

Irvine High School Winter State All Comers

Location: Irvine High School

Start Time: 9:00am

Cost: \$12.00 unlimited entry for athletes and \$5.00 spectators

Weather: All events that can be safely contested will be run rain or shine

ORDER OF EVENTS:

Running Events:

1500m

60m Hurdles

60m Dash

600m

*DMR (1200-400-800-1600) SMR (100-100-200-400) 4x800m Relay

300m

3000m

4x200m Relay

Pentathlon

Field Events:

Long Jump

Triple Jump (follows LJ)

High Jump Pole Vault Shot Put

*Weight Throw (follows SP)

(4) attempts for all horizontal events

* **DMR and Weight Throw not contested at qualifier meets**

- A rolling time schedule will be used for all events

Qualifying into the CA Winter Championships:

Qualifying into the CA Winter Championships will be solely based on performance marks, and must be achieved at one of the official Qualifying Meets. Athletes that win their event must still meet the minimum qualifying standard. Athletes may compete in multiple qualifying meets. If an athlete meets the minimum qualifying standards (see chart below) at one of the qualifying meets, that athlete will be invited to compete in the CA Track & Field Winter Championships. Relay members must be from the same High School – **NO ALL-STAR TEAMS!!**

Registering for the CA Winter Championships:

All qualifying athletes wishing to compete in the CA Track & Field Winter Championship Finals 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
- All registrations must be done at the qualifying meets
- The entry fee to compete is \$20 per athlete, for unlimited competition of qualified events
 - Cash is preferred – Checks can be made payable to: Athletics Management
- No late registrations accepted
- No refunds

Additional Rules / Regulations for the CA Winter Championships

- Only athletes currently enrolled in a CA High School may compete
- Athletes can participate for only the high school they attend
- Teams consisting of athletes from multiple high schools will be disqualified (No All-Star Teams)