



2026 VS ATHLETICS CALIFORNIA WINTER CHAMPIONSHIPS

Arcadia High School — 180 Campus Dr., Arcadia, CA

SATURDAY, FEBRUARY 7, 2026 — 8:00 a.m. to 5:30 p.m.

Athlete and Spectator Gates Open at 6:30 a.m.

PARKING: Free parking lot on the west end of campus (enter via El Monte Ave). Additional street parking on Campus Dr., El Monte Ave. and the north side of Duarte Rd. (Most of south side of Duarte Rd. is a no-parking zone.) Cars parked illegally will be ticketed and/or towed.

WAIVERS: All competing athletes must print the TWO (2) parent/guardian-signed waivers attached below and bring them to the meet to gain entry through the gate. One is for Arcadia Unified School District and the other is for meet management.

ATHLETE ENTRY: Present your golden bib and your two signed waivers at the walk-in gate — located on Campus Dr., near the **NORTHWEST corner** of the stadium — to gain entry and receive your athlete wristband, & bib safety pins. **Athlete gate entry opens at 6:30 a.m.** Pentathletes must pay a \$40 fee (cash only) at the athlete walk-in gate.

COACH ADMISSION: A group of 5 or more athletes that attending the same school will be entitled to ONE (1) coach pass for entry into stadium. A group of 10+ athletes is entitled to two (2) passes. These can only be claimed when **accompanying their athletes** into stadium at the **NORTHWEST** entry walk-in gate. Additional coaches need to purchase a ticket at **NORTHEAST** ticket booth.

SPECTATOR ADMISSION: Non-competing athletes (fans, extra coaches, etc.) must purchase a ticket and enter via the walk-in gate located along Campus Dr. at the **NORTHEAST corner** of stadium. **This is the only spectator entry point!**

- **Spectator Gate Opens at 6:30 a.m.** — Only credit card or cash (\$0.50 fee for CC payment). No checks/no passes.
- **Adults: \$12.00** ——— **HS Students w/ID and children \$5.00**

SPIKES: Only 3/16" pyramid spikes allowed & will be checked at athlete entry gate. Spikes on sale: \$5.00/set of 20.

TRAINER: Will be on site to treat injuries only. Ice for injuries only also will be available.

FOOD CONCESSIONS: Available with hot food, as well as snacks, drinks and a smoothie truck. Snack bar menu is located below.

PERFORMANCE LISTS (ENTRIES): Located at the bottom of this document. Please read all other important meet info first.

SCRATCHES: There are no adds; deadlines have passed. Email scratches to: RichGonzalezTrack@gmail.com by Wednesday at 8 p.m.

TIME SCHEDULE ATTACHED BELOW: Start times are approximate. Athletes must watch the flow of the meet and adjust accordingly.

FREE LIVESTREAM: Track events will be streamed LIVE and for free on the "HD Runners" YouTube channel. Spread the word!

HEAT SHEETS: Will be posted on Thursday if available. The 150 and the 300 events will be seeded at check-in on the day of the meet.

RESULTS: Live results will be available on the Finished Results app during the meet.

CANOPIES/WARM-UP: Canopies can be set up on the top row of the bleachers or along the fence line on the grass field adjacent to the west end of the track (the warm-up field). **IMPORTANT:** Please stay OFF the softball infield and off the baseball field entirely!

SCORING: All athletes compete unattached (no official high school affiliation). Meet will use a 10-8-6-5-4-3-2-1 scoring system for the top eight marks in each event. "B" team relays will not score.

AWARDS: Overall winner in each event receives a CA Winter Champs backpack + Top 6 athletes and relay teams overall per event (not per heat) receive medals. A CA Winter Champs “photo-op backdrop” will be at the awards booth near finish line.

PROTESTS: Only in writing to either Rich Benoy or Rich Gonzalez within 30 minutes after results appear online. A Jury of Appeals will make decisions regarding protests.

