



Wednesday, June 21, 2017

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration on www.Athletic.Net \$7.00 per event

Day of Event Registration \$10 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

8:00pm M & W-200m

Field Events – Begin at

4:00pm

4:00pm Pole Vault - To Be held at SDSU

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 & Deadline to enter 400 Hurdles at 5:00pm