



****2023 California 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>Meet Director Email</i>
Great Oak	December 17	9 a.m.	rgarcia3@tvusd.us
Los Alamitos	December 17	9 a.m.	nhoward@losal.org
Cal State Fullerton	January 7	9 a.m.	mpertusati@fullerton.edu
Great Oak	January 7	9 a.m.	rgarcia3@tvusd.us
University of La Verne	January 7	9 a.m.	kreid@leverne.edu
South Pasadena	January 7	9 a.m.	cbrichards600@gmail.com
Tokay	January 7	9 a.m.	gwright@lodi.usd.net
Arcadia	January 14	9 a.m.	cschultz@ausd.net
Palma	January 14	9 a.m.	thadmoren@gmail.com
Rancho Cucamonga	January 14	9 a.m.	terryrchs@hotmail.com
Simi Valley	January 14	9 a.m.	snr@steveringgold.com
Covina Dist. Stadium	January 21	9 a.m.	kglaspy@c-vusd.org
Los Alamitos	January 21	9 a.m.	nhoward@losal.org
Roosevelt (Eastvale)	January 21	9 a.m.	coachshonna4@yahoo.com
Arcadia	January 28	9 a.m.	cschultz@ausd.net
Pittsburg	January 28	9 a.m.	pittsburgtrack@gmail.com
Redondo Union	January 28	9 a.m.	bobster1962@mac.com
Simi Valley	January 28	9 a.m.	snr@steveringgold.com
Vista Murrieta	January 28	9 a.m.	ccandaele@murrieta.k12.ca.us

*** Seeking meets in Central and San Diego Section. No more Southern Section meets being added.

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:

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 Finals only)
**Pentathlon (At 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.

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	**By email only

- For the Weight Throw, please email rich@vsathletics.com by 1/28 for entry consideration.
- For the Pentathlon, please email richgonzaleztrack@gmail.com by 1/28 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 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.

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. Please include your name, your assigned “Golden Bib” number, and a link to the results of your improved performance.

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

