



**San Diego City College
Summer All-Comers Track & Field Meet
Wednesday, July 31, 2019
Balboa Stadium**

1405 Park Blvd – San Diego, CA 92101

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 4:30pm.

Contact: Marco Anzures at manzures@sdccd.edu

Event Schedule

Rolling schedule in affect – all times approximate

Running Events

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 nd Recess Kids 50m Dash – FREE
7:15pm	W – 100m
7:30pm	M – 100m
7:45pm	M/W – 5,000m
8:10pm	W – 200m
8:20pm	M – 200m

Field Events - 4 attempts

4:00pm	M/W – Pole Vault
5:30pm	M/W – Long Jump
6:00pm	M/W – High Jump
6:30pm	M/W – Shot Put

Additional Info

Track Opens	4:30pm – 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.

Pole Vault is contested at St. Augustine HS in North Park. One pit only. “A” and “B” flight times will be announced. Address: 3266 Nutmeg Street, San Diego, CA 92104

Thank you for giving back!

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