

GOHS WINTER T&F QUALIFIER



**>>> DATE: JANUARY 10, 2026; 9:00 AM START
LOCATION: GREAT OAK HIGH SCHOOL
32555 DEER HOLLOW WAY
TEMECULA, CA 92592**

**SIGN UP FOR THE
WINTER QUALIFIER:
\$15 FOR ATHLETES, \$10
FOR SPECTATORS**



**GO PACK <<<
FOUNDATION WAIVER
REQUIRED - BRING
SIGNED TO MEET**



CONTACT COACH DRAUGHON WITH QUESTIONS: TDRAUGHON@TVUSD.US



2026 VS Athletics California Winter Championships!



Finals: Saturday, February 7th @ Arcadia HS

How to qualify:

1. Compete at one of the official 'Qualifier Meets' listed below. (Entry fee of \$12 to \$15 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 7th 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 to \$15 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.
- All athletes will compete *unattached* at all Qualifier meets.
 - Team names aren't needed until athletes qualify/register for the Winter Championships.

List of 2025-2026 Qualifier Meets:

<i>Site</i>	<i>Date</i>	<i>Time</i>	<i>Meet Director Email</i>
Chaparral HS	December 13	9:00 a.m.	rgarcia3@tvusd.us
Fresno Pacific University	December 13	9:00 a.m.	Robert.Foster@fresno.edu
Los Alamitos HS	December 13	9:00 a.m.	nhoward@losal.org
Simi Valley HS	December 13	9:00 a.m.	snr@steveringgold.com
Long Beach Poly HS	December 20	9:00 a.m.	CIrving@lbschools.net
CS Fullerton (w/ pentathlon)	January 10	9:00 a.m.	mpertusati@fullerton.edu
Great Oak HS	January 10	9:00 a.m.	tdraughon@tvusd.us
Los Gatos HS	January 10	9:00 a.m.	paindoctor@aol.com
Rancho Cucamonga HS	January 10	9:00 a.m.	terryrchs@hotmail.com
Roosevelt HS (Eastvale)	January 10	9:00 a.m.	sbernardjoseph@cnusd.k12.ca.us
Arcadia HS	January 17	9:00 a.m.	cschultz@ausd.net
Carpinteria HS	January 17	9:00 a.m.	lathamchs@yahoo.com
Los Alamitos HS	January 17	9:00 a.m.	nhoward@losal.org
Los Gatos HS	January 17	9:00 a.m.	paindoctor@aol.com
Pittsburg HS	January 17	9:00 a.m.	pittsburgtrack@gmail.com
Roosevelt HS (Eastvale)	January 17	9:00 a.m.	sbernardjoseph@cnusd.k12.ca.us
Yorba Linda HS	January 17	9:00 a.m.	stjones@pylud.org
Canyon Crest Academy	January 24	9:00 a.m.	andrew.corman@sduhsd.net
Chaparral HS	January 24	9:00 a.m.	rgarcia3@tvusd.us
CS Fullerton	January 24	9:00 a.m.	mpertusati@fullerton.edu
Los Gatos HS	January 24	9:00 a.m.	paindoctor@aol.com
Palma HS	January 24	9:30 a.m.	Jon.cctc@outlook.com
Paso Robles HS	January 24	9:00 a.m.	jimwilshusen@yahoo.com
Pittsburg HS	January 24	9:00 a.m.	pittsburgtrack@gmail.com
Rancho Cucamonga HS	January 24	9:00 a.m.	terryrchs@hotmail.com
Arcadia HS	January 31	9:00 a.m.	cschultz@ausd.net
De Anza College	January 31	9:00 a.m.	poncedeleonandy@deanza.edu
Fresno Pacific University	January 31	9:00 a.m.	Robert.Foster@fresno.edu
Redondo Union HS	January 31	9:00 a.m.	bobster1962@mac.com
Simi Valley HS	January 31	9:00 a.m.	snr@steveringgold.com
Vista Murrieta HS	January 31	9:00 a.m.	ccandaele@murrieta.k12.ca.us

Cost at each Qualifier: **Cost to compete varies from \$12 to \$15, depending on location.** Contact the meet manager's email above for the venue you're interested in to obtain cost for that location. Cost includes unlimited entry at that qualifier meet only. Spectator cost at each qualifier meet is capped at \$10 (could be less).

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

ORDER OF EVENTS:

Running Events:

1500m Run
60m Hurdles
60m Dash
Distance Medley
150m Dash
600m Run
200m Hurdles (50m run-in + 5 flights) **New!**
(Hurdle heights are same as used for 300m hurdles.)
4x200 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 Winter Champs Finals only)
**Pentathlon (At CS Fullerton & Winter Ch. Finals)

Boys Pentathlon event order: 60mH, LJ, SP, HJ, 1km
Girls Pentathlon event order: 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.

Qualifying Standards for the 2026 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	7.34	8.44
150m Dash	17.44	19.75
300m	37.40	44.10
600m	1:29.99	1:49.0
1500m	4:16.99	5:16.99
3000m	9:26.00	11:16.36
60m Hurdles	9.30	10.39
200m Hurdles***New!	26.16***	30.20***
4x200m Relay	1:36.99	1:55.80
Sprint Medley (100-100-200-400)	1:40.60	2:03.00
4x800m Relay	8:50.00	10:48.00
Distance Med. (1200-400-800-1600)	11:36.00	14:19.00
Long Jump	20-08.00	16-03.00
Triple Jump	41-00.00	33-06.00
High Jump	5-10.00	4-11.00
Pole Vault	13-02.00	10-06.00
Shot Put	45-08.00	33-00.00
25 lb./20 lb. Weight Throw	*By email only	*By email only
Pentathlon	**By email only	**By email only

*** The standard for the 200-meter hurdles will be adjusted during Christmas break, after the first weekend of four qualifier meets. Please check back during Christmas break for the updated boys/girls 200mH standards.

- *For the Weight Throw entry consideration, please email rich@vsathletics.com by 1/25/2026.
- **For Pentathlon entry into the Winter Champs on 2/7, please email richgonzaleztrack@gmail.com by 1/25/2026. (For the pentathlon held only at Cal State Fullerton on 1/10, it's 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 7th at Arcadia High School)
- All registrations for the February 7 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 February 7 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 7th. 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. 7 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 your 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 Key Guidelines for the 2026 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 7th. 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

Rich Gonzalez — richgonzaleztrack@gmail.com

Final California Winter Track & Field Championships meet information will be posted on the PrepCalTrack.com and cawinterchamps.com websites!

