

San Diego Track Club Winter Track & Field Classic Meet #4 Saturday Jan. 25, 2014

Montgomery High School - All Weather Outdoor Track
3250 Palm Avenue, San Diego 92111

All ages and abilities are welcome.

Cost: 3 events for \$10.00. Additional events are \$5.00 each. Registration begins at 9 am. *3/16 is the maximum length of spikes. Running and Field Events begin at 10:00 am.

** NOTE** 3,000m Race Walk will be \$10

A few indoor + rare events run on an outdoor track!

Approximate Time Schedule (Registration/Setup Begins @ 9am)

9:20am - M & W – 3,000m RaceWalk USATF SD Assoc. Champ

10:00am – (M) HURDLES – 180 Low Hurdles

10:15am – (W) HURDLES – 180 Low Hurdles

10:30am – (M) MIDDLE DISTANCE – 1000 Meter Run

10:40am – (W) MIDDLE DISTANCE – 1000 Meter Run

10:50am – (M) SHORT SPRINT – 100Meter Sprint

11:00am – (W) SHORT SPRINT – 100Meter Sprint

11:10am – (M) LONG DISTANCE – 3000 Meter Run

11:20am – (W) LONG DISTANCE – 3000 Meter Run

11:30am – (M) LONG SPRINT – 600 Meter Sprint

11:40am – (W) LONG SPRINT – 600 Meter Sprint

11:45am – (M) RELAY – 100m, 200m,300m,600m Medley*

11:55am – (W) RELAY – 100m, 200m,300m,600m Medley*

*Relay depends on interest of participants. Select teams on or before race day.

FIELD EVENTS: Start at 10:15am Shot Put, Long Jump, High Jump, Pole Vault. Discus starts at 11:00

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For More Info Contact Meet Director:

Coach Herlan: halherlan@yahoo.com or (619) 540-8823

For more info on the 3,000m Racewalk Event –

Contact Coach Tim Seaman: Tim.Seaman@gcccd.edu or 619-993-8846