



**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](http://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](mailto: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 – Mile  
8:45am M – Mile  
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 2<sup>nd</sup> 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.*