



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

5:30pm	1500m Run
6:00pm	Gail Devers W-100 Hurdles (33") M- 36" M-110 Hurdles (42")
6:20pm	M/W Monique Henderson 400m
6:45pm	M/W Mark Belger 1000M
7:00pm	M/W 800m
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	Discus
4:00pm	Arnie Robinson Long Jump
6:00pm	Javelin
6:00pm	Shot Put
6:00pm	Willie Banks High Jump

* 3/16 pyramid spikes are the only spikes worn on Mesa's track & field (Spikes will be for sale at the clerk of the course \$2 per shoe)

Automatic timing will be provided.

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