

Qualifying into the 2018 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 standards listed below. Athletes may compete at multiple qualifying meets.

There will be no weight throw or pentathlon at the qualifiers, just the final (request entry by email.) If an athlete meets the minimum qualifying standard (see chart below) at one of the qualifying meets, that athlete will be invited to compete in the CA Track & Field Winter Championships in the event in which he/she has qualified. Relay members must be from the same High School – NO ALL-STAR TEAMS!!

Event	Boys	Girls
60m Dash	7.33	8.25
60m Hurdles	9.36	11.00
300m	37.70	44.60
600m	01:29.0	01:46.0
1500m	04:20.0	05:16.0
3000m	09:30.0	11:20.0
4x200m Relay	01:36.0	01:54.0
SMR (1-1-2-4)	01:41.0	02:03.0
4x800m Relay	08:44.0	10:40.0
DMR (12-4-8-16)	11:40.0	13:55.0
Long Jump	19-10.00	16-00.00
Triple Jump	40-10.00	32-10.00
High Jump	5-10.00	5-00.00
Pole Vault	13-06.00	10-03.00
Shot Put	45-06.00	33-00.00

25/20 Wt & Pentathlon By email