



Wednesday, July 13, 2022

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration by July 12 6:00pm on Directathletics.com \$7.00 per event (plus a Direct Athletics service charge)

Day of Event Registration \$10 per event & begins at 1:30pm

Contact: Sean Ricketts at sricketts@sdccd.edu

Event Schedule

Deadline to enter Track events is at 4:30pm

Running Events

5:00pm	1 Mile Run
5:30pm	Gail Devers W-100 Hurdles (33"), M-110 Hurdles (42")
5:50pm	M/W Monique Henderson 400m
6:30pm	M/W Mark Belger 800M
6:50pm	Kids 50 Meters (ages 5-12)
7:10pm	W 100M
7:30pm	M 100M
8:00pm	M/W Manny Bautista 5000M

Deadline to enter Field events is 30 min before Start

Field Events – Begin at 2:00pm

2:00pm	Hammer
3:00pm	Pole Vault
3:00pm	Arnie Robinson Long Jump
4:00pm	Discus
6:00pm	Javelin
6:00pm	Shot Put
6:00pm	Willie Banks High Jump

*** 3/16 pyramid spikes are the only spikes worn on Mesa's facility
(Spikes will be for sale at the clerk of the course for \$5)**

Automatic timing will be provided by SD Mesa College Track and Field.