

**2020 PAL Track and Field**  
**(All races to have one heat unless otherwise noted)**

**PAL Varsity Championship Meet**

Trials – Friday, May 1, 2020 @ Sequoia 4:00 PM

Finals - Saturday May 9, 2020 @ Sequoia 10:30 AM Field Events/11:00 Running Events

**PAL FS Championship Meet**

Saturday, May 2, 2020 @ Terra Nova HS/10:00 AM /Field Events (Boys PV. GTJ 9:00 AM/Boys HJ,SP. Girls Discus 10:00 am)

**CCS Championships**

Trials – Saturday, May 16, 2020 – Gilroy High School/TBA

Finals – Friday, May 22, 2020 – Gilroy High School/TBA

**State Finals**

Friday/Saturday, May 29 – May 30, 2020 – Buchanan HS, Fresno/TBA

**PAL Track and Field Events with Awards Schedule**

Friday, May 1, 2020 @ Sequoia – Rolling Schedule 4:00 PM Start

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

Field Events Contested at Trials as Finals - Boys TJ/HJ/Discus

Girls – LJ/PV/SP

Weights and Measures: 2:30-3:30 p.m. Field Events to start at 4:00 pm

## **Saturday, May 9, 2020 @ Sequoia - Finals**

11:00 Girls 4x100  
11:10 Boys 4x100  
11:20 Girls 1600  
11:30 Boys 1600  
Awards Presentation – Girls/Boys 4x100  
11:45 Girls 100 H  
Awards Presentation – Boys Shot Put  
11:50 Boys 110 H  
Awards Presentation – Boys/Girls 1600  
12:00 Girls 400  
12:05 Boys 400  
Awards Presentation – Girls/Boys 100/110 H  
12:15 Girls 100  
12:20 Boys 100  
Awards Presentation Boys/Girls 400  
12:30 Girls 800  
Awards Presentation Girls Discus  
12:35 Boys 800  
Awards Presentation Girls/Boys 100 Boys PV  
12:45 Girls 300 H  
Awards Presentation Girls TJ  
12:50 Boys 300 H  
Awards Presentation Girls/Boys 800  
1:00 Girls 200  
Awards Presentation Girls HJ  
1:05 Boys 200  
Awards Presentation Boys/Girls 300 H  
1:15 Girls 3200  
Awards Presentation Boys LJ  
1:30 Boys 3200  
Awards Presentation Girls/Boys 200 - Girls 3200  
1:45 Girls 4x400  
Awards Presentation Boys 3200  
2:00 Boys 4x400  
Awards Presentation Boys 4x400/Team Championships

Field Events Contested at Finals

Boys LJ-PV-SP Girls HJ-TJ-Disc

Field Events to start at 10:30 a.m.

## **TRACK FROSH/SOPH MEET**

**Saturday May 9th at Terra Nova**  
**Rolling Schedule - 10:00 am Start**

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

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.

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