



Wednesday, July 13, 2016

AT

San Diego State University

Montezuma Rd & 55<sup>th</sup> St, San Diego, CA 92182

*Parking is \$2 per hour & Pay at Kiosk*

**SAN DIEGO STATE**

TRACK & FIELD

*All ages and abilities are welcome.*

Pre-Registration on [www.Athletic.Net](http://www.Athletic.Net) \$5.00 per event

Day of Event Registration \$7 per event & begins at 3:00pm

Contact: Shelia Burrell at

[sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)

**EVENT SCHEDULE**

**Day of Event Entries will NOT be accepted 30min before the start of each event.**

**Running Events**

6:00pm	W	400 Hurdles (30")
6:15pm	M	<b>Rahn Sheffield</b> 400 Hurdles (36")
6:25pm	W	1000M <b>Mark Belger</b>
6:35pm	M	1000M
6:50pm	B/G	Kids' 400M
7:00pm	W	400M
7:15pm	M	400M
7:35pm	W	100M
7:50pm	M	100M
8:10pm	M	200M
8:25pm	W	200M
8:40pm	M/W	<b>Josh Cox</b> 5000M
9:00pm	MW	<b>Tim Seaman</b> 1600 Racewalk

**Field Events (4 attempts)**

5:00 pm	M/W	Pole Vault (Low Pit)
	M/W	Pole Vault (High Pit)
5:30pm	M/W	<b>Arnie Robinson</b> Long Jump Shot Put
6:30pm	M/W	<b>Willie Banks</b> High Jump Javelin

*Concessions Will Be Available At This Event*