



**San Diego City College
Spring All-Comers Track & Field Meet
Sunday, April 28, 2019
Balboa Stadium**

1405 Park Blvd – San Diego, CA 92101

Meet #5 in the USATF San Diego Summer Nights T&F Series

All ages and abilities welcome.

Pre-Register on www.Athletic.net for \$5.00 per event (one-time \$2.00 online fee)

Day of Event Registration is \$10.00 per event and begins at 7:00am.

Contact: Marco Anzures at manzures@sdccd.edu

Event Schedule

Rolling schedule in affect – all times approximate

Heats are run from fast to slow

Running Events

8:00am W – 100m Hurdles 33’’
8:15am M – 110m Hurdles 42’’
8:30am W – 1500m
8:45am M – 1500m
9:00am W – 200m
9:15am M – 200m
9:30am W – 800m
9:40am M – 800m
9:50am M/W – 3,000m

Field Events - 4 attempts

8:00am M/W – Shot Put
8:30am M/W – Long Jump
9:00am M/W – HJ
9:30am FREE 2nd Recess Kids Long Jump

Additional Info

Track Opens 7:00am – Enter at the West gate closest to the high school.

Entrance Enter the stadium on the West end home side nearest the high school.

Registration Closes 30 minutes prior to the scheduled start of that event.

Results Posted near the finish line area.

FREE Parking available all around the stadium.

Thank you for giving back!

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