



## **\*\*2023 California T&F Winter Championships\*\***

**Saturday, February 4th @ Arcadia HS**

### *How to qualify:*

1. Compete at one of the official 'Qualifier Meets' listed below. (Entry fee of \$12 is required.)
2. Achieve a qualifying performance mark (listed below) at one of the official Qualifier Meets.
3. Sign up and pay a separate \$25 entry fee for the Finals **AT YOUR QUALIFIER MEET**. Upon completing this step, you will be given a "Golden Bib."
4. Retain your **Golden Bib** – this is your entry ticket into the California Winter Championships on February 4th at Arcadia!

### *Admission into a Qualifier meet:*

- Arrive early to avoid long lines and wait times.
- Each athlete **MUST** fill out a form/waiver and pay the \$12 admission fee for that Qualifier meet.
- Athletes will be given a unique meet bib to identify them at that Qualifier meet only.
  - Athletes not wearing their unique bib will not be allowed to compete at that Qualifier meet.
- All athletes will compete *unattached* at all Qualifier meets.
  - Team names aren't needed until athletes qualify/register for the CA Winter Championships.

### *List of the 2023 Qualifier meets:*

<i>Site</i>	<i>Date</i>	<i>Time</i>	<i>Waiver</i>	<i>Meet Director's Contact Email</i>
Great Oak HS	December 17	9 a.m.		<a href="mailto:rgarcia3@tvusd.us">rgarcia3@tvusd.us</a>
Los Alamitos HS	December 17	9 a.m.		<a href="mailto:nhoward@losal.org">nhoward@losal.org</a>
***Cal State Fullerton	January 7	9 a.m.		<a href="mailto:mpertusati@fullerton.edu">mpertusati@fullerton.edu</a>
University of La Verne	January 7	9 a.m.		<a href="mailto:kreid@leverne.edu">kreid@leverne.edu</a>
South Pasadena HS	January 7	9 a.m.		<a href="mailto:cbrichards600@gmail.com">cbrichards600@gmail.com</a>
Canyon Crest Academy	January 7	9 a.m.	<a href="#">Waiver</a>	<a href="mailto:andrew.corman@sduhsd.net">andrew.corman@sduhsd.net</a>
Tokay HS	January 7	9 a.m.		<a href="mailto:gwright@lodihsd.net">gwright@lodihsd.net</a>
Arcadia HS	January 14	9 a.m.	<a href="#">Waiver</a>	<a href="mailto:cschultz@ausd.net">cschultz@ausd.net</a>
Palma HS	January 14	9 a.m.		<a href="mailto:thadmoren@gmail.com">thadmoren@gmail.com</a>
Rancho Cucamonga HS	January 14	9 a.m.		<a href="mailto:terryrchs@hotmail.com">terryrchs@hotmail.com</a>
Simi Valley HS	January 14	9 a.m.		<a href="mailto:snr@steveringgold.com">snr@steveringgold.com</a>
Covina Dist. Stadium	January 21	9 a.m.		<a href="mailto:kglaspy@c-vusd.org">kglaspy@c-vusd.org</a>
Great Oak HS	January 21	9 a.m.		<a href="mailto:rgarcia3@tvusd.us">rgarcia3@tvusd.us</a>
Los Alamitos HS	January 21	9 a.m.		<a href="mailto:nhoward@losal.org">nhoward@losal.org</a>
Roosevelt HS (Eastvale)	January 21	9 a.m.		<a href="mailto:coachshonna4@yahoo.com">coachshonna4@yahoo.com</a>
University City HS	January 21	11 a.m.		<a href="mailto:jhutsel@cox.net">jhutsel@cox.net</a>
Arcadia HS	January 28	9 a.m.	<a href="#">Waiver</a>	<a href="mailto:cschultz@ausd.net">cschultz@ausd.net</a>
Pittsburg HS	January 28	9 a.m.		<a href="mailto:pittsburgtrack@gmail.com">pittsburgtrack@gmail.com</a>
Redondo Union HS	January 28	9 a.m.		<a href="mailto:bobster1962@mac.com">bobster1962@mac.com</a>
Simi Valley HS	January 28	9 a.m.		<a href="mailto:snr@steveringgold.com">snr@steveringgold.com</a>
Vista Murrieta HS	January 28	9 a.m.		<a href="mailto:ccandaele@murrieta.k12.ca.us">ccandaele@murrieta.k12.ca.us</a>

\*\*\* CS Fullerton qualifier offers the pentathlon! (The Feb. 4 pentathlon at Arcadia HS only requires you to sign up for it via email. The CS Fullerton pentathlon is not required to do it on 2/4 – but it's good preparation for it!)

