



Sunday, March 8, 2020

10510 Marauder Way, San Diego, CA 92126

All ages and abilities are welcome.

Pre-Registration by March 7 11:59PM on www.Athletic.Net \$8.00 per event

Day of Event Registration \$10 per event & begins at 7:00 AM

Contact: Glenn Geelhoed
Glendgeelhoed@gmail.com

Event Schedule

Running Events

9:00 AM	3000M
9:20 AM	4X100 Relay (<i>Co ed welcome</i>)
9:30 AM	W 100 H (33")
9:40 AM	M 110 H (42")
9:50 AM	800M
10:00 AM	400M
10:20 AM	W 100M
10:30 AM	M 100M
10:40 AM	Kids 100M

Field Events – Begin at 8:30 AM

Long Jump 4 jumps, no final
Shot Put 4 attempts no final
Pole Vault
High Jump