



All ages and abilities are welcome. You may compete in any or all of the meets.

Series Director: Paul Greer

Phone: (858) 573-1500

Website: www.sdusatf.org

Cost: \$5 per Event

Registration begins at 5 pm. Field Events begin at 5:30pm and Running Events begins at 6:00pm

Meet Schedule

Wednesday, June 6, 2012
Cathedral High School
Contact: Dan Geiger at
dgeiger@cathedralcatholic.org

Wednesday, June 20, 2012
San Diego Mesa College
Contact: Thom Hunt at
thunt@sdccd.edu

Wednesday, July 11, 2012
Cuyamaca College
Contact: Patrick Thiss at
Patrick.thiss@gcccd.edu

Championship
Wednesday, July 25, 2012
Lincoln High School
Contact: Adam Henderson at
AHende400@yahoo.com

Event Schedule

Track Events

Hurdles (100 or 400 meters)
Mid-Distance (800 meters to Mile)
Sprint (100-200 meters)
Distance (3000-5000 meters)
Long Sprint (400 meters)

Field Events

Shot Put
Long Jump
High Jump

The top three point winners in each series event will be given awards.

Other Opportunities to Compete!

SD USATF Association Championships
Saturday, June 9 at USA Olympic Training Center
Contact: Adam Henderson at AHende400@yahoo.com

SDTC Chuck McMahon Master's Track and Field Meet
at CSU San Marcos Saturday, June 30
Age 30+ 8am
Contact Steve Kleinstuber (619) 244-7691 kleinstuber@cox.net
or www.sdtc.com for more information