

Spring 2024 Track Championship Events

PAL Varsity Championships

- Trials – Thursday, April 25, 2024 @ Menlo-Atherton 5:00 PM Field Events/5:30 PM Running Events
- Finals – Saturday May 4, 2024 @ Menlo-Atherton 4:00 PM Field Events/5:00 PM Running Events

PAL F/S Championship Meet

- Saturday, April 27, 2024 @ Terra Nova
 - Field Events: 10:00 am
 - Running Events: 10:00 am

CCS Championships

- Semi-finals – Saturday, May 11, 2024 –TBA
- Finals – Saturday, May 18, 2024 – TBA

State Finals

- Semifinals: Friday, May 24, 2024 @ Buchanan HS
- Finals: Saturday, June 1, 2024 @ Buchanan HS

PAL Track and Field Varsity Championship Events with Awards Schedule Thursday, April 25, 2024 @ Menlo-Atherton - Varsity Trials

- Weights and Measures: 3:45-4:30 p.m.
- Field Events Contested at Trials as Finals 5:00 PM Start
- Boys – TJ-HJ-Discus
- Girls – LJ-PV-SP

Running Events Order 5:30 PM Start Rolling Schedule

Girls 1600

Boys 1600

Girls 100 H

Boys 110 H

Girls 400

Boys 400

Awards presentation – Boys Discus

Girls 100

Boys 100

Awards presentation – Girls Pole Vault & Boys High Jump

Girls 800

Boys 800

Awards presentation – Girls Shot Put

Girls 300 H

Awards presentation – Boys Triple Jump

Boys 300 H

Awards presentation – Girls Long Jump

Girls 200

Saturday, May 4, 2024 @ Menlo-Atherton - Varsity Finals
Field Events Contested at Trials as Finals 4:00 pm

- Weights and Measures: 2:45-3:30 p.m.
- Boys LJ-PV-SP
- Girls HJ-TJ-Disc

Running Events 5:00 pm start
(All races to have one heat unless otherwise noted)

5:00 Girls 4x100 (2 Sections)

5:10 Boys 4x100 (2 Sections)

5:20 Girls 1600

5:30 Boys 1600

Awards Presentation – Girls/Boys 4x100

5:45 Girls 100 H

Awards Presentation – Boys Shot Put

5:50 Boys 110 H

Awards Presentation – Boys/Girls 1600

6:00 Girls 400

6:05 Boys 400

Awards Presentation – Girls/Boys 100/110 H

6:15 Girls 100

6:20 Boys 100

Awards Presentation Boys/Girls 400

6:30 Girls 800

Awards Presentation Girls Discus

6:35 Boys 800

Awards Presentation Girls/Boys 100 & Boys PV

6:45 Girls 300 H

Awards Presentation Girls TJ

6:50 Boys 300 H

Awards Presentation Girls/Boys 800

7:00 Girls 200

Awards Presentation Girls HJ

7:05 Boys 200

Awards Presentation Boys/Girls 300 H

7:15 Girls 3200

Awards Presentation Boys LJ

7:30 Boys 3200

Awards Presentation Girls/Boys 200 - Girls 3200

7:45 Girls 4x400 (2 Sections)

Awards Presentation Boys 3200

8:00 Boys 4x400 (2 Sections)

Awards Presentation Boys/Girls 4x400

Awards Presentation Team Championships

TRACK FROSH/SOPH MEET

Saturday, April 27th at Terra Nova HS

Running Events Rolling Schedule - 9:00 am Start

Timed sections for all events

G 4x100

B 4x100

G 1600

B 1600

G 100 H

B 110 H

G 400

B 400

G 100

B 100

Lunch Break ~30 minutes

G 800

B 800

G 300 IH

B 300 IH

G 200

B 200

G 3200

B 3200

All Field events must be completed and scored before final relays start

G 4x400

B 4x400

Field events

Weights and measures: 9:00-9:45 & 11:30-12:15

10:00

Boys: Long jump, pole vault, shot put

Girls: Triple jump, high jump, discus

12:30

Boys: Triple jump, high jump, discus

Girls: Long jump, pole vault, shot put