ATHLETES CHECK-IN AT THE “CLERK OF THE COURSE”: Located at the VS Athletics tent on grass warm-up field west of track.

- **Track Events Check In:** At the Clerk of the Course by the last call for event; if not done, the athlete will be scratched.
 - **Track Events “Call Schedule”:**
 - First Call — 25 minutes prior to an event
 - Second Call — 15 minutes prior to an event
 - Final Call — 10 minutes prior to an event
- **Field Events Check In:** With the event official at each field event; enter onto the track from the Clerk of the Course tent.

Athletes in BOTH a field event and a running event must keep up on the time schedule and listen to calls for their event(s).

PENTATHLON CHECK-IN: Pentathletes report directly to event assistant Don Turnbull 30 minutes before the start time for the first event in your pentathlon. Report to Mr. Turnbull at the base of the yellow football field goal post located at the west end of the infield.

GENERAL INFORMATION – TRACK EVENTS:

- The meet will follow USATF rules. As such, start blocks are REQUIRED to start any sprint event. Athletes cannot wear any recording devices (such as meta glasses) during the competition.
- Only athletes, approved media & meet staff allowed on the track. **No coaches allowed on the track or the infield.**
- Relay teams should wear closely matching outfits (NO school uniforms) & must be enrolled at one high school.
 - The 4x200 relay will run in lanes throughout (four-turn stagger). The sprint medley relay will use two-turn stagger.
 - The 600m, 1500m, 3000m, 4x800 & distance medley relay all will use a waterfall start.
- Advancement criteria for qualifying rounds of the 60m dash and 60m hurdles:
 - **60m Dash (36 advancers to finals):** The fastest 36 prelims times from combined heats will advance to a four-heat final that will be seeded slow to fast. In the finals, the places, points, & awards are determined by fastest overall times. ***Note: Due to the volume of heats for the 60m dash prelims, the prelims heats for boys and girls will be held concurrently (boys on home straightaway, girls on backstretch).***
 - **60m Hurdles (18 to finals):** Prelims heat winners + remaining fastest times to fill 18 lanes advance to a two-heat final, seeded slow to fast. In finals, places/points/awards determined by overall times.

GENERAL INFORMATION – FIELD EVENTS:

- The meet will follow USATF rules. Athletes cannot wear any recording devices (such as meta glasses) during the competition.
- Only athletes, approved media, meet staff + 1 PV coach allowed on infield. **No other coaches allowed on the track or infield.**
- Field event athletes must check in 45 minutes before the start of their event (all flights / athletes).
- Athletes may be excused for a maximum of thirty (30) minutes to participate in another event.
- Permission to leave must be granted by the event official and noted on the Official’s Event Sheet.
- For the HJ & PV, an athlete may request to complete his/her trials at current height (out of order) or opt to return to the event with the number of trials remaining that he/she was excused with. In both cases, the competition will continue, and he/she re-enters at wherever the crossbar has been raised to during absence.

SHOT PUT / WEIGHT THROW: Implements will be weighed at weigh-in station at baseball field backstop. Only implements passing inspection can be used! **Weigh-in station open from 6:30 am - 2:30 pm.** Entries will be divided into flights. Competitors have 4 attempts.

LONG JUMP / TRIPLE JUMP: Entries will be divided into flights. Competitors will have 4 attempts.

HIGH JUMP/POLE VAULT: **Starting heights:** Girls HJ: 4’8” | Boys HJ: 5’7” | Girls PV: 10’1” | Boys PV: 12’9”

- The HJ bar will be raised at 2-inch increments; the PV bar will be raised at 6-inch increments.
- Continuing flights of five (5) may be used to rotate in using the “Five Alive” format.
- Each pole vaulter will receive one infield pass for a coach, who must remain in the Coach’s Box. This pass will be available inside the athlete entry gate. Look for the “Pole Vault Coach/Athlete Pass” sign at this area.

