



**Wednesday, July 8, 2015**  
**San Diego State University**  
Montezuma Rd & 55<sup>th</sup> St, San Diego, CA 92182

*All ages and abilities are welcome.*

Pre-Registration by July 5 11:59 pm - Cost: \$5 per event on [www.directathletics.com](http://www.directathletics.com)

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

**Contact: Sheila Burrell at**  
[sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)

**Event Schedule**

**Running Events**

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

**Field Events (4 attempts)**

3:00pm M/W Pole Vault  
5:00pm M/W Pole Vault  
(Participants may jump at 3pm or 5pm but not both times. We will run two pits at the same time.)

6:00pm	M/W	<i>Arnie Robinson</i> Long Jump
	M/W	<i>Willie Banks</i> High Jump
	M/W	Shot Put