



Wednesday, July 8, 2020

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration by July 6 11:59pm on www.Athletic.Net \$8.00 per event

Day of Event Registration \$10 per event & begins at 2:30pm

Contact: Sean Ricketts at
sricketts@sdccd.edu

Event Schedule

Running Events

5:30pm 1500 meter 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** 800M
7:00pm MW 1000M – 1 heat
7:10pm Kids 50 Meters
7:15pm W 100M
7:30pm M 100M
7:50pm M/W **Manny Bautista** 5000M

Field Events – Begin at 2:30pm

3:00pm Pole Vault – Registration 2:30pm
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 for \$5)**

Automatic timing will be provided.

*** Field Events - Begin at 3:00pm & Deadline to enter 100 and 110 Hurdles at 5:00pm**