



Wednesday, June 22, 2016

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

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 3:30pm

Contact: Renee Ross at

ross@sdccd.edu

Event Schedule

Running Events

6:00pm **Wes Williams**
W- 30" 400m Hurdles
M- 36" 400m Hurdles

6:15pm M & W-400m

6:45pm **Milena Glusac**
M & W 3000M

7:15pm M & W-100m

7:45pm **Joaquim Cruz**
M & W-800 meters

8:15pm **Meb Keflezighi**
M & W 10,000M

Field Events – Begin at

4:00pm

4:00pm Pole Vault
4:00pm Discus
5:00pm Arnie Robinson Long Jump
5:30pm Shot Put
6:00pm Willie Banks High Jump

* 3/16 pyramid spikes are the only spikes worn on Mesa's track & field
Automatic timing will be provided.

* Field Events - Begin at 4:00pm