



Wednesday, July 13, 2016

AT

San Diego State University

Montezuma Rd & 55th St, San Diego, CA 92182

Parking is \$2 per hour & Pay at Kiosk

SAN DIEGO STATE

TRACK & FIELD

All ages and abilities are welcome.

Pre-Registration on www.Athletic.Net \$5.00 per event

Day of Event Registration \$7 per event & begins at 3:00pm

Contact: Sheila Burrell at

sburrell@mail.sdsu.edu

EVENT SCHEDULE

Day of Event Entries will NOT be accepted 30min before the start of each event.

Running Events

6:00pm	W	400 Hurdles (30")
6:15pm	M	<i>Rahn Sheffield</i> 400 Hurdles (36")
6:25pm	W	1000M <i>Mark Belger</i>
6:35pm	M	1000M
6:50pm	B/G	Kids' 400M
7:00pm	W	400M
7:15pm	M	400M
7:35pm	W	100M
7:50pm	M	100M
8:10pm	M	200M
8:25pm	W	200M
8:40pm	M/W	<i>Josh Cox</i> 5000M
9:00pm	MW	<i>Tim Seaman</i> 1600 Racewalk

Field Events (4 attempts)

5:00 pm	M/W	Pole Vault (Low Pit)
	M/W	Pole Vault (High Pit)
5:30pm	M/W	<i>Arnie Robinson</i> Long Jump Shot Put
6:30pm	M/W	<i>Willie Banks</i> High Jump Javelin

Concessions Will Be Available At This Event