



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

Saturday – December 10th, 2022

*Meet #1 of 2022-2023 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	–	Triple Jump – M/W
10:00 AM	–	High Jump – M/W
10:00 AM	–	Shot Put – M → W
10:00 AM	–	Discus – W → M
10:00 AM	–	Pole Vault – M/W
12:00 PM	–	Weight Throw – W → M
12:30 PM	–	Long Jump – M/W
1:15 PM	–	Javelin Throw – M → W
1:15 PM	–	Seated Shot Put – 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	–	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
Choc Sportsman Oval
Hardy Ave and 55th St
San Diego, CA 92182

Parking is available in Parking Structure PS-7 under the track.
1) Purchase a permit on-line ahead of time at the rate of \$7/day by using instructions at this link:
https://bfa.sdsu.edu/campus/parkingtrans/forms/visitor_portal_guide_v2.pdf
or, 2) Pay at the kiosk pay station on level 2. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours.

Contact Information

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

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



*Competitors of all ages welcome
\$10 per athlete for unlimited events
Spectators are free!*

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

Registration link closes Wed, Dec 7 midnight:
<https://tinyurl.com/2022Red-Black>

Fully Automatic Timing (FAT)

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*