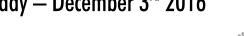


SAN DIEGO STATE UNIVERSITY RED-BLACK ALL-COMERS MEET

Saturday — December 3rd 2016







Meet #1 of 2017 USATF San Diego-Imperial Association Winter Track Classic Series

Track Opens 9:00 AM

Note: Rolling Schedule, Approximate Start Times

Field Event 10:00 AM - Pole Vault - M/WSchedule 10:00 AM - High Jump - M/W $10:00 \text{ AM} - \text{Shot Put} - \text{M} \rightarrow \text{W}$ $10:00 \text{ AM} - \text{Discus} - \text{W} \rightarrow \text{M}$

12:00 PM - Weight Throw - M \rightarrow W

12:00 PM - Long Jump - M/W 1:15 PM - Javelin - W \rightarrow 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

12:10 PM - 60m dash - W 12:30 PM - 60m dash - M

12:55 PM - 600m run - W

1:10 PM - 600m run - M 1:25 PM - 150m dash - W

1:50 PM - 150m dash - M

2:20 PM - 3000m run - W 2:35 PM - 3000m run - M

2:50 PM - 4 x 400m relay -W 3:05 PM - 4 x 400m relay -M

Location San Diego State University

Aztrack Sports Deck Montezuma Rd & 55th St San Diego, CA 92182 Proceeds support San Diego State Women's Cross Country and Track & Field Program



Competitors of all ages welcome!

Please pre-register on-line!

Registration link (until Wed, Nov 30 midnight): http://tinyurl.com/2016Red-Black

Pay at the gate for unlimited events \$10 per athlete if pre-registered \$15 per athlete for day of meet registration

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 underneath the track

ContactHead Coach:Shelia Burrell(619) 594-5514sburrell@mail.sdsu.eduInformationMeet Director:Rick Reaser(310) 227-5534rick-reaser@msn.comAsst Meet Director:Allison Reaser(310) 955-0801allison-reaser@msn.com

Note: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches my 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.