



# 2024 California Winter Championships Qualifier

**January 12**

4pm—Field Event Start

5pm running on a rolling schedule

[Go to Athletic.net](https://athletic.net) to register/questions

## \*Running Order of Events (FAT)

1500m Run

60m Dash

60m Hurdles

150m Dash

600m Dash

4 x200 Relay

DMR

Mixed 4 x400Relay

4x800 Relay

300m

3000m

SMR (100-100-200-400)

[order of meet as listed above](#)

## Field Events

Shot Put, Long Jump, Triple Jump, High Jump

**Registration deadlines for seeding {1/11}.**

**You can also register at meet but time will be limited**



[Go to Athletic.net](https://athletic.net) to register: pay at the gate

**Please note this is an Arcadia Winter Championships Qualifier**

**We will adhere to the rules of Arcadia.**

**Please see the 2024 Winter Championship handout and postings on [prepcaltrack.com](http://prepcaltrack.com)**

# 2024 California Winter Championships!

Saturday, February 3rd @ 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.” You only pay the \$25 fee once and it is good for all Winter Championships Finals events that you qualify for AND register for.
4. Retain your **Golden Bib** – this is your entry ticket into the California Winter Championships on February 3rd at Arcadia HS!

## Admission into a Qualifier meet:

- Arrive early to avoid long lines and wait times.
- Each athlete **MUST** fill out a 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.
  - o Athletes not wearing their unique bib will not be allowed to compete at that Qualifier.
- All athletes will compete *unattached* at all Qualifier meets.
  - o Team names aren’t needed until athletes qualify/register for the Winter Championships.

## List of the 2024 Qualifier meets:

<u>Site</u>	<u>Date</u>	<u>Time</u>	<u>Meet Manager’s email contact</u>
Chaparral HS	December 16	9:00 a.m.	<a href="mailto:rgarcia3@tvusd.us">rgarcia3@tvusd.us</a> + <b>Required waiver</b>
Los Alamitos HS	December 16	9:00 a.m.	<a href="mailto:nhoward@losal.org">nhoward@losal.org</a>
Cal State Fullerton	January 6	9:00 a.m.	<a href="mailto:mpertusati@fullerton.edu">mpertusati@fullerton.edu</a> + <b>Pentathlon!</b>
Roosevelt HS (Eastv.)	January 6	9:00 a.m.	<a href="mailto:sbernardjoseph@cnusd.k12.ca.us">sbernardjoseph@cnusd.k12.ca.us</a>
Los Gatos HS	January 12	4:00 p.m.	<a href="mailto:paindoctor@aol.com">paindoctor@aol.com</a>
Arcadia HS	January 13	9:00 a.m.	<a href="mailto:cschultz@ausd.net">cschultz@ausd.net</a> + <b>Required waiver</b>
Great Oak HS	January 13	9:00 a.m.	<a href="mailto:tdraughon@tvusd.us">tdraughon@tvusd.us</a>
Pitman HS	January 13	9:00 a.m.	<a href="mailto:209throwers@gmail.com">209throwers@gmail.com</a>
Rancho Cucamonga	January 13	9:00 a.m.	<a href="mailto:terryrchs@hotmail.com">terryrchs@hotmail.com</a>
Simi Valley HS	January 13	9:00 a.m.	<a href="mailto:snr@steveringgold.com">snr@steveringgold.com</a>
Carpinteria HS	January 20	10:00 a.m.	<a href="mailto:lathamchs@yahoo.com">lathamchs@yahoo.com</a>
Chaparral HS	January 20	9:00 a.m.	<a href="mailto:rgarcia3@tvusd.us">rgarcia3@tvusd.us</a>
Covina Dist. Stadium	January 20	9:00 a.m.	<a href="mailto:kglaspy@c-vusd.org">kglaspy@c-vusd.org</a>
Los Alamitos HS	January 20	9:00 a.m.	<a href="mailto:nhoward@losal.org">nhoward@losal.org</a>
Palma HS	January 20	9:30 a.m.	<a href="mailto:Jon.Powell@smithfamilywines.com">Jon.Powell@smithfamilywines.com</a>
Pittsburg HS	January 20	9:00 a.m.	<a href="mailto:pittsburgtrack@gmail.com">pittsburgtrack@gmail.com</a>
Arcadia HS	January 27	9:00 a.m.	<a href="mailto:cschultz@ausd.net">cschultz@ausd.net</a> + <b>Required waiver</b>
Pittsburg HS	January 27	9:00 a.m.	<a href="mailto:pittsburgtrack@gmail.com">pittsburgtrack@gmail.com</a>
Redondo Union HS	January 27	9:00 a.m.	<a href="mailto:bobster1962@mac.com">bobster1962@mac.com</a>
Simi Valley HS	January 27	9:00 a.m.	<a href="mailto:snr@steveringgold.com">snr@steveringgold.com</a>
Vista Murrieta HS	January 27	9:00 a.m.	<a href="mailto:ccandaele@murrieta.k12.ca.us">ccandaele@murrieta.k12.ca.us</a>

