



2026 VS Athletics California Winter Qualifier!

Los Alamitos High School: Dec 13 and Jan 17



Los Alamitos HS Qualifier:

- Meet Starts at 9:00 AM, Gates open at 7:30am.
 - Please note that there is a Showcase basketball event on 12/13, parking will be tight, Arrive early to avoid long lines and wait times.
- Athlete Cost: \$15 for unlimited events on that day and site.
- Spectator Cost: \$10
- Registration online at FinishedResults.com (Click schedule, Los Alamitos Qualifier, view meet, online reg)
 - 12/13 meet: [Click here to Register for 12/13 Meet](#)
 - 1/17 meet: [CLICK HERE to register for 1/17/26 meet](#)
 - Online Registered athletes will go to preregistration table to get bib and wristband.
- Athletes who register day of, will register at the Registration table and receive their wristband and number. Spectators will be given wristband.
- Athletes will be given a unique meet bib to identify them as a participant.
 - 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.
 - All Relay teams must be from same school.
- Running events start at 9:00am, with a rolling schedule (there will be no published time schedule)
 - Only one (1) attempt will allowed in any running event, if an athlete competes again in the same event, all attempts will be disqualified from the meet.
- Field Events start at 9:00 AM
 - Long Jump, Boys and Girls at the same time. 4 Attempts. Triple Jump to follow, 4 attempts
 - High Jump Boys and Girls at the same time.
 - Girls Pole Vault followed by Boys, Opening heights will be determined by the competition
 - Boys Shot Put, followed by Girls. 4 Attempts
 - Girl's Discus (on the outer ring) Followed by Boys. 4 Attempts
- If an athlete meets the qualifying standard for the Championship meet (see next page for those standards), the athlete must register and pay for their golden bib on the day they meet the standard or they will need to qualify again at a different meet.
- Full Snack Bar Available at gym by the scoreboard.
- 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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TENTATIVE ORDER OF EVENTS:

Running Events:

1500m Run
60m Hurdles
60m Dash
Distance Medley Relay
150m Dash
600m Run
200m Hurdles (50m run-in + 5 flights) **New!**
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)

- 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 at Arcadia HS

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

