



Tuesday, July 11, 2023
San Diego Mesa College
7250 Mesa College Drive, San Diego 92111

All ages and abilities are welcome.

Pre-Registration by July 10 6:00pm on [Directathletics.com](https://directathletics.com) \$7.00 per event (plus a service charge)

Day of Event Registration - \$10 per event & begins at 1:00pm for Field Events and 3PM for Track Events

Contact: Sean Ricketts at sricketts@sdccd.edu

* 3/16 pyramid spikes are the only spikes worn on Mesa's facility
(Spikes will be for sale at the clerk of the course for \$5)

Automatic timing will be provided by SD Mesa College Track and Field.

Event Schedule

Deadline To Enter Track Events is 60 min Before Start of Event

Check in at Clerk 15 min prior to event for track events

Running Events

- | | |
|--------|---|
| 5:00pm | 1 Mile Run (Day of Registration Deadline 4:00PM) |
| 5:30pm | Gail Devers W-100 Hurdles (33") , M-110 Hurdles (42") and (39)" – HS Boys
*Note – No other heights or age divisions for hurdles will be accommodated
(Day of Registration Deadline 4:30PM) |
| 5:50pm | Monique Henderson 400m (Day of Registration Deadline 4:50PM) |
| 6:30pm | Mark Belger 800M (Day of Registration Deadline 5:30PM) |
| 6:50pm | Kids 50 Meters (ages 5-12) (Day of Registration Deadline 5:50PM) |
| 7:10pm | W 100M (Day of Registration Deadline 6:10PM) |
| 7:30pm | M 100M (Day of Registration Deadline 6:30PM) |
| 8:00pm | Manny Bautista 5000M (Day of Registration Deadline 7:00PM) |

Deadline To Enter Field Events is 30 min Before Start of Event

Field Events – Begin at 2:00pm

- | | |
|--------|---------------------------------|
| 2:00pm | Hammer |
| 3:00pm | Pole Vault |
| 3:00pm | Arnie Robinson Long Jump |
| 4:00pm | Discus |
| 6:00pm | Javelin |
| 6:00pm | Shot Put |
| 6:00pm | Willie Banks High Jump |