



# SUMMER NIGHTS TRACK AND FIELD RED-BLACK ALL-COMERS MEET SAN DIEGO STATE UNIVERSITY

Saturday – December 8<sup>th</sup>, 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	–	3000m run – W
2:35 PM	–	3000m run – M
2:50 PM	–	4 x 400m relay –W
3:05 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

**Contact Information** Head Coach: Shelia Burrell (619) 594-5514  
Meet Director: Rick Reaser (310) 227-5534

*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*

Pay parking available underneath the track - \$3 per hour

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