

Summer Nights



Track & Field Series



All ages and abilities are welcome. You may compete in any or all of the meets.

Series Director: Paul Greer Phone: (858) 573-1500 Website: www.sdusatf.org

Cost: \$10, Includes unlimited events within each meet Registration begins at 5 pm. Running and Field Events begin at 6 pm.

Meet Schedule

Wednesday, June 2, 2010

Cathedral High School Contact: Dan Geiger at dgeiger@cathedralcatholic.org

Wednesday, June 23, 2010

San Diego Mesa College Contact: Thom Hunt at thunt@sdccd.edu

Championship Wednesday, July 21, 2010

Patrick Henry High School Contact: Andrew Myette at amyette@sandi.net <u>or</u> Adam Henderson at AHende400@yahoo.com

Event Schedule

Track Events

Hurdles (100 or 400 meters)
Mid-Distance (800 meters to Mile)
Sprint (100-200 meters)
Distance (3000-5000 meters)
Long Sprint (400 meters)

Field Events

Shot Put Long Jump High Jump

The top three point winners in each series event will be given awards.



NOT PART OF SERIES BUT GREAT EVENTS ON THEIR OWN!

SD USATF Association Championships Saturday, June 12 at San Diego Mesa College Contact: Adam Henderson at AHende400@yahoo.com

SDTC Chuck McMahon Master's Track Meet – at CS San Marcos Saturday, July 17 Age 30+ 7am-2pm

Contact Steve Kleinstuber (619) 244-7691 kleinstuber@cox.net or www.sdtc.com for more information