



Summer Nights



Track & Field Series

Wednesday, June 23

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111



All ages and abilities are welcome.

For series information visit website: www.sdusatf.org

Cost: \$10, Includes unlimited events. Registration begins at 5 pm.

*3/16 is the maximum length of spikes and Running and Field Events begin at 6:15 pm.

Series 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: Adam Henderson at
AHende400@yahoo.com or
Andrew Myette at amyette@sandi.net

Approximate Time Schedule

6:15pm	W-400 Hurdles (30")
6:25pm	M-400 Hurdles (36")
6:30pm	W-Mile
6:40pm	M-Mile
6:50pm	W-200M
7:00pm	M-200M
7:15pm	M & W 3000M
7:35pm	W-400m
7:45pm	M-400m

Field Events – All begin at 6:15 pm

Shot Put
Long Jump
High Jump



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