



PROCEEDS SUPPORT
SAN DIEGO STATE WOMEN'S
CROSS COUNTRY AND
TRACK & FIELD PROGRAM

**PAY AT THE GATE
FOR UNLIMITED EVENTS!**

\$5 PER ATHLETE
IF PRE-REGISTERED

**NO DAY OF
ENTRIES ACCEPTED**

**TEAMS CONTACT
MEET DIRECTOR**
FOR TEAM ENTRY FEE COSTS

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

SUMMER NIGHTS TRACK & FIELD SERIES

AZTEC SPRING ALL-COMERS MEET

SATURDAY MARCH 16, 2019

SAN DIEGO STATE UNIVERSITY

MEET #4 OF 2019 USATF SAN DIEGO-IMPERIAL ASSOCIATION
SUMMER NIGHTS TRACK AND FIELD SERIES

TRACK OPENS 9:00AM

NOTE: ROLLING SCHEDULE, APPROXIMATE START TIMES

| FIELD EVENTS | TIME | EVENT | DAY |
|--------------|---------|-----------|-------|
| | 10:00AM | High Jump | M/W |
| | 10:00AM | Shot Put | M → W |
| | 10:00AM | Discus | W → M |
| | 12:00PM | Long Jump | M/W |

| TRACK EVENTS | TIME | EVENT | DAY |
|--------------|---------|----------------|-----|
| | 10:30AM | 1600m Run | W |
| | 10:40AM | 1600m Run | M |
| | 10:50AM | 4 x 100m Relay | W |
| | 11:00AM | 4 x 100m Relay | M |
| | 11:10AM | 100m Hurdles | W |
| | 11:20AM | 110m Hurdles | M |
| | 11:35AM | 400m Dash | W |
| | 11:45AM | 400m Dash | M |
| | 11:55AM | 3000m Run | W |
| | 12:10PM | 3000m Run | M |
| | 12:25PM | 100m Dash | W |
| | 12:35PM | 100m Dash | M |
| | 12:50PM | 4 x 400m Relay | W |
| | 1:05PM | 4 x 400m Relay | M |



REGISTER ONLINE
<https://tinyurl.com/2019AztecSpring>

**COMPETITORS OF
ALL AGES WELCOME!**

LOCATION & PARKING

San Diego State University | Aztrack Sports Deck | Montezuma Rd & 55th St | San Diego, CA 92182

Parking is available underneath the track. Purchase permit on-line ahead of time for \$7/day using this link:
<https://aztecs.T2hosted.Com/account/portal>

Day meet parking \$3/hr for 1-4 hours or \$15 for 5-10 hours at the kiosk or via paybyphone app.

CONTACT

Head Coach **Shelia Burrell** | 619.594.5514 | sburrell@mail.sdsu.edu

Meet Director **Rick Reaser** | 310.227.5534 | rick-reaser@msn.com