

SPECTATOR PACKET



WCAL



WEST CATHOLIC ATHLETIC LEAGUE TRACK AND FIELD CHAMPIONSHIPS

TRIALS AND FINALS | SAINT FRANCIS HIGH SCHOOL



TRIALS: MAY 3, 2025 | 9:00AM-4:00PM

FINALS: MAY 9, 2025 | 3:00PM-9:00PM

WCAL CHAMPIONSHIPS @ SFHS TRACK AND FIELD FACILITY MAP



WCAL CHAMPIONSHIP TICKETS AND START LISTS

TRIALS: MAY 3



FINALS: MAY 9



We will be using a paperless ticket system for all spectators. Please use the corresponding QR code for each day.

\$10.00...General Admission

\$5.00...Student

FREE...Children 10 and under



ROSTER ATHLETICS



APPLE



ANDROID

We are happy to partner with Roster Athletics to bring you this year's WCAL Start Lists and Live Results!

Use the following QR Codes to access the app on your device.

Search "WCAL Championships 2025" to view start lists.

WCAL TRIALS

SCHEDULE OF EVENTS

(MOST UP TO DATE SCHEDULE ON ROSTER ATHLETICS)

Reminders

- 8:00am Head Coaches Meeting (Room 505)
- Due to a 7 lane track at Saint Francis, teams with the top 7 times for the 400M & 1600M relays will contest those relays at WCAL Finals.
- No Trials for FSB/JVG 1600m, 3200m, High Jump, or Pole Vault. Finals Only.
- Field Events start at 9:00am and proceed in the following order. Track Events will also start promptly at 9:00am. Start Lists and Approx. Start Times can be found on the Roster Athletics App - Search "WCAL Championships 2025."
- The Trials meet will conclude with four 3200M relays. These relays will be contested as Finals.

FIELD EVENTS

9:00am Start Time

Long Jump (VB, FSB, VG, JVG)

Triple Jump (VG, JVG, VB, FSB)

Shot Put (VB, FSB, VG, JVG)

Discus Throw (VG, JVG, VB, FSB)

High Jump (FSB, JVG)

Pole Vault (JVG, FSB)

*All throwers and horizontal jumpers will receive 4 attempts at trials (3 for FS/JV). Top 12 by division will qualify for the Finals.

TRACK EVENTS

9:00am Start Time

3200M (JVG, FSB)
FINAL

800M (VG, VB)

High Hurdles (VG, JVG, VB, FSB)

400M (VG, JVG, VB, FSB)

100M (VG, JVG, VB, FSB)

800M (JVG, FSB)

300M Hurdles (VG, JVG, VB, FSB)

200M (VG, JVG, VB, FSB)

3200M Relay (VG, JVG, VB, FSB)
FINAL

MAY 3, 2025 | 9:00AM-4:00PM

WCAL FINALS SCHEDULE OF EVENTS

(MOST UP TO DATE SCHEDULE ON ROSTER ATHLETICS)

TRACK EVENTS

- 5:00 Girls JV 1600m
Boys F/S 1600m
- 5:30 Girls Var. 400M Relay
Girls JV 400M Relay
Boys Var. 400M Relay
Boys F/S 400M Relay
- 5:45 Girls Var. 1600m
Boys Var. 1600m
- 6:10 Girls Var. 100m Hurdles
Girls JV 100m Hurdles
Boys Var. 110m Hurdles
Boys F/S 65m Hurdles
- 6:25 Girls Var. 400m
Girls JV 400m
Boys Var. 400m
Boys F/S 400m
- 6:40 Girls Var. 100m
Girls JV 100m
Boys Var. 100m
Boys F/S 100m
- 6:55 Girls Var. 800m
Girls JV 800m
Boys Var. 800m
Boys F/S 800m
- 7:15 Girls Var. 300m Hurdles
Girls JV 300m Hurdles
Boys Var. 300m Hurdles
Boys F/S 300m Hurdles
- 7:30 Girls Var. 200m
Girls JV 200m
Boys Var. 200m
Boys F/S 200m
- 7:45 Girls V 3200m
Boys V 3200m
- 8:30 Girls JV 1600m Relay
Girls Var. 1600m Relay
Boys F/S 1600m Relay
Boys Var. 1600m Relay

FIELD EVENTS

- 3:00 Boys Var. Long Jump
Girls JV Triple Jump
Girls JV Discus Throw
- 4:00 Boys Var. Shot Put
Boys Var. High Jump
Girls Var. Pole Vault
Boys Var. Pole Vault (Will
Immediately Follow Girls)
- 4:15 Boys F/S Long Jump
Girls Var. Triple Jump
Girls Var. Discus Throw
- 5:15 Boys F/S Shot Put
- 5:30 Boys Var. Triple Jump
Girls Var Long Jump
Boys Var. Discus Throw
- 6:30 Girls Var. Shot Put
Girls Var. High Jump
- 6:45 Boys F/S Triple Jump
Girls JV Long Jump
Boys F/S Discus Throw
- 7:45 Girls JV Shot Put

*All throwers and horizontal jumpers will receive 3 initial attempts at Finals. Then, the Top 9 will be re-seeded and receive an additional 3 attempts.

MAY 9, 2025 | 3:00PM-9:00PM