



**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](http://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@sdccd.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 Race Walk Mile
6:00pm	W – Paul Greer Mile
6:15pm	M – Paul Greer Mile
6:30pm	W – 100m Hurdles 33’’
6:45pm	M – 110m Hurdles 42’’
7:00pm	2 <sup>nd</sup> Recess 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 4:00pm. 2 pits (starting heights 6’6’’ and 10’0’’) Address: 5200 55<sup>th</sup> St, San Diego, CA 92182. Street parking is free or in the lot for \$\$*

**Additional Info**

Registration opens at 4:00pm.

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

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Results posted near the finish line area.

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