TRACK & FIELD EQUIPMENT + APPAREL:

- VS Athletics! — Stop by their booth & stock up on all your meet supplies and orders for the new 2026 season!
- Relay Apparel will be selling California Winter Championships meet t-shirts and patches!
- Arcadia Invitational will be selling NIKE Arcadia Inv. Swag + NIKE Arcadia Inv. patches. Limited supply & booth may close early!

MEDIA CREDENTIALS: Only via email to RichGonzalezTrack@gmail.com. Deadline is Thursday (2/5) at 3 pm. Requests will be notified of acceptance/denial by 8 p.m. that evening. CIF media passes will not be honored as this is not a CIF event.

ARCADIA INVIT’L: Coaches can use marks from the CA Winter Championships as entry marks into the Arcadia Invit’l in April.

2026 California Winter Championships Waiver
*****Must be completed by all participants in order to compete*****

Participants' Name (Please Print): _____

**VS Athletics, Athletics Management, and Finished Results
Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

Waiver: In consideration of permission to use the equipment and services of **VS Athletics, Athletics Management, and Finished Results, I**, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue VS Athletics, Athletics Management, and Finished Results**, its directors, officers, employees, and agents from liability **from any and all claims including the negligence of the VS Athletics, Athletics Management, and Finished Results** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, observation, and use of facilities, premises or equipment.

Signature of Parent/Guardian of Minor

Date

Signature of User

Date

Assumption of Risks: This use of **VS Athletics, Athletics Management, and Finished Results** staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the **VS Athletics, Athletics Management, and Finished Results**. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks**.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD **VS Athletics, Athletics Management, and Finished Results** HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the at the University of California-Berkeley, and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor

Date

Signature of User

Date

Participant's Age (if minor) _____

Participants' Name (Last, First): _____

Arcadia High School and Arcadia Unified School District

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use, February 7th, 2026, the property, facilities, staff, equipment and services of **Arcadia High School and Arcadia Unified School District**, I, for myself, my heirs, personal representatives or assignees, **do hereby release, waive, discharge, and covenant not to sue Arcadia High School and Arcadia Unified School District**, its directors, officers, employees, and agents for liability **from any and all claims including the negligence of the Arcadia High School and Arcadia Unified School District** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, observation, and use of facilities, premises or equipment.

Signature of Parent/Guardian of Minor

Date

Signature of Participant

Date

Assumption of Risks: This use of **Arcadia High School and Arcadia Unified School District** property, facilities, staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. **Arcadia High School and Arcadia Unified School District** have facilities for and provide for activities such as social events, community outreach, clinics, classes, camps, and competitions. Some of these involve situations, environments, or activities that may lead to illness, physical injuries, and psychological stress or damage. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death 4) contagious illnesses.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the **Arcadia High School and Arcadia Unified School District**. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD **Arcadia High School and Arcadia Unified School District** HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the competition at Arcadia High School and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor

Date

Signature of Participant

Date

Participant's Age (if minor) _____



2026 VS ATHLETICS CALIFORNIA WINTER CHAMPIONSHIPS!

Co-Sponsored by PrepCalTrack

Saturday, Feb. 7th @ Arcadia HS

THIS IS A "ROLLING" TIME SCHEDULE (Athletes must remain aware of the flow of the meet!)

TRACK EVENT PRELIMS FOR 60M & 60M HURD

Start	Gender	Event	Round	Heats
8:06	Boys	60m Hurdles	Heats	5
8:20	Girls	60m Hurdles	Heats	9
8:45	Boys	60m Dash*	Heats	20
8:55	Girls	60m Dash**	Heats	21

NOTES FOR PRELIMS OF THE 60M & 60M HURDLES

Due to size of 60m prelims, both straightaways will be used				
Boys 60m hurdles prelims; Top 18 advance to a 2-heat final				
Girls 60m hurdles prelims; Top 18 advance to 2-heat final				
*Boys 60m prelims on home straight; Top 36 advance to 4-heat Final				
**Girls 60m prelims on back straight; Top 36 advance to 4-heat Final				

