



**San Diego City College
Summer All-Comers Track & Field Meet
Wednesday, August 1, 2018
Balboa Stadium**

1405 Park Blvd – San Diego, CA 92101

All ages and abilities welcome.

Pre-Registration on www.Athletic.net for \$7.00 per event

Day of Event Registration is \$10.00 per event and begins at 4:00pm.

Contact: Marco Anzures at manzures@sccd.edu

*Thank you for giving
back!*

*Proceeds will help
support San Diego
City College Cross
Country programs and
SDHS Cross Country.*



Event Schedule

Rolling schedule in affect – all times approximate

Running Events

5:45pm	M/W – Tim Seaman Mile RW
6:00pm	W – Mile
6:15pm	M – Mile
6:30pm	W – 100m Hurdles 33’’
6:45pm	M – 110m Hurdles 42’’
7:00pm	Kids 50m Dash – FREE
7:15pm	W – 100m
7:30pm	M – 100m
7:45pm	M/W – 5,000m
8:10pm	W – 400m
8:20pm	M – 400m

Field Events

Start at 5:30pm – 4 attempts

Long Jump
High Jump
Shot Put

**Pole Vault will be contested at SDSU on
the same date starting at 4:30pm.*

*5200 55th St, San Diego, CA 92182
Street parking is free or in the lot for \$\$*

Additional Info

Registration opens at
4:00pm.

Registration for each
event closes 30 minutes
prior to the scheduled
start of that event.

Results posted near the
finish line area.

FREE parking is
available on the east
side of the stadium.