SUMMER NIGHTS TRACK AND FIELD
RED-BLACK ALL-COMERS MEET
SAN DIEGO STATE UNIVERSITY
Saturday – December 8th, 2018
Meet #1 of 2018-2019 USATF San Diego-Imperial Association
Summer Nights Track and Field Series

Track Opens 9:00 AM

Note: Rolling Schedule, Approximate Start Times

Field Event Schedule
10:00 AM – Pole Vault Open – M/W
10:00 AM – High Jump – M/W
10:00 AM – Shot Put – M → W
10:00 AM – Discus – W → M
12:00 PM – Weight Throw – W → M
12:00 PM – Long Jump – M/W
1:00 PM – Pole Vault Elite – M/W
1:15 PM – Javelin – W → M

Track Event Schedule
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 – 60m hurdles – W
11:20 AM – 60m hurdles – M
11:35 AM – 300m dash – W
11:50 AM – 300m dash – M
12:10 PM – 60m dash – W
12:30 PM – 60m dash – M
12:55 PM – 600m run – W
1:10 PM – 600m run – M
1:25 PM – 150m dash – W
1:50 PM – 150m dash – M
2:20 PM – 300m run – W
2:35 PM – 300m run – M
2:50 PM – 4 x 400m relay – W
3:05 PM – 4 x 400m relay – M

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 5 midnight):
https://tinyurl.com/2018Red-Black

Pay 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.

1/4” (7 mm) or less pyramid spikes only
No needle or Christmas tree spikes

Location
San Diego State University
Aztrack Sports Deck
Montezuma Rd & 55th St
San Diego, CA 92182
Pay parking available underneath the track - $3 per hour

Contact
Head Coach: Shelia Burrell (619) 594-5514 sburrell@mail.sdsu.edu
Meet Director: Rick Reaser (310) 227-5534 rick-reaser@msn.com

as of November 19, 2018, version 6