

2022 CA Winter Championships!

Saturday January 29th @ 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 CA Winter Championships on Jan. 29!

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 Qualifier meets for the 2022 Cailifornia Winter Championships:

<i>Site</i>	<i>Date</i>	<i>Time</i>	<i>Meet Director Email</i>
Los Alamitos	Dec 18	9 a.m.	nhoward@losal.org
Roosevelt	Dec 18	9 a.m.	coachshonna4@yahoo.com
South Pasadena	Dec 29	9:30 a.m.	cbrichards600@gmail.com – Rained out!
Arcadia	Jan 8	9 a.m.	cschultz@ausd.net
Great Oak	Jan 8	9 a.m.	rgarcia3@tvusd.us
Roosevelt	Jan 8	9 a.m.	coachshonna4@yahoo.com
Simi Valley	Jan 8	9 a.m.	snr@steveringgold.com
Los Alamitos	Jan 15	9 a.m.	nhoward@losal.org
James Madison	Jan 15	9 a.m.	12jewelz.co@gmail.com
South Pasadena	Jan 15	9 a.m.	cbrichards600@gmail.com
Rancho Cucamonga	Jan 15	9 a.m.	terryrchs@hotmail.com
Covina Dist. Stadium	Jan 22	9 a.m.	kglaspy@c-vusd.org
Dinuba	Jan 22	12 p.m.	lichtenwaldt@gmail.com
Palma	Jan 22	9 a.m.	thadmoren@gmail.com
Pittsburg	Jan 22	10 a.m.	pittsburgtrack@gmail.com
Redondo	Jan 22	9 a.m.	bobster1962@mac.com
Simi Valley	Jan 22	9 a.m.	snr@steveringgold.com
Vista Murrieta	Jan 22	9 a.m.	ccandaele@murrieta.k12.ca.us

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

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

ORDER OF EVENTS AT EACH QUALIFIER:

Running Events:

1500m Run
 60m Dash
 60m Hurdles
 150m Dash
 600m Dash
 4x200m Relay
 Distance Medley Relay
 Mixed 4x400m Relay
 4x800m Relay
 300m Dash
 3000m Run
 Sprint Medley Relay (100-100-200-400)

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

There will be no co-ed field events!

Order of field events is below unless a qualifier meet chooses to run two pits/rings at same time.

Long Jump (Separately – Girls, then Boys)
 Shot Put (Separately – Boys, then Girls)
 High Jump (Separately – Girls, then Boys)
 Pole Vault (Separately – Girls, then Boys)
 Triple Jump (Separately – Boys, then Girls)
 *Weight Throw (At Championship Finals only)
 **Pentathlon (At Championship 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.

Qualifying Standards for the 2022 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	7.52	8.45
150m Dash	17.25	19.60
60m Hurdles	9.75	11.25
300m	37.92	44.60
600m	1:29.00	1:47.20
1500m	4:20.00	5:16.00
3000m	9:27.00	11:18.00
4x200m Relay	1:37.00	1:54.00
Co-ed 4x400 (2 boys/2 girls)	3:44.00	3:44.00
SMR (1-1-2-4)	1:41.00	2:03.00
4x800m Relay	8:40.00	10:40.00
DMR (12-4-8-16)	11:18.00	13:50.00
Long Jump	19-08.00	16-00.00
Triple Jump	40-04.00	32-08.00
High Jump	5-10.00	5-00.00
Pole Vault	13-03.00	10-07.00
Shot Put	45-00.00	32-09.00
25 lb./20 lb. Weight Throw	*By email only	*By email only
Pentathlon	**By email only	**By email only

- For the Weight Throw, please email rich@vsathletics.com by 1/20 for entry consideration.
- For the Pentathlon, please email richgonzaleztrack@gmail.com by 1/20 for entry consideration.

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 Jan. 29 at Arcadia High School)
- All registrations for the Jan. 29 Finals meet must be done at your Qualifier meet only. No late 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 Jan. 29. This bib is your proof-of-payment receipt & also your ticket into the CA Winter Championships at Arcadia HS!
- **Again, NO** late registrations **will be** accepted. There are no refunds.

Process for reporting any improvements in your qualifying marks:

- The events at the Jan. 29 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 improvement to be considered for seeding. Email improvement mark to trakn@yahoo.com. Please include your name, your assigned “Golden Bib” number, and a link to the official results of your improved performance.

Additional Rules / Regulations for the 2022 CA Winter Championships

- Athletes compete unattached; however, all relays **MUST** be comprised from individuals attending the same high school.
- Participating athletes must bring two (2) signed waivers to the Winter Championships Finals on Jan. 29. These two waivers will be posted online when final entries are released in late January.
- Teams consisting of athletes from multiple high schools will be disqualified.
 - **(No All-Star Teams!)**

Meet Management

Rich Benoy

rich@vsathletics.com

Chris Drescher

chris@finishedresults.com

Rich Gonzalez

richgonzaleztrack@gmail.com

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



www.FinishedResults.com

