



Wednesday, July 22, 2015
Sweetwater High School
2900 Highland Avenue, National City, CA 91950

All ages and abilities are welcome.

Pre-Registration by July 19 11:59 pm - Cost: \$5 per event on www.directathletics.com

Day of Event Registration \$7 per event & begins at 5:00pm

Contact: Tim Latham at

robert.latham@sweetwaterschools.org

Event Schedule

Running Events

6:00pm	W-100 Hurdles 33"
6:15pm	<i>Tonie Campbell</i>
	M- 110 Hurdles 42"
6:25pm	W-1500
6:35pm	M-1500
6:45pm	W-200m
7:00pm	M-200M
7:15pm	<i>Marc Davis</i>
	M/W-3000M
7:40pm	<i>Monique Henderson</i>
	W-400M
7:50pm	M-400M

Field Events

Start 5:30pm -4 Attempts

Arnie Robinson Long Jump

High Jump

Shot Put

Pole Vault