**Meet at Cordova HS & possible. Also looking in the San Diego area. Email us below if interested.**

**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 CS Fullerton & W.C. Finals)  
— Boys pentathlon event order is 60mH, LJ, SP, HJ, 1000m)  
— Girls pentathlon event order is 60mH, HJ, SP, LJ, 800m)

- 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 2024 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 hit 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	7.54	8.56
150m Dash	17.40	19.75
60m Hurdles	9.96	11.40
300m	38.08	44.75
600m	1:31.00	1:49.00
1500m	4:21.00	5:18.00
3000m	9:29.00	11:23.00
4x200m Relay	1:38.00	1:55.80
SMR (1-1-2-4)	1:42.00	2:03.00
4x800m Relay	8:50.00	10:48.00
DMR (12-4-8-16)	11:44.00	14:19.00
Long Jump	20-04.00	16-00.00
Triple Jump	40-10.00	33-00.00
High Jump	5-10.00	4-11.00
Pole Vault	13-00.00	10-06.00
Shot Put	44-08.00	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 entry consideration, please email [rich@vsathletics.com](mailto:rich@vsathletics.com) by 1/20/2024.
- \*\*For Pentathlon entry into Winter Champs on 2/3, please [complete this form](#) ASAP but no later than 1/20/2024. (The pentathlon held at Cal State Fullerton on Jan. 6 is walk-up registration.)

## **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 3rd at Arcadia High School)
- All registrations for the February 3 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.** The one-time \$25 fee covers all finals events an athlete qualifies for.
  - **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 3rd. 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. 3 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 2024 CA Winter Championships**

- Athletes compete unattached; however, all relay teams **MUST** be composed of individuals attending the same high school.
- Participating athletes must bring two (2) signed waivers to the Winter Championships Finals on February 3rd. 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!)**

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#### **Meet Management**

Rich Benoy

[rich@vsathletics.com](mailto:rich@vsathletics.com)

Chris Drescher

[chris@finishedresults.com](mailto:chris@finishedresults.com)

Rich Gonzalez

[richgonzaleztrack@gmail.com](mailto:richgonzaleztrack@gmail.com)

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



[www.FinishedResults.com](http://www.FinishedResults.com)



# Sign-up instructions for the 2024 California Winter Championships.

## Qualifying Athletes:

- Qualifying into the California Winter Championships is solely based on performance marks.
  - Athletes that win an event at their qualifier must still meet the minimum standard listed below.
  - An athlete that meets the minimum standard at a Qualifier meet is eligible to sign up for Finals.
- Standards are published within the Winter Championships 'General Information' document.

## How do you sign up for the California Winter Championships on February 4 at Arcadia HS?

- Each athlete that qualifies, whether it's for individual events or for relays, must fill out a California Winter Championships Sign-Up Sheet at the meet they qualified at and pay their entry fee that day.

## **The Meet Director (or their assigned designee) is responsible to:**

- Verify that the athlete sign-up information can be read
- Verify that the athlete qualified for the events they are signing up based upon the qualifying standards
- Collect the \$25 entry fee
  - Checks can be made out to: **Athletics Management** (sorry, no credit cards)
- Assign them a Golden Bib # and enter that on their Sign-Up Sheet
- Give the athlete the Golden Bib # you just assigned to them
  - This is their receipt and gate entry ticket into the California Winter Championships*
- Give them the (2) waivers they need to complete and bring with them to the California Winter Championships. One meet waiver is for meet management; the other is for Arcadia HS.

## What about Relays?

Each relay member must first have filled out the Sign-Up form, paid the \$25 entry fee, and been assigned a Golden Bib #. The relay form is simply a declaration of who will be competing within each relay team.

### **Each qualifying relay team will:**

- Fill out the Relays sign-up sheet completely
- Golden Bib #s must accompany all athlete names
- All athletes on a relay team must be from the same high school

## What about athletes that qualify in an additional event after already having qualified and paid their \$25 Championships fee at a previous California Winter Championships qualifier meet?

- Have them send an email within 24 hours to Don Turnbull at: [trakn@yahoo.com](mailto:trakn@yahoo.com) to add additional events to their entry.

## What about athletes that made improvements to marks they already achieved at a previous Qualifier?

- Have them email their improvement mark within 24 hours to Don Turnbull at: [trakn@yahoo.com](mailto:trakn@yahoo.com)

## What to do with the sign-up forms:

- Enter each qualifier's information, using the Excel spreadsheet that was emailed out to all qualifier meets
- Use the separate tabs at the bottom of the spreadsheet for Individuals and for Relays
- Email the completed spreadsheet to Don Turnbull ([trakn@yahoo.com](mailto:trakn@yahoo.com)) and Rich Gonzalez ([RichGonzalezTrack@gmail.com](mailto:RichGonzalezTrack@gmail.com)) as soon as possible, but **no later 24 hours after the conclusion of your qualifier meet.**

## What to do with Entry Fees, Remaining Bibs, Accounting Form & Sign-Up Sheets:

Mail everything to: Rich Benoy  
VS Athletics  
1450 W 228<sup>th</sup> St #8  
Torrance, CA 90501