

CA Winter Championships

Saturday February 9, 2019 @ Arcadia HS

How to qualify to compete in the 2019 CA Winter Championships:

1. Compete at one of the official Qualifying Meets listed below
2. Achieve the qualifying performance marks listed below at one of the official Qualifying Meets
3. Sign up for the CA Winter Championships and pay the \$25 entry fee
4. Retain your **Golden Bib** – this is your ticket into the CA Winter Championships!

Admission into a Qualifying Meet:

- Arrive early to avoid long lines and wait times
- 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
- All athletes will compete *unattached* at qualifier meets
 - Team names are not needed until they qualify/register for the CA Winter Championships.

Qualifying Meets

<i>Site</i>	<i>Date</i>	<i>Time</i>	<i>Meet Director Email</i>
Costa Mesa	Jan 12	9am	swittkop@lbusd.org
Marshall LA	Jan 12	9am	coachmanuelgomez@gmail.com
Roosevelt	Jan 12	9am	jrobles@cnusd.k12.ca.us
Turlock	Jan 12	12pm	tmoren@turlock.k12.ca.us
Covina	Jan 19	9am	kglaspy@c-vusd.org
Irvine	Jan 19	9am	brentonyoungren@iusd.org
Paramount	Jan 19	9am	paramountpiratestnf@gmail.com
Redondo	Jan 19	9am	bobster1962@mac.com
Thousand Oaks	Jan 19	9am	t.spencer@sportsscholarshipsusa.com
Claremont	Jan 26	9am	vamarasekara@cusd.claremont.edu
Del Norte	Jan 26	9am	vsathletics.chrisruff@gmail.com
Dublin	Jan 26	9 am	coachchriswilliams@yahoo.com
Los Alamitos	Jan 26	9am	nhoward@losal.org
Arcadia	Feb 2	9am	cschultz@ausd.net
Dinuba	Feb 2	11am	lichtenwaldt@gmail.com
Great Oak	Feb 2	9am	dsoles@tvusd.k12.ca.us
Simi Valley	Feb 2	9am	snr@steveringgold.com

Cost: \$12.00 unlimited entry for athletes

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

We are looking for host location in the Sacramento Area, please contact us if you interested in hosting a CA Winter Champs Qualifier

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 (at the final only)

Field Events:

Long Jump
Triple Jump (follows LJ)
High Jump
Pole Vault
Shot Put
Weight Throw (at the Final only)

(4) attempts for the horizontal jumps & throws

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

Qualifying Standards for the 2019 CA Winter Championships:

Athletes must achieve the minimum qualifying standard (see chart below) at one of the qualifying meets. Winning your event does not automatically qualify you for the CA Winter Champs. You must still meet the minimum standards below. Relay members must be from the same High School – **NO ALL-STAR TEAMS!!**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.47	8.38
60m Hurdles	9.57	11.00
300m	37.70	44.60
600m	1:29	1:46
1500m	4:20	5:16
3000m	9:27	11:18
4x200m Relay	1:37	1:54
SMR (1-1-2-4)	1:41	2:03
4x800m Relay	8:44	10:40
DMR (12-4-8-16)	11:38	14:00
Long Jump	19-10	16-00
Triple Jump	40-10	32-10
High Jump	5-10	5-00
Pole Vault	13-06	10-03
Shot Put	45-06	33-00
25/20 Weight	*By email	*By email
Pentathlon	*By email	*By email

*For the Weight Throw email Rich Benoy at rich@vsathletics.com for consideration to compete

**For the Pentathlon, email Rich Gonzalez at richgonzaleztrack@gmail.com for consideration to compete

Registering for the 2019 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 must also pay the entry fee at that time.

- There will be a sign-up table at each qualifier meet for all athletes that qualify to the Winter Championships meet at Arcadia High on Feb. 9th.
- All registrations for THAT meet must be done at the qualifying meets only. No sign-ups allowed at the Winter Championship meets.
- The entry fee to compete at the Winter Championships meet is \$25 per athlete, for unlimited competition of all qualified events for that athlete. This must be paid AT your qualifier meet.
 - **Cash is preferred – Checks can be made payable to: Athletics Management**
- ***You will be given a Golden Bib Number – this is your receipt and ticket into the CA Winter Championships!***
- No late registrations accepted
- No refunds

Additional Rules / Regulations for the 2019 CA Winter Championships

- Only athletes currently enrolled in a CA High School may compete
- Athletes compete unattached; however, all relays MUST be comprised from individuals attending the same high school.
- Teams consisting of athletes from multiple high schools will be disqualified
 - **(No All-Star Teams)**

Meet Management

Rich Benoy
Chris Drescher
Rich Gonzalez

rich@vsathletics.com
chris@finishedresults.com
richgonzaleztrack@gmail.com

Final CA Winter Track & Field Championships meet information will be posted on the VS Athletics, Finished Results & PrepCalTrack websites.

