



Wednesday, June 20, 2012 Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Cost: \$5 per event. Registration begins at 5:00pm

Contact: Thom Hunt at

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GENERATION
UCAN
today's nutrition. tomorrow's champions.

Event Schedule

Running Events

6:45pm	W-400 Hurdles (30")
6:55pm	M-400 Hurdles (36")
7:05pm	W-800 meters
7:15pm	Joaquim Cruz M-800 meters
7:25pm	W-100M
7:35pm	M-100M
7:50pm	Milena Glusac M & W 3000M
8:05pm	W-400m
8:15pm	M-400m
8:30pm	W-1500 meters
8:45pm	Meb Keflezighi M & W 10,000M

Field Events – All begin at 6:30 pm

Shot Put
Arnie Robinson Long Jump
Willie Banks High Jump
Pole Vault

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

Field Events begin at 6:30 pm and Running Events begin at 6:45pm