**Cost at each Qualifier:** \$12.00, includes unlimited event entry in that Qualifier meet only.

**Weather scheduling:** All events that can be safely contested will be held, rain or shine

## ORDER OF EVENTS:

### Running Events:

1500m Run  
60m Dash  
60m Hurdles  
150m Dash  
600m Dash  
4x200 Relay  
Distance Medley Relay  
4x800 Relay  
300m Dash  
3000m Run  
Sprint Medley Relay (100-100-200-400)

### Field Events (4 attempts in LJ, TJ & SP):

Long Jump  
Shot Put  
High Jump  
Pole Vault  
Triple Jump (follows Long Jump)  
\*Weight Throw (At the February 4 Finals only)  
\*\*Pentathlon (CS Fullerton & the Finals only)

- A 'rolling' time schedule will be used for all events; athletes must follow the progress of the meet.
- In all track events, athletes are limited to one (1) attempt per event at each Qualifier they attend.

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## Qualifying Standards for the 2023 CA Winter Championships:

Athletes must achieve the minimum qualifying standard (see below) at one of the Qualifier Meets. Winning your event does not automatically qualify you for the CA Winter Champs. You must also meet the minimum standard. Relay members must attend the same school. **NO ALL-STAR TEAMS!**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.56	8.54
150m Dash	17.40	19.75
300m	38.20	44.75
600m	1:31.00	1:49.00
1500m	4:22.00	5:18.00
3000m	9:27.00	11:23.00
60m Hurdles	9.96	11.40
4x200m Relay	1:38.00	1:55.30
SMR (1-1-2-4)	1:42.00	2:03.00
4x800m Relay	8:44.00	10:44.00
DMR (12-4-8-16)	11:32.00	14:06.00
Long Jump	19-08.00	16-00.00
Triple Jump	39-10.00	32-05.00
High Jump	5-09.00	4-10.00
Pole Vault	13-00.00	10-06.00
Shot Put	44-00.00	32-00.00
25 lb./20 lb. Weight Throw	*By email only	*By email only
Pentathlon	**By email only at Google Form listed below.	

- For the Weight Throw, please email [rich@vsathletics.com](mailto:rich@vsathletics.com) by 1/28 for entry consideration.
- For Pentathlon entry, please fill out the Google Form document below by 1/28 for consideration:  
<https://forms.gle/NHUtRGnp1TCfCbbC6>

### Meet Management:

Rich Benoy	<a href="mailto:rich@vsathletics.com">rich@vsathletics.com</a>
Chris Drescher	<a href="mailto:chris@finishedresults.com">chris@finishedresults.com</a>
Rich Gonzalez	<a href="mailto:richgonzaleztrack@gmail.com">richgonzaleztrack@gmail.com</a>

## Registering for the Winter Championships Finals

**This can ONLY be done at the Qualifiers! No late entries accepted!**

- There will be a sign-up table at each Qualifier meet for athletes that hit the qualifying mark into the Winter Championships (which are on February 4th at Arcadia High School)
- All registrations for the February 4 Finals meet must be done at your Qualifier meet only. No sign-ups will be allowed at the Winter Championships Final. No late registrations accepted!
- **The entry fee to compete at the Winter Championships meet is \$25 per athlete and must be paid at your Qualifier meet only.** This fee covers all the events that the athlete qualifies for into the Finals.
  - **Cash is preferred – Checks can be made payable to: Athletics Management**
- Upon paying the \$25 fee and registering for the Finals, you will be given a Golden Bib. Save this bib and bring it with you to the Winter Championships Finals on February 4th. This bib is your payment receipt & your ticket into the CA Winter Championships at Arcadia HS!
- **Again, NO** late registrations **will be** accepted. There are no refunds.

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### **Process for reporting any improvements in your qualifying marks:**

- The events at the Feb. 4 Finals will be seeded based on marks achieved at Qualifier meets.
- If you attend an additional Qualifier meet and further improve your mark, you must report that improvement within 24 hours of the end of that Qualifier for that new mark to be considered for seeding. Email improvement mark to [trakn@yahoo.com](mailto:trakn@yahoo.com). Please include your name, your assigned “Golden Bib” number, and a link to the results of your improved performance.

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### **Additional Rules / Regulations for the 2023 CA Winter Championships**

- Athletes compete unattached; however, all relay teams **MUST** be comprised of individuals attending the same high school.
- Participating athletes must bring two (2) signed waivers to the Winter Championships Finals on February 4th. These two waivers will be posted online when final entries are released.
- Relays consisting of athletes from multiple high schools will be DQ’ed. **(No All-Star Teams!)**
- **Final schedule and details for the Feb. 4<sup>th</sup> Finals meet will be posted by Monday, January 30<sup>th</sup>.**

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#### **Meet Management**

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

