

# 2008 WCAL Track & Field Championships

## Trials - Boys

**May 7, 2008**

## Time Schedule

- 1:40 Coaches Meeting (Classroom inside bleachers – Enter by the snack bar)  
1:45 – 2:30 Implement weigh-in's (Inside track storage shed at end of straightaway)  
3:15 – 4:00 Implement weigh-in's, if necessary

### **RUNNING EVENTS**

- 2:30 Boys F/S 1600m  
3:00 Boys Varsity 110m Hurdles  
3:15 Boys F/S 65m Hurdles  
3:25 Boys Varsity 400m  
3:45 Boys F/S 400m  
4:05 Boys Varsity 100m  
4:20 Boys F/S 100m  
4:45 Boys Varsity 800m  
5:00 Boys F/S 800m  
5:20 Boys Varsity 300m Hurdles  
5:35 Boys F/S 300m Hurdles  
5:50 Boys Varsity 200m  
6:05 Boys F/S 200m  
6:25 Boys F/S 3200m

### **FIELD EVENTS**

- 2:30 PM**  
Boys Varsity Shot Put  
Boys F/S Discus  
Boys F/S Pole Vault  
Boys F/S High Jump  
Boys Varsity Long Jump  
Boys F/S Triple Jump  
**4:30 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\*\***

# 2008 WCAL Track & Field Championships

## Finals

**May 10, 2008**

### Time Schedule

9:00 Head Coaches' Meeting (Classroom inside bleachers – Enter by the snack bar)

10:15 Opening Ceremony – Prayer/National Anthem

### RUNNING EVENTS

10:30 Girls Varsity 400m Relay  
Girls JV 400m Relay  
Boys Varsity 400m Relay  
Boys F/S 400m Relay

12:10 Girls Varsity 800m  
Girls JV 800m  
Boys Varsity 800m  
Boys F/S 800m

10:45 Girls Varsity 1600m  
Boys Varsity 1600m

12:35 Girls Varsity 300m Hurdles  
Girls JV 300m Hurdles  
Boys Varsity 300m Hurdles  
Boys F/S 300m Hurdles

11:10 Girls Varsity 100m Hurdles  
Girls JV 100m Hurdles  
Boys Varsity 110m HH  
Boys F/S 65m HH

1:00 Girls Varsity 200m  
Girls JV 200m  
Boys Varsity 200m  
Boys F/S 200m

11:35 Girls Varsity 400m  
Girls JV 400m  
Boys Varsity 400m  
Boys F/S 400m

1:20 Girls Varsity 3200m  
Boys Varsity 3200m

11:55 Girls Varsity 100m  
Girls JV 100m  
Boys Varsity 100m  
Boys F/S 100m

2:15 Girls JV 1600m Relay  
Girls Varsity 1600m Relay  
Boys F/S 1600m Relay  
Boys Varsity 1600m Relay

May 7, 8, 10, 2008

Junipero Serra High School

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

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## Finals

**May 10, 2008**

### FIELD EVENTS

**8:30 - 9:15 AM Implement Weigh - In's**  
(Inside track storage shed at end of straightaway)

#### **9:30 AM**

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

#### **11:00 AM**

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

**11:15 AM -12:15 PM Implement Weigh - In's**  
(Inside track storage shed at end of straightaway)

#### **12:30 PM**

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

#### **2:00 PM**

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

May 7, 8, 10, 2008

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