



SAN DIEGO STATE UNIVERSITY
RED-BLACK INTRASQUAD
ALL COMERS MEET
Saturday – December 3rd 2011



Track Opens 9:00 AM

Field Event Schedule
10:00 AM – Pole Vault – M/W
10:00 AM – High Jump – M/W
10:30 AM – Discus – M/W
11:15 AM – Shot Put – 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 – 60m hurdles – W
11:00 AM – 60m hurdles – M
11:05 AM – 300m dash – W
11:10 AM – 300m dash – 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
11:55 AM – 4 x 400m relay –W
12:00 PM – 4 x 400m relay –M

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

Competitors of all ages welcome!
\$5 per athlete, unlimited entries
Spectators are free

Full Automatic Timing (FAT)
9 – Lane Mondo Track

Four jumps/throws per entrant

3/16" pyramids spikes only
No needle or Christmas tree spikes

All entrants compete unattached

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
General Info: Rick Reaser (310) 227-5534 rick-reaser@msn.com

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.