

CA Winter Track & Field Championship Series

QUALIFYING MEETS

Region	Site	Date	Start	Meet Director Email
Central Coast	Westmont College	Jan 16, 2016	11am	smelley@westmont.edu
North County San Diego	Great Oak	Jan 16, 2016	9am	dsoles@tvusd.k12.ca.us
North Coast	Dublin	Jan 16, 2016	2pm	coachchriswilliams@yahoo.com
San Gabriel Valley	Arcadia	Jan 23, 2016	9am	cschultz@ausd.net
Orange County	Irvine	Jan 23, 2016	9am	brentonyoungren@iusd.org
Inland Empire	Corona	Jan 23, 2016	9am	mgardner@cnusd.k12.ca.us
Inland Empire	Roosevelt	Jan 30, 2016	9am	jroble@cnusd.k12.ca.us
Los Angeles	Paramount	Jan 30, 2016	9am	crissiebee@aol.com
Central Valley	Dinuba	Feb 6, 2016	9am	lichtenwaldt@gmail.com
North Coast	UC Berkeley	Feb 6, 2016	8am	mgipson@berkeley.edu
San Joaquin	UC Davis	Feb 6, 2016	10:30	delizondo@ucdavis.edu
San Diego	Canyon Crest Acad	Feb 6, 2016	9am	ted@ravenstrack.org
San Gabriel Valley	Azusa Pacific	Feb 6, 2016	9am	mbarnett@apu.edu
Ventura	Simi Valley	Feb 6, 2016	9am	snr@steveringgold.com
South Bay	Redondo Beach	Feb 6, 2016	9am	bobster1962@mac.com

Cost: \$10.00 unlimited entry for athletes and \$5.00 spectators

Start Time: All start times will be 9am, unless otherwise noted

Rain: 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

Field Events:

Long Jump
Triple Jump (follows LJ)
High Jump
Pole Vault
Shot Put
Weight Throw (follows SP)

*4 attempts for all horizontal events

* A rolling time schedule will be used for all events – athletes must follow the progress of the meet

* *CA Winter Championship qualifying heats will be run 1st, with all other heats to follow in each event*

* Athletes not trying to qualify for the CA Winter Championships shall not compete in the same heat – with the exception of DMR, 4x8, and 3000

Admission into a Qualifying Meet:

- Each athlete must fill out a form / waiver and pay the \$10 admission fee
- Athletes will be entered into our scoring software database and given a unique BIB# to identify them – this is how we will identify during competition to get you into the results
 - 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 you qualify and register for the Winter Championships

Qualifying into the CA Winter Championships:

High School athletes finishing in the following places will automatically qualify for the CA Track & Field Winter Championships at Cerritos College:

- top three (3) overall places in each individual running event
- top three (3) overall places in each relay event
- top two (2) overall places in each field event

Athletes may compete in as many qualifying meets as they choose

At-Large Entries into the CA Track & Field Winter Championships are also available to qualifying athletes. If an athlete meets the minimum qualifying standard for At-Large Entry (see chart below) at one of the qualifying meets, that athlete will also be invited to compete in the CA Track & Field Winter Championships

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.44	8.55
60m Hurdles	9.00	10.30
300m	37.77	43.60
600m	1:30.00	1:44.50
1500m	4:11.00	5:13.00
3000m	9:05.00	10:50.00
4x200m Relay	1:34.75	1:47.00
SMR (1-1-2-4)	1:40.00	2:00.00
4x800m Relay	8:22.00	9:55.00
DMR (12-4-8-16)	OPEN	OPEN
Long Jump	21-2	16-6
Triple Jump	42-10	35-6
High Jump	6-3	5-2
Pole Vault	13-6	10-0
Shot Put	49-6	36-5
25/20 Wt	INVITE	INVITE

** Teams may run multiple relay teams at qualifier meets, but are limited to (1) entry at the championship meet

** Relay members must all be from the same High School – **(No All-Star Teams)**

Registering for the CA Winter Championship Finals

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 pay the entry fee at that time.

- There will be a sign-up table at all qualifying meets
- The entry fee to compete is \$20 per athlete, for unlimited competition of qualified events
 - **Cash is preferred – Checks can be made payable to: Athletics Management**
- Athletes that qualify at more than 1 qualifying meet, must bring their receipt as proof of payment to avoid having to pay a separate \$20 registration fee at each qualifying meet
- There will be NO Late Entries accepted
- All registrations must be done at the qualifying meets

Additional Rules / Regulations for the CA Winter Championships

- Only athletes currently enrolled in a CA High School may compete
- Athletes can participate for only one team
- Teams consisting of athletes from more than (1) high school will not be eligible for team scoring or team awards – **(No All-Star Teams)**

CA WINTER CHAMPIONSHIP FINALS

Saturday February 13, 2016 @ Cerritos College

Meet Management: Chris Drescher chris@vsathletics.com

Rich Benoy rich@vsathletics.com

Final CA Winter Track & Field Championships Meet Information to be posted on VS Athletics & PrepCalTrack websites

