



Wednesday, June 19, 2019

Cuyamaca College

900 Rancho San Diego Parkway, El Cajon, CA 92019

All ages and abilities are welcome.

Pre-Registration by June 17 11:59 pm - Cost: \$7 per event on www.athletic.net

Day of Event Registration \$10 per event & begins at 3:00pm

**Contact: Patrick Thiss at
Patrick.thiss@gccd.edu**

Event Schedule

Running Events

6:00pm	W	400 Hurdles (36")
6:15pm	M	<i>James King</i> 400 Hurdles (42")
6:25pm	W	800M
6:35pm	M	<i>Joaquim Cruz</i> 800M
6:45pm	M/W	Kids' 800M
7:00pm	W	100M
7:15pm	M	100M
7:30pm	W	400M
7:40pm	M	400M
7:50pm	M/W	<i>Josh Cox</i> 3000M
8:05pm	M/W	Tim Seaman 1600M Racewalk

Field Events (4 attempts)

4:00 pm	M/W	Pole Vault
	M/W	Hammer
6:00pm	M/W	<i>Arnie Robinson</i> Long Jump
	M/W	<i>Willie Banks</i> High Jump
	M/W	Shot Put