



Montgomery Indoor/Outdoor Meet

Saturday Jan. 22, 2011



Winter Track & Field Classic Meet #1

Montgomery High School - All Weather Outdoor Track

3250 Palm Avenue, San Diego 92111

All ages and abilities are welcome

Cost: \$10, Includes unlimited events. Registration begins at 9 am.

*3/16 is the maximum length of spikes and Running and Field Events begin at 10:00 am

A few indoor + rare events run an outdoor track! =)

Approximate Time Schedule (Registration/Setup Begins @ 9am)

10:00am – (M) HURDLES – 180 Low Hurdles

10:15am – (W) HURDLES – 180 Low Hurdles

10:30am – (M) MIDDLE DISTANCE – 1000 Meter Run

10:40am – (W) MIDDLE DISTANCE – 1000 Meter Run

10:50am – (M) SHORT SPRINT – 100Meter Sprint

11:00am – (W) SHORT SPRINT – 100Meter Sprint

11:10am – (M) LONG DISTANCE – 3000 Meter Run

11:20am – (W) LONG DISTANCE – 3000 Meter Run

11:30am – (M) LONG SPRINT – 600 Meter Sprint

11:40am – (W) LONG SPRINT – 600 Meter Sprint

11:45am – (M) RELAY – 100m, 200m,300m,600m Medley*

11:55am – (W) RELAY – 100m, 200m,300m,600m Medley*

*Relay depends on interest of participants. Select teams on or before race day.

FIELD EVENTS: Start at 10:15am

Shot Put

Long Jump

High Jump



For More Info Contact Meet Director:

Coach Ken – run@superheromile.com

www.SuperheroMile.com



USA Track & Field SD
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