



Summer Nights



Track & Field Series

All ages and abilities are welcome. You may compete in any or all of the meets.

Series Director: Paul Greer
Phone: (858) 573-1500
Website: www.sdusatf.org

Cost: \$10, Includes unlimited events within each meet
Registration begins at 5 pm. Running and Field Events begin at 6 pm.

Meet Schedule

Wednesday, June 2, 2010

Cathedral High School
Contact: Dan Geiger at
dgeiger@cathedralcatholic.org

Wednesday, June 23, 2010

San Diego Mesa College
Contact: Thom Hunt at
thunt@sdccd.edu

Championship

Wednesday, July 21, 2010

Lincoln High School
Contact: Adam Henderson at
AHende400@yahoo.com

Event Schedule

Track Events

Hurdles (100 or 400 meters)
Mid-Distance (800 meters to Mile)
Sprint (100-200 meters)
Distance (3000-5000 meters)
Long Sprint (400 meters)

Field Events

Shot Put
Long Jump
High Jump

The top three point winners in each series event will be given awards.



NOT PART OF SERIES BUT GREAT EVENTS ON THEIR OWN !

SD USATF Association Championships

Saturday, June 12

Contact: Adam Henderson at AHende400@yahoo.com

SDTC Chuck McMahon Master's Track Meet – at CS San Marcos Saturday, July 17

Age 30+ 7am-2pm

Contact Steve Kleinstuber (619) 244-7691 kleinstuber@cox.net
or www.sdtec.com for more information