets ahead of schedule, we will proceed\*\***

May 11, 12 and 14, 2010

Saint Francis High School

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Notre Dame, Belmont • Presentation • Sacred Heart Cathedral •

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## Trials - Boys

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3:00 Coaches Meeting (On the Field – Near Finish Line)

3:00 – 3:30 Implement weigh-in's (Table near 200m Start)

5:00 – 5:30 Implement weigh-in's, if necessary

#### RUNNING EVENTS

**4:00** Boys F/S 1600m (**Finals**)

**4:30** Boys Varsity 110m Hurdles

**4:45** Boys F/S 65m Hurdles

**4:55** Boys Varsity 400m

**5:15** Boys F/S 400m

**5:35** Boys Varsity 100m

**5:50** Boys F/S 100m

**6:15** Boys Varsity 800m

**6:30** Boys F/S 800m

**6:50** Boys Varsity 300m Hurdles

**7:05** Boys F/S 300m Hurdles

**7:20** Boys Varsity 200m

**7:35** Boys F/S 200m

**7:55** Boys F/S 3200m (**Finals**)

#### FIELD EVENTS

**4:00 PM**

Boys Varsity Shot Put

Boys F/S Discus

Boys F/S Pole Vault (**Finals**)

Boys F/S High Jump (**Finals**)

Boys Varsity Long Jump

Boys F/S Triple Jump

**6:00 PM**

Boys F/S Shot Put

Boys Varsity Discus

Boys F/S Long Jump

Boys Varsity Triple Jump

**\*\* If the meet gets ahead of schedule, we will proceed\*\***

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# 2010 WCAL Track & Field Championships

## Finals

Friday May 14, 2010

### Time Schedule

4:00 Head Coaches' Meeting (Room 403 – Brick Building near the 200m Start)

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

**6:40** Girls Varsity 800m  
Girls JV 800m  
Boys Varsity 800m  
Boys F/S 800m

**5:15** Girls Varsity 1600m  
Boys Varsity 1600m

**7:05** 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

**7:30** Girls Varsity 200m  
Girls JV 200m  
Boys Varsity 200m  
Boys F/S 200m

**6:05** Girls Varsity 400m  
Girls JV 400m  
Boys Varsity 400m  
Boys F/S 400m

**7:50** Girls Varsity 3200m  
Boys Varsity 3200m

**6:25** Girls Varsity 100m  
Girls JV 100m  
Boys Varsity 100m  
Boys F/S 100m

**8:30** Girls JV 1600m Relay  
Girls Varsity 1600m Relay  
Boys F/S 1600m Relay  
Boys Varsity 1600m Relay

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## Finals

Friday May 14, 2010

### FIELD EVENTS

4:00 – 4:45PM Implement Weigh-In's (Table near the 200m Start)

#### **5:00 PM**

Boys Varsity Shot Put  
Girls Varsity Discus  
Girls Varsity Pole Vault  
Boys Varsity High Jump  
Boys Varsity Long Jump  
Girls JV Triple Jump

#### **6:15 PM**

Boys F/S Shot Put  
Girls JV Discus  
Boys F/S Long Jump  
Girls Varsity Triple Jump  
Boys Varsity Pole Vault

#### **7:30 PM**

Girls Varsity Shot Put  
Boys Varsity Discus  
Girls Varsity High Jump  
Girls JV Long Jump  
Boys Varsity Triple Jump

#### **8:15 PM**

Girls JV Shot Put  
Boys F/S Discus  
Girls Varsity Long Jump  
Boys F/S Triple Jump

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