



# SAN DIEGO STATE UNIVERSITY RED-BLACK ALL-COMERS MEET

Saturday – December 5<sup>th</sup> 2015



*Meet #1 of 2016 USATF San Diego-Imperial  
Association Winter Track Classic Series*



**Track Opens** 9:00 AM

*Note: Rolling Schedule, Approximate Start Times*

<b>Field Event Schedule</b>	10:00 AM – Pole Vault – M/W
	10:00 AM – High Jump – M/W
	10:00 AM – Shot Put – M/W
	10:45 AM – Discus – M/W
	11:30 AM – Weight Throw – M/W
	12:00 PM – Long Jump – M/W
	12:15 PM – Javelin – M/W
<b>Track Event Schedule</b>	10:30 AM – 4 x 200m relay –W
	10:40 AM – 4 x 200m relay – M
	10:50 AM – 1000m run – W
	11:00 AM – 1000m run – M
	11:10 AM – 300m dash – W
	11:15 AM – 300m dash – M
	11:25 AM – 60m hurdles – W
	11:35 AM – 60m hurdles – M
	11:40 AM – 60m dash – W
	11:50 AM – 60m dash – M
	12:00 PM – 600m run – W
	12:05 PM – 600m run – M
	12:10 PM – 150m dash – W
	12:20 PM – 150m dash – M
	12:25 PM – 3000m run – W
12:45 PM – 3000m run – M	
1:05 PM – 4 x 400m relay –W	
1:15 PM – 4 x 400m relay –M	

**Location** San Diego State University  
Aztrack Sports Deck  
Montezuma Rd & 55<sup>th</sup> St  
San Diego, CA 92182

Pay parking available underneath the track

<b>Contact Information</b>	Head Coach:	Shelia Burrell	(619) 594-5514	<a href="mailto:sburrell@mail.sdsu.edu">sburrell@mail.sdsu.edu</a>
	Meet Director:	Rick Reaser	(310) 227-5534	<a href="mailto:rick-reaser@msn.com">rick-reaser@msn.com</a>
	Asst Meet Director:	Allison Reaser	(310) 955-0801	<a href="mailto:allison-reaser@msn.com">allison-reaser@msn.com</a>

*Proceeds support San Diego State  
Women's Cross Country  
and Track & Field Program*



*Competitors of all ages welcome!*

***Please pre-register on-line!***

*Registration link (until Wed, Dec 2 midnight):*  
<https://www.directathletics.com/meets/track/41761.html>

*Pay by at the gate for unlimited events*  
*\$10 per athlete if pre-registered*  
*\$15 per athlete for day of meet registration*

*Spectators are free!*

*Full Automatic Timing (FAT)*  
*9 – Lane Mondo Track*

*Four horizontal jumps/throws*  
*per entrant*

*Please bring your own throwing*  
*implements—especially Masters.*

*3/16" (5 mm) pyramids spikes only*  
*No needle or Christmas tree spikes*

Note: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches may not enter their athletes in any out of season competition; 2) Community college coaches cannot provide transportation; 3) Community college coaches cannot pay the entry fee; 4) Community college coaches cannot be at this meet if their athletes are competing; and, 5) Community college athletes may not use their school's equipment.