



PROCEEDS SUPPORT
SAN DIEGO STATE WOMEN'S
CROSS COUNTRY AND
TRACK & FIELD PROGRAM



PAY AT THE GATE
FOR UNLIMITED EVENTS!

\$10 PER ATHLETE
IF PRE-REGISTERED

\$15 PER ATHLETE
FOR DAY OF MEET REGISTRATION

TEAMS CONTACT
MEET DIRECTOR
FOR TEAM ENTRY FEE COSTS

SPECTATORS ARE FREE!

FULL AUTOMATIC TIMING (FAT)
9-LANE MONDO TRACK

FOUR HORIZONTAL
JUMPS/THROWS PER ENTRANT

SUMMER NIGHTS TRACK & FIELD SERIES AZTEC SPRING ALL-COMERS MEET

SATURDAY MARCH 16, 2019 SAN DIEGO STATE UNIVERSITY

MEET #4 OF 2019 USATF SAN DIEGO-IMPERIAL ASSOCIATION
SUMMER NIGHTS TRACK AND FIELD SERIES

TRACK OPENS 9:00AM

NOTE: ROLLING SCHEDULE, APPROXIMATE START TIMES

FIELD EVENT SCHEDULE	TIME	EVENT	WEEKEND
	10:00AM	High Jump	M/W
	10:00AM	Shot Put	M→W
	10:00AM	Discus	W→M
	12:00PM	Long Jump	M/W

TRACK EVENT SCHEDULE	TIME	EVENT	WEEKEND
	10:30AM	1600m Run	W
	10:40AM	1600m Run	M
	10:50AM	4 x 400m Relay	W
	11:00AM	4 x 400m Relay	M
	11:10AM	100m Hurdles	W
	11:20AM	100m Hurdles	M
	11:35AM	400m Dash	W
	11:45AM	300m Dash	M
	11:55AM	3000m Run	W
	12:10PM	3000m Run	M
	12:25PM	100m Dash	W
	12:35PM	100m Dash	M
	12:50PM	4 x 400m Relay	W
	1:05PM	4 x 400m Relay	M



REGISTER ONLINE
tinyurl.com/2018Red-Black
UNTIL WEDNESDAY DECEMBER 5 AT MIDNIGHT

**COMPETITORS OF
ALL AGES WELCOME!**

LOCATION

San Diego State University | Aztrack Sports Deck | Montezuma Rd & 55th St | San Diego, CA 92182
PAY PARKING AVAILABLE UNDERNEATH THE TRACK - \$2 PER HOUR

CONTACT INFORMATION

Head Coach **Shelia Burrell** | 619.594.5514 | sburrell@mail.sdsu.edu
Meet Director **Rick Reaser** | 310.227.5534 | rick-reaser@msn.com

NOTE: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches may not enter their athletes in any out of season competition; 2) Community college coaches cannot provide transportation; 3) Community college coaches cannot pay the entry fee; 4) Community college coaches cannot be at this meet if their athletes are competing; and, 5) Community college athletes may not use their school's equipment.