

CA Track & Field Winter Championships

ARCADIA HIGH SCHOOL

- FEBRUARY 11, 2017 -

How to qualify to compete in the CA Winter Championships:

- Qualifying into the CA Winter Championships will be solely based on performance marks
- All marks must be achieved at one of the official Qualifying Meets listed below
- **Athletes that win their event must still meet the minimum qualifying standard**

Admission into a Qualifying Meet:

- Each athlete must fill out a form / waiver and pay the \$12 admission fee
- Athletes will be entered into software database and given a unique BIB# to identify them
 - Athletes not wearing their bib will not be allowed to compete
- Be sure to arrive early to avoid long lines and wait times
- All athletes will compete *unattached* at qualifier meets –
 - Team names are not needed until they qualify and register for the CA Winter Championships

Qualifying Meets

Region	Site	Date	Time	Meet Director Email
Central Coast	Westmont College	Jan 14	11am	smelley@westmont.edu
Orange County	Laguna Beach	Jan 14	9am	swittkop@lbusd.org
San Gabriel Valley	Arcadia	Jan 21	9am	cschultz@ausd.net
Orange County	Irvine	Jan 21	9am	brentonyoungren@iusd.org
Riverside	ML King	Jan 21	9am	jcorona@rusd.k12.ca.us
Inland Empire	Corona	Jan 28	9am	mgardner@cnusd.k12.ca.us
North Coast	Dublin	Jan 28	9am	coachchriswilliams@yahoo.com
San Gabriel Valley	Claremont	Jan 28	9am	vamarasekara@cusd.claremont.edu
North Coast	College of San Mateo	Jan 28	9am	laytenm@smccd.edu
Los Angeles	Los Alamitos	Jan 28	9am	nhoward@losal.org
Ventura	Simi Valley	Jan 28	9am	snr@steveringgold.com
San Joaquin	UC Davis	Jan 28	9am	delizondo@ucdavis.edu
San Gabriel Valley	Azusa Pacific	Feb 4	10am	mbarnett@apu.edu
North Coast	UC Berkeley	Feb 4	9am	mgipson@berkeley.edu
Central Valley	Dinuba	Feb 4	9am	lichtenwaldt@gmail.com
San Diego North	Great Oak	Feb 4	9am	dsoles@tvusd.k12.ca.us
South Bay	Redondo Beach	Feb 4	9am	bobster1962@mac.com
Inland Empire	Roosevelt	Feb 4	9am	jrobles@cnusd.k12.ca.us

Cost: \$12.00 unlimited entry for athletes and \$5.00 spectators

Weather: All events that can be safely contested will be run rain or shine

ORDER OF EVENTS:

Running Events:

1500m
60m Hurdles
60m Dash
600m
*DMR (1200-400-800-1600)
SMR (100-100-200-400)
4x800m Relay
300m
3000m
4x200m Relay
Pentathlon

Field Events:

Long Jump
Triple Jump (follows LJ)
High Jump
Pole Vault
Shot Put
*Weight Throw (follows SP)

(4) attempts for all horizontal events

*** DMR and Weight Throw not contested at qualifier meets**

- A rolling time schedule will be used for all events; athletes must follow the progress of the meet

Qualifying into the CA Winter Championships:

Qualifying into the CA Winter Championships will be solely based on performance marks, and must be achieved at one of the official Qualifying Meets. Athletes that win their event must still meet the minimum qualifying standard. Athletes may compete in multiple qualifying meets.

If an athlete meets the minimum qualifying standards (see chart below) at one of the qualifying meets, that athlete will be invited to compete in the CA Track & Field Winter Championships

Relay members must be from the same High School – **NO ALL-STAR TEAMS!!**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.50	8.55
60m Hurdles	9.20	11.30
300m	37.70	44.60
600m	1:30.00	1:44.50
1500m	4:20.00	5:20.00
3000m	9:30.00	11:20.00
4x200m Relay	1:36.00	1:54.00
SMR (1-1-2-4)	1:40.00	2:00.00
4x800m Relay	8:40.00	10:30.00
*DMR (12-4-8-16)	11:40.00	13:40.00
Long Jump	19-8	15-6
Triple Jump	40-10	32-10
High Jump	6-0	5-0
Pole Vault	13-6	10-0
Shot Put	46-6	33-10
**25/20 Wt	INVITE	INVITE
**Pentathlon	INVITE	INVITE

* No need to compete in DMR to qualify. All 4 members must sign up at qualifier meet and be able to meet standard

** For consideration to compete in the Weight Throw or Pentathlon, please email Rich Benoy: rich@vsathletics.com

Registering for the CA Winter Championships

All qualifying athletes wishing to compete in the CA Track & Field Winter Championship Finals must sign up on the day of the qualifying meet and pay the entry fee at that time.

- There will be a sign-up table at all qualifying meets
- All registrations must be done at the qualifying meets
- The entry fee to compete is \$20 per athlete, for unlimited competition of qualified events
 - **Cash is preferred – Checks can be made payable to: Athletics Management**
- No late registrations accepted
- No refunds

Additional Rules / Regulations for the CA Winter Championships

- Only athletes currently enrolled in a CA High School may compete
 - Athletes can participate for only the high school they attend
 - Teams consisting of athletes from multiple high schools will be disqualified **(No All-Star Teams)**
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CA WINTER CHAMPIONSHIP FINALS

Saturday February 11, 2017 @ Arcadia High School

Meet Management: Chris Drescher chris@vsathletics.com

Rich Benoy rich@vsathletics.com

**Final CA Winter Track & Field Championships Meet Information to be posted on
VS Athletics, Finished Results & PrepCalTrack websites**

