



Summer Nights



Track and Field Championship

Wednesday, July 6, 2011

Cuyamaca College

900 Rancho San Diego Parkway, El Cajon, CA 92019



All ages and abilities are welcome.

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

Contact: Patrick Thiss at

Patrick.thiss@gccd.edu

Event Schedule

Running Events

6:00pm	W	100 Hurdles (36")
6:15pm	M	110 Hurdles (42")
6:25pm	W	1000m
6:35pm	M	1000m
6:45pm	W	100m
7:00pm	M	100M
7:15pm	M/W	5000M
7:40pm	W	400M
7:50pm	M	400M
8:00pm	M/W	1600 racewalk

Field Events (4 attempts)

4:00 pm	M/W	Pole Vault
6:00pm	M/W	Long Jump
	M/W	High Jump
	M/W	Shot Put
	M/W	Hammer

