



SUMMER NIGHTS TRACK AND FIELD RED-BLACK ALL-COMERS MEET SAN DIEGO STATE UNIVERSITY

Saturday – December 7th, 2019

*Meet #1 of 2019-2020 USATF San Diego-Imperial Association
Summer Nights Track and Field Series*



Track Opens 9:00 AM

Note: Rolling Schedule, Approximate Start Times

Field Event Schedule

- 10:00 AM – Pole Vault Open – M/W
- 10:00 AM – High Jump – M/W
- 10:00 AM – Shot Put – M → W
- 10:00 AM – Discus – W → M
- 12:00 PM – Weight Throw – W → M
- 12:00 PM – Long Jump – M/W
- 1:00 PM – Pole Vault Elite – M/W
- 1:15 PM – Javelin – W → M

Track Event Schedule

- 10:30 AM – 4 x 200m relay –W
- 10:40 AM – 4 x 200m relay – M
- 10:50 AM – 1000m run – W
- 11:00 AM – 1000m run – M
- 11:10 AM – 60m hurdles – W
- 11:20 AM – 60m hurdles – M
- 11:35 AM – 300m dash – W
- 11:50 AM – 300m dash – M

15 minute Break

- 12:25 PM – 60m dash – W
- 12:45 PM – 60m dash – M
- 1:10 PM – 600m run – W
- 1:25 PM – 600m run – M
- 1:40 PM – 150m dash – W
- 2:05 PM – 150m dash – M
- 2:35 PM – 3000m run – W
- 2:50 PM – 3000m run – M
- 3:05 PM – 4 x 400m relay –W
- 3:20 PM – 4 x 400m relay –M



Location San Diego State University
Aztrack Sports Deck
Montezuma Rd & 55th St
San Diego, CA 92182

Contact Information Head Coach: Shelia Burrell (619) 594-5514
Meet Director: Rick Reaser (310) 962-3289

**Proceeds support San Diego State
Women's Cross Country
and Track & Field Program**



Competitors of all ages welcome!

Must pre-register on-line!
No day of meet registration or changes!

Registration link closes Wed, Dec 4 midnight:
<https://tinyurl.com/2019Red-Black>

\$10 per athlete for unlimited events

Spectators are free!

*Full Automatic Timing (FAT)
9 – Lane Mondo Track*

*Four horizontal jumps/throws
per entrant*

*Please bring your own throwing
implements—especially Masters.*

*1/4" (7 mm) or less pyramid spikes only
No needle or Christmas tree spikes*

Pay parking available under track. Purchase permit on-line ahead of time for \$7/day. Follow instructions at this link: <https://aztecs.t2hosted.com/Account/Portal>. Or pay \$3/hr at kiosk on Level 2 day of meet. Contact SDSU Parking at (619) 594-6671 or parking@sdsu.edu for further info.

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