



**Wednesday, June 26, 2013**  
**Cuyamaca College**  
900 Rancho San Diego Parkway, El Cajon, CA 92019



*All ages and abilities are welcome.*  
Cost: \$5 per event. Registration begins at 5:00pm

**Contact: Patrick Thiss at**  
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### Event Schedule

#### Running Events

6:00pm	W	400 Hurdles (36")
6:15pm	M	<b>James King</b> 400 Hurdles (42")
6:25pm	W	1000M <b>Mark Belger</b>
6:35pm	M	1000M
6:45pm	M/W	Kids' 800M
7:00pm	W	100M
7:15pm	M	100M
7:30pm	W	400M
7:40pm	M	400M
7:50pm	M/W	<b>Josh Cox</b> 5000M
8:10pm	M/W	<b>Tim Seaman</b> 1600 Racewalk

#### Field Events (4 attempts)

4:00 pm	M/W	Pole Vault
	M/W	Hammer
6:00pm	M/W	<b>Arnie Robinson</b> Long Jump
	M/W	<b>Willie Banks</b> High Jump
	M/W	Shot Put