



SAN DIEGO STATE UNIVERSITY
RED-BLACK INTRASQUAD
ALL COMERS MEET
 Saturday – December 1st 2012



*Meet #2 of 2012 USATF San Diego-Imperial
 Association Winter Track 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
 10:30 AM – Shot Put – M/W
 11:15 AM – Discus – M/W
 11:30 AM – Long Jump – M/W
 12:00 PM – Weight Throw – M/W

Track Event Schedule
 10:30 AM – 4 x 200m relay –W
 10:35 AM – 4 x 200m relay – M
 10:40 AM – 1000m run – W
 10:45 AM – 1000m run – M
 10:50 AM – 300m dash – W
 10:55 AM – 300m dash – M
 11:00 AM – 60m hurdles – W
 11:05 AM – 60m hurdles – M
 11:15 AM – 60m dash – W
 11:20 AM – 60m dash – M
 11:25 AM – 600m run – W
 11:30 AM – 600m run – M
 11:35 AM – 150m dash – W
 11:40 AM – 150m dash – M
 11:45 AM – 3000m run – M/W
 12:00 PM – 4 x 400m relay –W
 12:10 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!
\$10 per athlete, unlimited entries
Spectators are free
Full Automatic Timing (FAT)
9 – Lane Mondo Track
Four 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
All entrants compete unattached

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.