

CA Winter Championships

Saturday February 17, 2018 @ Arcadia HS

How to qualify to compete in the 2018 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. (See important note below about **additional fee that also must be paid on the same day as your qualifier meet** if you end up qualifying for the championships.)
- 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/register for the CA Winter Championships. At the Winter Championships, athletes compete unattached; affiliations will be used for ID purposes.

Qualifying Meets

Site	Date	Time	Meet Director Email
ML King	Jan 13	9 a.m.	jcorona@rusd.k12.ca.us
Laguna Beach	Jan 13	9 a.m.	swittkop@lbusd.org
Arcadia	Jan 20	9 a.m.	cschultz@ausd.net
Irvine	Jan 20	9 a.m.	brentonyoungren@iusd.org
Corona	Jan 20	9 a.m.	mgardner@cnusd.k12.ca.us
Westmont College	Jan 20	11 a.m.	smelley@westmont.edu
Claremont	Jan 27	9 a.m.	vamarasekara@cusd.claremont.edu
Dublin	Jan 27	12 p.m.	coachchriswilliams@yahoo.com
Great Oak	Jan 27	9 a.m.	dsoles@tvusd.k12.ca.us
Los Gatos	Feb 3	9 a.m.	WillieHarmatz@aol.com
Roosevelt	Feb 3	9 a.m.	jrobles@cnusd.k12.ca.us
Los Alamitos	Feb 3	9 a.m.	nhoward@losal.org
Del Norte	Feb 3	9 a.m.	trackcoach33@gmail.com
Turlock HS	Feb 3	9 a.m.	TMoren@turlock.k12.ca.us
Thousand Oaks	Feb 3	9 a.m.	t.spencer@sportsscholarshipsusa.com
Covina	Feb 10	9 a.m.	kglaspy@c-vusd.org
Redondo	Feb 10	9 a.m.	bobster1962@mac.com
Simi Valley	Feb 10	9 a.m.	snr@steveringgold.com
Dinuba	Feb 10	11 a.m.	lichtenwaldt@gmail.com

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 (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

*** DMR is being contested at the qualifier meets this year!**

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

Qualifying into the 2018 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 standards listed below. Athletes may compete at multiple qualifying meets. There will be no weight throw or pentathlon at the qualifiers, just the final (request entry by email.) If an athlete meets the minimum qualifying standard (see chart below) at one of the qualifying meets, that athlete will be invited to compete in the CA Track & Field Winter Championships in the event in which he/she has qualified. Relay members must be from the same High School – **NO ALL-STAR TEAMS!!**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.33	8.25
60m Hurdles	9.36	11.00
300m	37.70	44.60
600m	1:29.00	1:46.00
1500m	4:20.00	5:16.00
3000m	9:30.00	11:20.00
4x200m Relay	1:36.00	1:54.00
SMR (1-1-2-4)	1:41.00	2:03.00
4x800m Relay	8:44.00	10:40.00
DMR (12-4-8-16)	11:40.00	13:55.00
Long Jump	19-10.00	16-00.00
Triple Jump	40-10.00	32-10.00
High Jump	5-10.00	5-00.00
Pole Vault	13-06.00	10-03.00
Shot Put	45-06.00	33-00.00
25/20 Wt	*By email	*By email
Pentathlon	**By email	**By email

*- To request entry into the Weight Throw, please email Rich Benoy at Rich@vsathletics.com

** - To request entry into the Pentathlon, please RichGonzalezTrack@gmail.com & matt@vsathletics.com

Registering for the 2018 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. 17th. 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 \$20 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! You must bring this Golden Bib with you to the Championship Meet!
- No late registrations accepted
- No refunds

Additional Rules / Regulations for the 2018 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**)

CA WINTER CHAMPIONSHIP FINALS Saturday February 17, 2018 @ Arcadia High School

Meet Management: Chris Drescher chris@vsathletics.com
Rich Benoy rich@vsathletics.com

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

