



Wednesday, July 11, 2012
Cuyamaca College
900 Rancho San Diego Parkway, El Cajon, CA 92019



All ages and abilities are welcome.
Cost: \$5 per event. Registration begins at 5:00pm

Contact: Patrick Thiss at
Patrick.thiss@gcccd.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)

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