

## 2019 TCAL Track & Field Trials

Wednesday, May 01, 2019

Tokay High School

### Track Event Schedule

4:00 Start time

JV Girls	100 M Intermediate Hurdles 33"
Varsity Girls	100 M Intermediate Hurdles 33"
JV Boys	110 M Intermediate Hurdles 36"
Varsity Boys	110 M High Hurdles 39"
JV Girls	400 M
JV Boys	400 M
Varsity Girls	400 M
Varsity Boys	400 M
JV Girls	100 M
JV Boys	100 M
Varsity Girls	100 M
Varsity Boys	100 M
JV Girls	800 M
JV Boys	800 M
Varsity Girls	800 M
Varsity Boys	800 M
JV Girls	300 M Low Hurdles 30"
Varsity Girls	300 M Low Hurdles 30"
JV Boys	300 M Low Hurdles 33"
Varsity Boys	300 M Intermediate Hurdles 36"
JV Girls	200 M
JV Boys	200 M
Varsity Girls	200 M
Varsity Boys	200 M

Note: There are no trials in the 1600 M, 3200 M, 400 M Relay, or 1600 M Relay.  
If there are 9 or fewer athletes in an event, they automatically move on to finals.

### Field Event Schedule (trials and finals are conducted on the same day)

Top 9 in the throws and horizontal jumps move into finals.

JV Boys Discus	2:00 PM	Varsity Boys Discus	4:00 PM
JV Girls High Jump	2:00 PM	Varsity Girls High Jump	4:00 PM
JV Boys Triple Jump	2:00 PM (North Pit)	Varsity Boys Triple Jump	4:00 PM
JV Boys Pole Vault	2:00 PM	Varsity Boys Pole Vault	4:00 PM
JV Girls Shot Put	2:00 PM	Varsity Girls Shot Put	4:00 PM
JV Girls Long Jump	2:00 PM (South Pit)	Varsity Girls Long Jump	4:00 PM

(Unified athletes in the Long Jump and Shot Put should compete at the same time as Frosh/Soph. )

**TCAL Track & Field Finals**

**Friday May 3, 2019**

**Tokay High School**

**(Top 6 advance to the Sac Joaquin Division I Section meet at Elk Grove H.S.)**

**Track Events Schedule**

**4:00 Start**

JV Girls	400 M Relay
JV Boys	400 M Relay
Varsity Girls	400 M Relay
Varsity Boys	400 M Relay
JV Girls	1600 M
JV Boys	1600 M
Varsity Girls	1600 M
Varsity Boys	1600 M
JV Girls	100 M Intermediate Hurdles 33"
Varsity Girls	100 M Intermediate Hurdles 33"
JV Boys	110 M Intermediate Hurdles 36"
Varsity Boys	110 M High Hurdles 39"
JV Girls	400 M
JV Boys	400 M
Varsity Girls	400 M
Varsity Boys	400 M
Girls Unified	100 M
Boys Unified	100 M
JV Girls	100 M
JV Boys	100 M
Varsity Girls	100 M
Varsity Boys	100 M
JV Girls	800 M
JV Boys	800 M
Varsity Girls	800 M
Varsity Boys	800 M
JV Girls	300 M Low Hurdles 30"
Varsity Girls	300 M Low Hurdles 30"
JV Boys	300 M Low Hurdles 33"
Varsity Boys	300 M Intermediate Hurdles 36"
JV Girls	200 M
JV Boys	200 M
Varsity Girls	200 M
Varsity Boys	200 M
JV Girls	3200 M
JV Boys	3200 M
Varsity Girls	3200 M
Varsity Boys	3200 M
JV Girls	1600 M Relay
JV Boys	1600 M Relay
Varsity Girls	1600 M Relay
Varsity Boys	1600 M Relay

**Field Event Schedule** (trials and finals are conducted on the same day)  
Top 9 in the throws and horizontal jumps move into finals.

JV Girls Discus	2:00 PM	Varsity Girls Discus	4:00 PM
JV Boys High Jump	2:00 PM	Varsity Boys High Jump	4:00 PM
JV Girls Triple Jump	2:00 PM (North Pit)	Varsity Girls Triple Jump	4:00 PM
JV Girls Pole Vault	2:00 PM	Varsity Girls Pole Vault	4:00 PM
JV Boys Shot Put	2:00 PM	Varsity Boys Shot Put	4:00 PM
JV Boys Long Jump	2:00 PM (South Pit)	Varsity Boys Long Jump	4:00 PM

(Unified athletes in the Long Jump and Shot Put should compete at the same time as  
Frosh/Soph. )