

2025 California Winter Championships!

Saturday, February 8th @ 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 8th 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 the 2025 Qualifier meets:

Site	Date	Time	Meet Director Email
Chaparral HS	December 14	9:00 a.m.	rgarcia3@tvusd.us
Fresno Pacific	December 14	9:00 a.m.	Robert.Foster@fresno.edu
Los Alamitos HS	December 14	9:00 a.m.	nhoward@losal.org
Simi Valley HS	December 14	9:00 a.m.	snr@steveringgold.com
CS Fullerton (+ pentathlon)	January 4	9:00 a.m.	mpertusati@fullerton.edu
Roosevelt HS (Eastv.)	January 4	9:00 a.m.	sbernardjoseph@cnusd.k12.ca.us
Great Oak HS	January 11	9:00 a.m.	tdraughon@tvusd.us
Rancho Cucamonga	January 11	9:00 a.m.	terryrchs@hotmail.com
Yorba Linda HS	January 18	9:00 a.m.	stjones@pylusd.org
Arcadia HS	January 18	9:00 a.m.	cschultz@ausd.net
Carpinteria HS	January 18	9:00 a.m.	lathamchs@yahoo.com
Roosevelt HS (Eastv.)	January 18	9:00 a.m.	sbernardjoseph@cnusd.k12.ca.us
Canyon Crest Acad.	January 25	9:00 a.m.	andrew.corman@sduhsd.net
Palma HS	January 25	9:30 a.m.	Jon.Powell@smithfamilywines.com
Paso Robles HS	January 25	9:00 a.m.	jimwilshusen@yahoo.com
Pittsburg HS	January 25	9:00 a.m.	pittsburgtrack@gmail.com
Chaparral HS	January 25	9:00 a.m.	rgarcia3@tvusd.us
Rancho Cucamonga	January 25	9:00 a.m.	terryrchs@hotmail.com
Los Alamitos HS	January 25	9:00 a.m.	nhoward@losal.org
Los Gatos HS	January 25	9:00am	
Arcadia HS	February 1	9:00 a.m.	snr@steveringgold.com
Pittsburg HS	February 1	9:00 a.m.	pittsburgtrack@gmail.com
Redondo Union HS	February 1	9:00 a.m.	bobster1962@mac.com
Simi Valley HS	February 1	9:00 a.m.	snr@steveringgold.com
Vista Murrieta HS	February 1	9:00 a.m.	ccandaele@murrieta.k12.ca.us
Fresno Pacific	February 1	9:00 a.m.	Robert.Foster@fresno.edu

Cost at each Qualifier: \$12 to \$15 (price varies from venue to venue. Contact the meet director at the email above for the venue you're interested in to obtain cost for that location). Cost 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 Hurdles
60m Dash
Distance Medley Relay
150m Dash
600m Dash
4x200 Relay
Mixed 4x400 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.

Qualifying Standards for the 2025 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	7.44	8.54
150m Dash	17.40	19.75
60m Hurdles	9.50	11.00
300m	37.70	44.50
600m	1:31.00	1:49.00
1500m	4:19.00	5:16.00
3000m	9:29.00	11:23.00
4x200m Relay	1:38.00	1:55.80
Co-ed 4x400 (2 boys/2 girls)	3:54.00	3:54.00
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	20-05.00	16-00.00
Triple Jump	40-10.00	33-06.00
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 by 1/20/2025.
- **For Pentathlon entry into the Winter Champs on 2/3, please email richgonzaleztrack@gmail.com by 1/20/2025. (*For the pentathlon held only at Cal State Fullerton on 1/4, it's walk-up registration.*)