



Summer Nights



Track and Field Championship

Wednesday, July 21, 2010
Patrick Henry High School
6702 Wandermere, San Diego, CA 92120



All ages and abilities are welcome.

Cost: \$10.00, includes unlimited events. Registration begins at 5:00pm

Contact: Adam Henderson or Andrew Myette

ahende400m@yahoo.com or amyette@sandi.net

Event Schedule

6:00pm	36inch	100 Hurdles
6:15pm	42inch	110 Hurdles
6:25pm		W-1500
6:35pm		M-1500
6:45pm		W-100m
7:00pm		M-100M
7:15pm		5000M
7:40pm		W-400M
7:50pm		M-400M

Field Events Start 6:00pm

4 Attempts

Long Jump

High Jump

Shot Put

All field events done by
7:30pm

