



Summer Nights



Track and Field Championship

Wednesday, July 20, 2011

Lincoln High School

4777 Imperial Avenue, San Diego, CA 92113



All ages and abilities are welcome.

Cost: \$10.00, includes unlimited events. Registration begins at 5:00pm

Contact: Adam Henderson at

ahende400m@yahoo.com

Event Schedule

6:00pm W- 400 Hurdles 30"
6:15pm M- 400 Hurdles 36"
6:25pm W-1500
6:35pm M-1500
6:45pm W-200m
7:00pm M-200M
7:15pm 3000M
7:40pm W-400M
7:50pm M-400M

Field Events Start 6:00pm

4 Attempts

Long Jump

High Jump

Shot Put

All field events done by

7:30pm

