



Wednesday, July 17, 2019

Sweetwater High School

2900 Highland Avenue, National City, CA 91950

All ages and abilities are welcome.

Pre-Registration by July 15 11:59pm on www.Athletic.Net \$7.00 per event

Day of Event Registration \$10 per event & begins at 4:00pm

Contact: Jaime Romero at

Jaime.romero@sweetwaterschools.org

Event Schedule

Running Events

6:00pm	W-100 Hurdles 33"
6:15pm	<i>Tonie Campbell</i> M- 110 Hurdles 42"
6:25pm	W-1500
6:35pm	M-1500
6:45pm	W-200m
7:00pm	M-200M
7:15pm	<i>Marc Davis</i> M/W-3000M
7:40pm	<i>Monique Henderson</i> W-400M
7:50pm	M-400M

Field Events

Start 5:30pm -4 Attempts
Arnie Robinson Long Jump
High Jump
Shot Put
Pole Vault starts at 4:30pm
Flight # 1 starts at 12'
Flight # 2 starts at 7'