



Wednesday, June 25, 2014

Cuyamaca College

900 Rancho San Diego Parkway, El Cajon, CA 92019

All ages and abilities are welcome.

Pre-Registration by June 22 11:59 pm - Cost: \$5 per event on www.directathletics.com

Day of Event Registration \$7 per event & begins at 3:00pm

Contact: Patrick Thiss at

Patrick.thiss@gcccd.edu

Event Schedule

Running Events

6:00pm	W	400 Hurdles (36")
6:15pm	M	James King 400 Hurdles (42")
6:25pm	W	1000M Mark Belger
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	Josh Cox 5000M
8:10pm	M/W	Tim Seaman 1600 Racewalk

Field Events (4 attempts)

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