

**WINTER TRACK SERIES ALL-COMERS MEET
(INCLUDING DECATHLON AND HEPTATHLON)
SATURDAY-SUNDAY, JANUARY 27-28, 2018**

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CANYON CREST ACADEMY

5951 Village Center Loop Road, San Diego, 92130

[Enter facility and parking at the end of Edgewood Bend Court](#)

Meet 4 of 2017-2018 USATF San Diego Winter Track Classic Series

GATE-REGISTRATION-CHECK IN OPEN: 8:00 am

Decathlon Starts at 9:00 both days

Heptathlon Starts at 9:30 both days

Note: Rolling Schedule, Approximate Start Times

Registration ends 2 events ahead of any given event.



SINGLE TRACK EVENTS (SATURDAY ONLY): *Competitors of all ages and abilities welcome!*

8:30a: 5000m run

Starting at 9:30a

100/110 HURDLES (Heptathletes in 1st heat)

800 meters Each event will start about 10 min
100 meters after the conclusion of the previous
400 meters event.

1500 meters

200 meters

3000 meter Racewalk

SINGLE FIELD EVENTS (SATURDAY ONLY):

LONG JUMP 9:00

HIGH JUMP 11:00

SHOT PUT 10:00 (Weigh-in at 9:45)

DISCUS After Shot Put

POLE VAULT WARM-UP AT 9:00AM EVENT STARTS AT 10:00 AM

JAVELIN AFTER COMPLETION OF TRACK EVENTS

In advance on athletic.net:

\$5.00 + \$2.00 processing fee

\$20.00 + \$2.00 processing fee FOR DEC/HEP

Day of the meet:

\$10.00 Cash

\$25.00 for Dec and Hep

Spectators are free

[Click Here for Detailed Meet and Registration Inf](#)

9 Lane All Weather Track

Four Horizontal jumps / throws per entrant

Please bring your own throwing implements.

Finish Linx Timing

SPECTACULAR POLE VAULT FACILITY - 2 RUNWAYS

CONTACT: [Ted Thompson ted@ravenstrack.org](mailto:ted@ravenstrack.org)

ENTRY:

Registration ends 2 events ahead of any given event.

PARKING IN CAMPUS PARKING LOT ABOVE THE TRACK STADIUM

[Click Here For All Registration and Meet Information](#)

or got to:

http://www.delmartrackclub.org/DMTC/Track_Meets.html

