

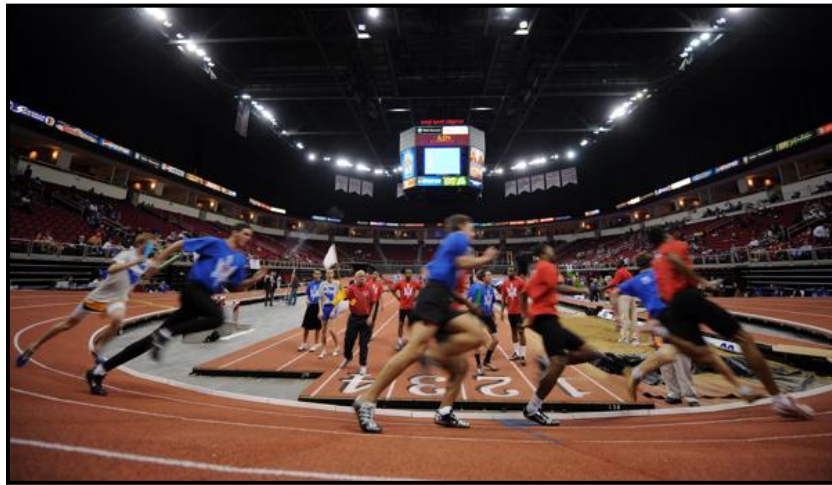


California Indoor State Meet

February 15 - 16, 2015

Save Mart Center

• 2650 E Shaw Ave, Fresno CA •



Qualifying Meets by Region & Site

Central Coast	Westmont College	Jan 17, 2015
San Gabriel	Azusa Pacific University	Jan 17, 2015
Orange County	Irvine HS	Jan 24, 2015
Inland Empire	Great Oak HS	Jan 24, 2015
San Diego	Mt. Carmel HS	Jan 31, 2015
Los Angeles	Paramount HS	Jan 31, 2015
Central	Sanger HS	Feb 7, 2015
North Coast	UC Berkeley	Feb 7, 2015
San Joaquin	UC Davis	Feb 7, 2015
LA Valley	Simi Valley HS	Feb 7, 2015
Inland Empire	Corona HS	Feb 7, 2015
South Bay	Redondo Beach HS	Feb 7, 2015

Events Contested at the CA Indoor State Meet

Running Events:

55m Dash
55m Hurdles
300m
600y
800m
1 Mile*
2 Mile*
4x145m Relay
4x400m Relay
4x800m Relay
Sprint Medley Relay (1-2-3-4 laps) (1 Lap = 145m)

*min standards will apply in these events.

Field Events:

Long Jump
Triple Jump
High Jump*
Pole Vault*
Shot Put
Weight Throw (*Invitation Only*)

Qualifying into the CA Indoor State Meet

High School athletes finishing in the following places will automatically qualify for the CA Indoor State Meet

- 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 CA Indoor State Meet 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 CA Indoor State Meet

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55m Dash	6.80	7.90
55m Hurdles	8.35	9.65
300m	38.15	43.60
550m (*600y)	1:22.00	1:34.50
800m	2:00.00	2:25.00
1600m (*1Mile)	4:28.00	5:30.00
3200m (*2Mile)	9:46.00	11:30.00
4x200m Relay (*4x145)	1:34.75	1:47.00
Sprint Medley (2-2-4-4)	2:32.00	2:55.00
4x400m Relay	3:33.00	4:18.00
4x800m Relay	8:22.00	9:55.00
Long Jump	21-2	16-6
Triple Jump	43-6	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

Meet Management & Contact Information

Rich Benoy – Meet Director

Chris Drescher – Assistant Meet Director

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Final CA Indoor State Meet Information & Instructions Websites

Final meet information and instructions as it becomes available

www.VSAthletics.com

www.PrepcalTrack.com

