



**San Diego City College
Spring All-Comers Track & Field Meet
Saturday, April 18, 2020**

Balboa Stadium

1405 Park Blvd – San Diego, CA 92101

Member of the USATF San Diego Summer Nights T&F Series

All ages and abilities welcome.

Pre-Register on www.Athletic.net for \$8.00 per event (one-time \$2.00 online fee)

Day of Event Registration is \$10.00 per event and begins at 8:00am

Contact: Marco Anzures at manzures@sdccd.edu

Event Schedule

Rolling schedule in affect – all times approximate

Heats are run from fast to slow

Running Events

9:00am	W – 1500m
9:15am	M – 1500m
9:30am	W – 100m
9:45am	M – 100m
10:00am	W – 800m
10:10am	M – 800m
10:20am	W – 200m
10:30am	M – 200m
10:40am	M/W – 3,000m

Field Events - 4 attempts

9:00am	M/W – Shot Put
9:00am	M/W – Long Jump
10:00am	M/W – HJ
9:30am	FREE 2 nd Recess Kids Long Jump

Additional Info

Website	www.sdccrosscountry.com
Track Opens	8:00am – Enter at the West gate closest to the high school.
Entrance	Enter the stadium on the West end home side nearest the high school.
Registration	Closes 30 minutes prior to the scheduled start of that event.
Results	Posted near the finish line area.
FREE Parking	available all around the stadium.

Thank you for giving back!

Proceeds will help support San Diego City College Cross Country programs and SDHS Cross Country.