

SAN DIEGO STATE UNIVERSITY **RED-BLACK MEET**

Saturday — December 7th 2013





Meet #2 of 2013-2014 San Diego Track Club Winter Track Classic Series

Track Opens 9:00 AM

Note: Rolling Schedule, Approximate Start Times

Field Event 10:00 AM - Pole Vault - M/W Schedule 10:00 AM - High Jump - M/W10:00 AM - Shot Put - M/W

> Weight Throw – M/W 11:30 AM -Long Jump – M/W 12:00 PM -

Javelin – M/W 12:15 PM -

10:45 AM - Discus - M/W

Track Event 10:30 AM -4 x 200m relay –W Schedule 4 x 200m relay – M 10:40 AM -

10:50 AM -1000m run – W 11:00 AM -1000m run – M

11:10 AM -300m dash - W 11:15 AM -300m dash - M 11:25 AM -60m hurdles - W 11:35 AM -60m hurdles - M 11:40 AM -60m dash - W

11:50 AM -60m dash - M600m run – W 12:00 PM -12:05 PM - $600m \, run - M$ 12:10 PM -150m dash – W

12:25 PM - 3000m run - W 12:40 PM - 3000m run - M 12:55 PM -4 x 400m relay -W

150m dash – M

1:05 PM -4 x 400m relay -M

San Diego State University

Location

12:20 PM -

Aztrack Sports Deck Montezuma Rd & 55th St San Diego, CA 92182

Contact Head Coach: Shelia Burrell **Information**

Meet Director: Rick Reaser (619) 594-5514 (310) 227-5534

Pay parking available underneath the track

rick-reaser@msn.com

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Note: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches my not enter their athletes in any out of season competition; 2) Community college coaches cannot provide transportation; 3) Community college coaches cannot pay the entry fee; 4) Community college coaches cannot be at this meet if their athletes are competing; and, 5) Community college athletes may not use their school's equipment.

Proceeds support San Diego State Women's Cross Country and Track & Field Program



Competitors of all ages welcome!

\$10 per athlete, unlimited entries \$250 max team per gender Spectators are free

Full Automatic Timing (FAT) 9 – Lane Mondo Track

Four horizontal jumps/throws per entrant

Please bring your own throwing implements—especially Masters.

3/16" (5 mm) pyramids spikes only No needle or Christmas tree spikes

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