



SAN DIEGO STATE UNIVERSITY

RED-BLACK MEET

Saturday – December 6th 2014



*Meet #2 of 2015 San Diego Track Club
Winter Track Classic Series*



Track Opens 9:00 AM

Note: Rolling Schedule, Approximate Start Times

Field Event Schedule	10:00 AM	–	Pole Vault – M/W
	10:00 AM	–	High Jump – M/W
	10:00 AM	–	Shot Put – M/W
	10:45 AM	–	Discus – M/W
	11:30 AM	–	Weight Throw – M/W
	12:00 PM	–	Long Jump – M/W
	12:15 PM	–	Javelin – M/W
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	–	300m dash – W
	11:15 AM	–	300m dash – M
	11:25 AM	–	60m hurdles – W
	11:35 AM	–	60m hurdles – M
	11:40 AM	–	60m dash – W
	11:50 AM	–	60m dash – M
	12:00 PM	–	600m run – W
	12:05 PM	–	600m run – M
	12:10 PM	–	150m dash – W
	12:20 PM	–	150m dash – M
	12:25 PM	–	3000m run – W
12:45 PM	–	3000m run – M	
	1:05 PM	–	4 x 400m relay –W
	1:15 PM	–	4 x 400m relay –M

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

Pay parking available underneath the track

Contact Information Head Coach: Shelia Burrell (619) 594-5514 sburrell@mail.sdsu.edu
Meet Director: Rick Reaser (310) 227-5534 rick-reaser@msn.com

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



Competitors of all ages welcome!

Pre-register on-line this year!
\$10 per athlete, unlimited events

Registration link (until Wed, Dec 3 midnight):
<http://www.directathletics.com/meets/track/36481.html>

Meet day registration
\$12 per athlete, 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.

3/16" (5 mm) pyramids spikes only
No needle or Christmas tree spikes

Note: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches may not enter their athletes in any out of season competition; 2) Community college coaches cannot provide transportation; 3) Community college coaches cannot pay the entry fee; 4) Community college coaches cannot be at this meet if their athletes are competing; and, 5) Community college athletes may not use their school's equipment.