



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.summernightstrack.com

Cost: \$5 Per Event Pre-Registration and \$7 Per Event on Meet Day

Pre-Registration at Directathletics.com & Visit us at Facebook and Twitter

Registration begins at 5 pm. Field Events begin at 5:30pm and Running Events begins at 6:00pm

Meet Schedule

Wednesday, June 4, 2014

University City High School

Contact: Jim McCarthy at
gimimac@sbcglobal.net

Wednesday, June 18, 2014

San Diego Mesa College

Contact: Thom Hunt at
thunt@sdccd.edu

Wednesday, June 25, 2014

Cuyamaca College

Contact: Patrick Thiss at
Patrick.thiss@gcccd.edu

Wednesday, July 9, 2014

Lincoln High School

Contact: Kipper Bell at
lkipackers@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

A free souvenir will be given to the first 200 participants at each Summer Nights event.

Other Opportunities to Compete in Track and Field

**SD USATF Association
Championships**

Friday, June 13 and

Saturday, June 14 at Location TBA

Contact: Adam Henderson at
AHende400@yahoo.com

**SDTC Chuck McMahon Master's
Track and Field Meet**

Saturday, June 28 at Location TBA

Age 30+ starting at 8am

Contact Steve Kleinstuber (619) 244-7691

kleinstuber@cox.net or visit www.sdtc.com for
more information.



Like Our Facebook Page: Summer Nights Track and Field