



**Wednesday, June 10, 2020**

**Cuyamaca College**

**900 Rancho San Diego Parkway, El Cajon, CA 92019**

*All ages and abilities are welcome.*

**Pre-Registration by June 10 11:59 pm - Cost: \$8 per event on [www.athletic.net](http://www.athletic.net)**

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

**Contact: Patrick Thiss at  
[Patrick.thiss@gccd.edu](mailto:Patrick.thiss@gccd.edu)**

### Event Schedule

#### Running Events

6:00pm	W	400 Hurdles (36")
6:15pm	M	<i>James King</i> 400 Hurdles (42")
6:25pm	W	800M
6:35pm	M	<i>Steve Scott</i> 1500M
6:45pm	M/W	Kids' 800M
7:00pm	W	100M
7:15pm	M	100M
7:30pm	W	400M
7:40pm	M	400M
7:50pm	M/W	<i>Josh Cox</i> 3000M
8:05pm	M/W	Tim Seaman 1600M Racewalk

#### Field Events (4 attempts)

4:00 pm	M/W	Pole Vault
	M/W	Hammer
6:00pm	M/W	<i>Arnie Robinson</i> Long Jump
	M/W	<i>Willie Banks</i> High Jump
	M/W	Shot Put