



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

## Wednesday, July 10, 2013 Lincoln High School

4777 Imperial Avenue, San Diego, CA 92113

*All ages and abilities are welcome.*

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

Contact: Adam Henderson at  
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### Event Schedule

#### Running Events

6:00pm	W-100 Hurdles 36"
6:15pm	<i>Tonie Campbell</i> M- 110 Hurdles 42"
6:25pm	W-1500
6:35pm	M-1500
6:45pm	W-200m
7:00pm	M-200M
7;15pm	<i>Marc Davis</i> M/W-3000M
7:40pm	<i>Monique Henderson</i> W-400M
7:50pm	M-400M

#### Field Events

*Start 5:30pm -4 Attempts*

*Arnie Robinson* Long Jump  
High Jump  
Shot Put