



# Summer Nights



## Track & Field Series

Wednesday, June 22

San Diego Mesa College

7520 Mesa College Drive, San Diego 92111



All ages and abilities are welcome.

For series information visit website: [www.sdusatf.org](http://www.sdusatf.org)

Cost: \$10, Includes unlimited events. Registration begins at 5:00 pm.

\*3/16 pyramid spikes are the only spikes worn on Mesa's track so no needle spikes

Running and Field Events begin at 6:00 pm.

### Series Meet Schedule

**Wednesday, June 8, 2011**

Cathedral High School  
Contact: Dan Geiger at  
[dgeiger@cathedralcatholic.org](mailto:dgeiger@cathedralcatholic.org)

**Wednesday, June 22, 2011**

San Diego Mesa College  
Contact: Thom Hunt at  
[thunt@sdccd.edu](mailto:thunt@sdccd.edu)

**Wednesday, July 6, 2011**

Cuyamaca College  
Contact: Patrick Thiss at  
[Patrick.thiss@gcccd.edu](mailto:Patrick.thiss@gcccd.edu)

**Championship**

**Wednesday, July 20, 2011**

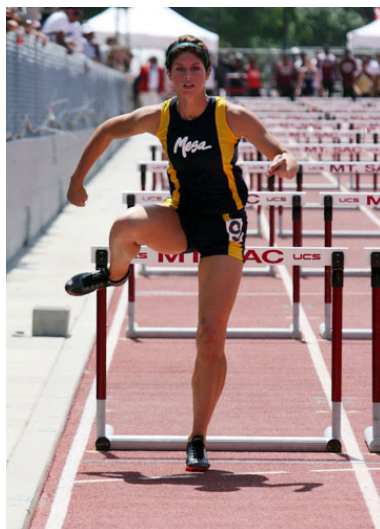
Lincoln High School  
Contact: Adam Henderson at  
[AHende400@yahoo.com](mailto:AHende400@yahoo.com)

### Approximate Time Schedule

6:00pm	W-400 Hurdles (30")
6:15pm	M-400 Hurdles (36")
6:25pm	W-800 meters
6:35pm	M-800 meters
6:45pm	W-200M
7:00pm	M-200M
7:15pm	M & W 3000M
7:40pm	W-400m
7:50pm	M-400m
8:00pm	M & W 10,000M

### Field Events – All begin at 6:00 pm

Shot Put  
Long Jump  
High Jump



NOT PART OF SERIES BUT GREAT EVENTS ON THEIR OWN !

SD USATF Association Championships

Saturday, June 5 at Point Loma Nazarene College

Contact: Adam Henderson at [AHende400@yahoo.com](mailto:AHende400@yahoo.com)

SDTC Chuck McMahon Master's Track and Field Meet  
at CSU San Marcos Saturday, June 25

Age 30+ 8am

Contact Steve Kleinstuber (619) 244-7691 [kleinstuber@cox.net](mailto:kleinstuber@cox.net)  
or [www.sdtc.com](http://www.sdtc.com) for more information