

San Diego Track Club
Winter Track & Field Classic Meet #4
Saturday Jan. 24, 2015

Olympian High School
1925 Magdalena Ave, Chula Vista, CA 91913

All ages and abilities are welcome.

Cost: **\$5.00 per event** *or* **3 events for \$10.00.**
Registration starts @ 8:00 am. RUNNING events begin at 10:00 am.
3/16 **NEEDLE** Spikes only (maximum length)

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

Approximate Time Schedule

RUNNING EVENTS

- 09:00 am - 5,000 Meter Race Walk
- 10:00 am – (M) HURDLES – 110 Meter High Hurdles
- 10:15 am – (W) HURDLES – 100 Meter Hurdles
- 10:30 am – (M) MIDDLE DISTANCE – 1000 Meter Run
- 10:40 am – (W) MIDDLE DISTANCE – 1000 Meter Run
- 10:50 am – (M) SHORT SPRINT – 100 Meter Sprint
- 11:00 am – (W) SHORT SPRINT – 100 Meter Sprint
- 11:10 am – (M) LONG DISTANCE – 3000 Meter Run
- 11:20 am – (W) LONG DISTANCE – 3000 Meter Run
- 11:30 am – (M) LONG SPRINT – 600 Meter Sprint
- 11:40 am – (W) LONG SPRINT – 600 Meter Sprint
- 11:45 am – (M) RELAY – 100m, 200m, 300m, 600m Medley*
- 11:55 am – (W) RELAY – 100m, 200m, 300m, 600m Medley

FIELD EVENTS

Start at 10:15AM:

- Shot Put
- Long Jump
- High Jump
- Pole Vault.



***Relay depends on interest of participants. Select teams on or before race day. We will use a conventional TWO-TURN STAGGER.*

For More Info Contact Meet Director:
Coach Cameron Gary
Email: jumpmaster@ctgdevelopment.net
Phone: (619) 895-4699