TRACK EVENT FINALS

Start	Gender	Event	Round	Races
9:40	Girls	1500m Run	Finals	5
10:17	Boys	1500m Run	Finals	4
10:45	Girls	60m Hurdles	Finals	2
10:58	Boys	60m Hurdles	Finals	2
11:05	Girls	60m Dash	Finals	4
11:15	Boys	60m Dash	Finals	4
11:24	Girls	Girls DMR	Finals	1
11:42	Boys	Boys DMR	Finals	1
11:57	Girls	150m Dash	Finals	15
12:32	Boys	150m Dash	Finals	28
1:42	Girls	600m Dash	Finals	6
2:02	Boys	600m Dash	Finals	11
2:45	Girls	200m Hurdles	Finals	3
2:54	Boys	200m Hurdles	Finals	3
3:05	Girls	4x200 Relay	Finals	2
3:12	Boys	4x200 Relay	Finals	3
3:19	Girls	4x800 Relay	Finals	1
3:33	Boys	4x800 Relay	Finals	1
3:44	Girls	300m Dash	Finals	16
4:14	Boys	300m Dash	Finals	18
4:54	Girls	3000m Run	Finals	1
5:08	Boys	3000m Run	Finals	1
5:20	Girls	Sprint Medley	Finals	2
5:25	Boys	Sprint Medley	Finals	2

FIELD EVENT FINALS

Start	Gender	Event	Location	Entrants
8:00	Girls	Shot Put	SP Ring	15
8:00	Boys	Triple Jump	East Pit	25
8:00	Boys	High Jump	East Pit	29
8:00	Girls	Pole Vault	Infield	15
10:15	Girls	Long Jump	West Pit	31
10:15	Girls	Weight Throw	West Field	15
12:00	Boys	Weight Throw	West Field	30
12:00	Boys	Pole Vault	Infield	28
12:45	Boys	Long Jump	West Pit	24
1:00	Girls	Triple Jump	East Pit	25
1:30	Girls	High Jump	East Pit	30
3:00	Boys	Shot Put	SP Ring	47

PENTATHLON SCHEDULE (estimated)

Start	Gender	Event	Location	Entrants
8:00	Boys	60m Hurdles	Homestretch	7 (2 hts)
9:00	Boys	Long Jump	West Pit	7
10:00	Boys	Shot Put	SP Ring	7
10:50	Girls	60m Hurdles	Homestretch	9 (2 hts)
11:30	Boys	High Jump	East Pit	7
12:00	Girls	High Jump	West Pit	9
1:37	Boys	1000m	Backstretch	7
1:30	Girls	Shot Put	SP Ring	9
3:00	Girls	Long Jump	West Pit	9
4:50	Girls	800m	Finish Line	9



FREE Track events livestream on the HDRunners YouTube channel!





California Winter Championships Concession Stand Prices

- Teriyaki Bowl (chicken or pork) - \$9**
- BBQ Pulled Pork Sliders (3) - \$9**
 - on King's Hawaiian Bread Rolls**
 - With Shredded Cheese - \$10**
- Gourmet 5 Cheese Mac & Cheese - \$8**
 - With BBQ Pulled Pork - \$11**
- Cheeseburger - \$7**
 - With Chili - \$9**
- Hamburger - \$6**
 - With Chili - \$8**
- 1/4 Pound Jumbo Hot Dog - \$5**
 - With Chili - \$7**
 - With Chili & Shredded Cheese - \$8**
- Nachos with BBQ Pulled Pork - \$9**
 - With Shredded cheese - \$10**
- Nachos - \$5**
 - With Chili - \$7**
- Pizza - \$3 per slice (Cheese or Pepperoni)**
- Candy - \$3**
- Chips - \$2**
- Sodas - \$2**
- Water - \$1**
- Coffee (Starbucks Pike Place 12oz) - \$4**
- Decaf Coffee - \$4**
- Sausage, Egg, and Cheese Croissant - \$3**
- Muffins - \$3**