



Summer Nights



Track & Field Series

Wednesday, June 22

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 5:00 pm.

*3/16 pyramid spikes are the only spikes worn on Mesa's track so no needle spikes

Running and Field Events begin at 6:00 pm.

Series Meet Schedule

Wednesday, June 8, 2011

Cathedral High School

Contact: Dan Geiger at

dgeiger@cathedralcatholic.org

Wednesday, June 22, 2011

San Diego Mesa College

Contact: Thom Hunt at

thunt@sdccd.edu

Wednesday, July 6, 2011

Cuyamaca College

Contact: Patrick Thiss at

Patrick.thiss@gccd.edu

Championship

Wednesday, July 20, 2011

Lincoln High School

Contact: Adam Henderson at

AHende400@yahoo.com

Approximate Time Schedule

6:00pm	W-400 Hurdles (30")
6:15pm	M-400 Hurdles (36")
6:25pm	W-800 meters
6:35pm	M-800 meters
6:45pm	W-200M
7:00pm	M-200M
7:15pm	M & W 3000M
7:40pm	W-400m
7:50pm	M-400m
8:00pm	M & W 10,000M

Field Events – All begin at 6:00 pm

Shot Put
Long Jump
High Jump



NOT PART OF SERIES BUT GREAT EVENTS ON THEIR OWN !

SD USATF Association Championships

Saturday, June 5 at Point Loma Nazarene College

Contact: Adam Henderson at AHende400@yahoo.com

SDTC Chuck McMahon Master's Track and Field Meet
at CSU San Marcos Saturday, June 25

Age 30+ 8am

Contact Steve Kleinstuber (619) 244-7691 kleinstuber@cox.net

or www.sdctc.com for more information