

**San Diego Track Club**  
**Winter Track & Field Classic Meet #4**  
**Saturday Jan. 24, 2015**

**Olympian High School**  
1925 Magdalena Ave, Chula Vista, CA 91913

All ages and abilities are welcome.

Cost: **\$5.00 per event or 3 events for \$10.00.**  
Registration starts @ 8:00 am. RUNNING events begin at 10:00 am.  
\*\*\*3/16 **NEEDLE** Spikes only (maximum length)\*\*\*

*A few indoor + rare events run on an outdoor track!*

**Approximate Time Schedule**

- 9:00 am - 5,000 meter race walk
- 10:00 am – (M) HURDLES – 110 Meter High Hurdles
- 10:15 am – (W) HURDLES – 100 Meter Hurdles
- 10:30 am – (M) MIDDLE DISTANCE – 1000 Meter Run
- 10:40 am – (W) MIDDLE DISTANCE – 1000 Meter Run
- 10:50 am – (M) SHORT SPRINT – 100 Meter Sprint
- 11:00 am – (W) SHORT SPRINT – 100 Meter Sprint
- 11:10 am – (M) LONG DISTANCE – 3000 Meter Run
- 11:20 am – (W) LONG DISTANCE – 3000 Meter Run
- 11:30 am – (M) LONG SPRINT – 600 Meter Sprint

- 11:40 am – (W) LONG SPRINT – 600 Meter Sprint
- 11:45 am – (M) RELAY – 100m, 200m, 300m, 600m Medley\*
- 11:55 am – (W) RELAY – 100m, 200m, 300m, 600m Medley\*

\*\*Relay depends on interest of participants. Select teams on or before race day. We will use a conventional TWO-TURN STAGGER.

FIELD EVENTS Start at 10:15AM:

- Shot Put
- Long Jump
- High Jump
- Pole Vault.

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For More Info Contact Meet Director:  
Coach Cameron Gary  
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