



Wednesday, July 10, 2019

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration by July 8 11:59pm on www.Athletic.Net \$7.00 per event

Day of Event Registration \$10 per event & begins at 3:00pm

Contact: Sean Ricketts at
sricketts@sdccd.edu

Event Schedule

Running Events

5:40pm 1 Mile Run
6:00pm **Gail Devers**
W-100 Hurdles (33")
M- 110 Hurdles (42")
6:20pm M/W **Monique Henderson** 400m
6:50pm M/W **Mark Belger** 1000M
7:10pm W 100M
7:30pm M 100M
7:50pm M/W **Manny Bautista** 5000M

Field Events – Begin at 4:00pm

4:00pm Pole Vault
4:00pm Shot Put
4:00pm **Arnie Robinson** Long Jump
4:00pm Javelin
6:00pm Discus
6:00pm **Willie Banks** High Jump

* 3/16 pyramid spikes are the only spikes worn on Mesa's track & field
Automatic timing will be provided.

* Field Events - Begin at 4:00pm & Deadline to enter 100 and 110 Hurdles at 5:30pm