



Wednesday, June 18, 2014

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration by June 15 11:59 pm - Cost: \$5 per event on www.directathletics.com

Day of Event Registration \$7 per event & begins at 5:00pm

Contact: Thom Hunt at

thunt@sdccd.edu

Event Schedule

Running Events

6:00pm **Wes Williams**
M & W- 400m Hurdles
6:15pm M & W-400m
6:45pm **Milena Glusac**
M & W 3000M
7:15pm M & W-100m
7:45pm **Joaquim Cruz**
M & W-800 meters
8:15pm **Meb Keflezighi**
M & W 10,000M

Field Events – Begin at 4:30pm

4:30pm Pole Vault
5:30pm Discus
6:00pm Arnie Robinson Long Jump
6:30pm Shot Put
6:30pm Willie Banks High Jump

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

Field Events - All begin at 5:30pm