

Hello we had to change the order of events

CIF -- told us we can no longer run 4 x800 at Winter Qualifiers. Southern section as well

here is the new order of events

Running Events:

1500m Run

60m Dash

60m Hurdles

150m Dash

600m Dash

4x200 Relay

Distance Medley Relay

Mixed 4x400 Relay

300m Dash

3000m Run

Sprint Medley Relay (100-100-200-400)



## 2025 California Winter Championships Qualifier

At Los Gatos High School

**January 18 and 25**

9 AM—Field Events Start

Running Events start at 10 AM

Running on a rolling schedule

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

### **\*Running Order of Events (FAT)**

1500m

60m Dash

60m Hurdles

150m Dash

600m Dash

4 x200 Relay

Distance Medley Relay

4x800 Relay

300m

3000m

SMR (100-100-200-400)

Mixed 4 x400

### **Field Events**

Shot Put, Long Jump, Triple Jump, High Jump, Pole vault

**Registration deadlines for seeding {1/17 and 1/24}.**

You can also

**register at meet but time will be limited**





## READ CAREFULLY BELOW

**Gate fees for Los Gatos Winter Championship Qualifier:**

**Athletes: \$15.00**

**Spectators: \$10.00**

**All gate entry fees can be paid with Cash or GoFan**

**Please come early – as lines can be long.. Sorry no advance sales. We will have 2 gate lines and a separate table to pay for qualifying times.**

**\*\*\*\*\*Gate entry fee is a separate Fee!!!! See below!!!**

**\*\*\* All those athletes that qualify for Winter championships—you will have to pay a separate \$ 25 fee for the championship. this can be cash or checks**

**Cash is preferred – Checks can be made payable to: Athletics Management**

**Remember once you qualify – and pay you will be given a Golden bib. This is your entry ticket to the Championship Meet at Arcadia.**

**We will adhere to the rules of CA Winter Championships Arcadia.**

**Please see the 2025 Winter Championship handout and postings on [prepcaltrack.com](http://prepcaltrack.com).**

**or**

**<https://www.vsathletics.com/store/California-Track-and-Field-Winter-Championships.html>**

**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 the Finals only)**

**- A rolling time schedule will be used for all events; athletes must follow the progress of the meet.**

**Qualifying Standards for the 2025 CA Winter Championships:**

**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!**

<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
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](mailto:rich@vsathletics.com) by 1/26/2025.
- \*\*For Pentathlon entry into the Winter Champs on 2/3, please email [richgonzaleztrack@gmail.com](mailto:richgonzaleztrack@gmail.com) by 1/26/2025. (For the pentathlon held only at Cal State Fullerton on 1/4, it's walk-up registration.)

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 meet the minimum standard. Relay members must attend the same school. **NO ALL-STAR TEAMS!**

### STANDARDS LIST POSTING SOON

For the Weight Throw, please email [rich@vsathletics.com](mailto:rich@vsathletics.com) by 1/28 for entry consideration.

☒ For the Pentathlon, please email [trkn@yahoo.com](mailto:trkn@yahoo.com) by 1/28 for entry consideration.

### 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 4th at Arcadia High School)

☒ All registrations for the February 4 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 Finals.

o 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 8th.

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. 8 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.

### **Additional Rules / Regulations for the 2025 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 8th. These two waivers will be posted online when final entries are released.

❓ Teams consisting of athletes from multiple high schools will be disqualified.