



**Wednesday, June 19, 2013**

**San Diego 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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### Event Schedule

#### Running Events

6:00pm **Wes Williams**  
M & W- 400m Hurdles  
6:20pm M & W-400m  
6:50pm M & W-100m  
7:10pm **Milena Glusac**  
M & W 3000M  
7:30pm **Joaquim Cruz**  
M & W-800 meters  
8:00pm Elite 200 meters  
8:05pm **Meb Keflezighi**  
M & W 10,000M

#### Field Events – Begin at 6:00pm

Pole Vault at 6:00pm  
Discus at 6:00pm  
**Arnie Robinson** Long Jump at 6:00pm  
  
Shot Put at 6:30pm  
**Willie Banks** High Jump at 6:30pm

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

**Field Events begin at 6:30pm except Pole Vault and Discus & Running Events begin at 6:45pm**