

Peninsula Athletic League Track and Field 2020 Bay Division

Aragon.Carlmont.Menlo-Atherton.Mills.Sequoia.Westmoor

Wednesday, March 18, 2020 – 3:00

Westmoor @ Carlmont

Wednesday, March 25, 2020 – 3:00

Sequoia @ Mills

Aragon @ Carlmont

Westmoor @ Menlo-Atherton

Wednesday, April 1, 2020 – 3:00

Aragon @ Mills

Wednesday, April 8, 2020 – 3:00

Menlo-Atherton @ Sequoia

Wednesday, April 15, 2020 – 3:00

Westmoor @ Aragon

Sequoia @ Carlmont

Mills @ Menlo-Atherton

Wednesday, April 22, 2020 – 3:00

Mills @ Westmoor

Menlo-Atherton @ Carlmont

Aragon @ Sequoia

Wednesday, April 29, 2020 – 3:00

Menlo-Atherton @ Aragon

Carlmont @ Mills

Westmoor @ Sequoia

PAL Varsity Championships @ Sequoia

Varsity Trials – Friday, May 1, 2020 – 4:00 PM/field and running events

Varsity Finals – Saturday, May 9, 2020 – 10:30 AM field events/11:00 AM running events

PAL FS Championship Meet @ Terra Nova

Saturday, May 2, 2020 - 9:00 AM field events/10:00 AM running events

CCS Championships

Trials – Saturday, May 16, 2020 – TBA

Finals – Friday, May 22, 2020 – TBA

Peninsula Athletic League

Track and Field

2020

Ocean Division

Capuchino.Half Moon Bay.Hillsdale.San Mateo.Terra Nova.Woodside

Wednesday, March 18, 2020 – 3:00

Woodside @ Capuchino

Wednesday, March 25, 2020 – 3:00

Capuchino @ Half Moon Bay

Woodside @ Hillsdale

San Mateo @ Terra Nova

Wednesday, April 1, 2020 – 3:00

Hillsdale @ San Mateo

Half Moon Bay @ Terra Nova

Wednesday, April 15, 2020 – 3:00

Woodside @ San Mateo

Hillsdale @ Half Moon Bay

Terra Nova @ Capuchino

Wednesday, April 22, 2020 – 3:00

Capuchino @ San Mateo

Hillsdale @ Terra Nova

Half Moon Bay @ Woodside

Wednesday, April 29, 2020 – 3:00

Terra Nova @ Woodside

Capuchino @ Hillsdale

San Mateo @ Half Moon Bay

PAL Varsity Championships @ Sequoia

Varsity Trials – Friday, May 1, 2020 – 4:00 PM/field and running events

Varsity Finals – Saturday, May 9, 2020 – 10:30 AM field events/11:00 AM running events

PAL FS Championship Meet @ Terra Nova

Saturday, May 2, 2020 - 9:00 AM field events/10:00 AM running events

CCS Championships

Trials – Saturday, May 16, 2020 – TBA

Finals – Friday, May 22, 2020 – TBA

**Peninsula Athletic League
Track and Field
2020
Lake Division**

Burlingame.El Camino.Jefferson.Oceana.South San Francisco

Wednesday, March 25, 2020 – 3:00

Burlingame @ South San Francisco
Jefferson @ Oceana

Wednesday, April 1, 2020 – 3:00

Burlingame @ Jefferson

Wednesday, April 8, 2020 – 3:00

El Camino @ South San Francisco

Wednesday, April 15, 2020 – 3:00

Jefferson @ El Camino
Oceana @ Burlingame

Wednesday, April 22, 2020 – 3:00

El Camino @ Oceana
South San Francisco @ Jefferson

Wednesday, April 29, 2020 – 3:00

South San Francisco @ Oceana
El Camino @ Burlingame

PAL Varsity Championships @ Sequoia

Varsity Trials – Friday, May 1, 2020 – 4:00 PM/field and running events

Varsity Finals – Saturday, May 9, 2020 – 10:30 AM field events/11:00 AM running events

PAL FS Championship Meet @ Terra Nova

Saturday, May 2, 2020 - 9:00 AM field events/10:00 AM running events

CCS Championships

Trials – Saturday, May 16, 2020 – TBA

Finals – Friday, May 22, 2020 – TBA

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