

# ***California Track & Field***

## ***WINTER CHAMPIONSHIPS***

**CERRITOS COLLEGE**

**- FEBRUARY 13, 2016 -**



### *Qualifying Meets by Region & Site*

Central Coast	Westmont College	Jan 16, 2016
North County San Diego	Great Oak HS	Jan 16, 2016
North Coast	Dublin HS	Jan 16, 2016
San Gabriel Valley	Arcadia HS	Jan 23, 2016
Orange County	Irvine HS	Jan 23, 2016
Inland Empire	Roosevelt HS	Jan 30, 2016
Los Angeles	Paramount HS	Jan 30, 2016
Central Valley	Dinuba HS	Feb 6, 2016
North Coast	UC Berkeley	Feb 6, 2016
San Joaquin	UC Davis	Feb 6, 2016
San Diego	Canyon Crest Academy HS	Feb 6, 2016
San Gabriel Valley	Azusa Pacific University	Feb 6, 2016
Ventura	Simi Valley HS	Feb 6, 2016
Inland Empire	Corona HS	Feb 6, 2016
South Bay	Redondo Beach HS	Feb 6, 2016

### *Events Contested at the California Track & Field Winter Championships*

#### **Running Events:**

60m Dash  
 60m Hurdles  
 300m  
 600m  
 1500m  
 3000m  
 4x200m Relay  
 4x800m Relay  
 Sprint Medley Relay (100-100-200-400)  
 Distance Medley Relay (1200-400-800-1600)

#### **Field Events:**

Long Jump  
 Triple Jump  
 High Jump\*  
 Pole Vault\*  
 Shot Put  
 Weight Throw  
 \*min standards will apply

## ***Qualifying into the California Track & Field Winter Championships***

High School athletes finishing in the following places will automatically qualify for the California 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

**At-Large Entries** into the California 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 California Track & Field Winter Championships

<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
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

## ***Registering for the California Track & Field Winter Championships***

All qualifying athletes wishing to compete in the California Track & Field Winter Championships 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
- There will be NO Late Entries accepted
- All registrations must be done at the qualifying meets
- Athletes competing at more than 1 qualifying meet will have to pay a separate \$20 registration fee at each qualifying meet

***Updated information & instructions available on these websites:***

