

**Track & Field
Schedule
Saturday
June 18
Cal State San Marcos**

Running Events

Time	Gender	Event	Division
0800	Men	10000 m	35-39 (2); 60-64 (1); 70-74 (1); 75+ (1)
0900	Women	4 X 100 Relay	
0910	Men	4 X 100 Relay	
0920	Men	100 m Hurdles 33"	60-64 (1)
0930	Men	100 m Hurdles 36"	50-54 (1); 55-59 (2)
0940	Men	110 m Hurdles 39"	40-44 (1)
0940	Men	110 m Hurdles 42"	18-29 (1)
0950	Women	400m	30-34 (1); 40-44 (1)
0955	Men	400 m	18-29 (2); 30-34 (2); 35-39(1)
1000	Men	400 m	40-44 (2); 50-54 (4); 55-59 (2)
1005	Men	400 m	60-64 (4); 70-74 (1); 75+ (2)
1015	Men	1500 m	18-29 (1); 30-34 (1)
1025	Women	1500 m	18-29 (1); 30-34 (1) 45-49 (1); 55-59 (1)
1035	Men	1500 m	35-39 (3); 40-44 (1); 45-49 (3)
1045	Men	1500 m	50-54 (2); 60-64 (4); 65-69 (1) 70-74 (1); 75+ (1)
1100	Women	100 m	18-29 (4); 40-44 (1)
1105	Women	100 m	55-59 (2); 65-69 (1)
1110	Men	100 m	18-29 (4)
1115	Men	100 m	30-34 (4); 35-39 (4)
1120	Men	100 m	40-44 (4); 45-49 (2)
1125	Men	100 m	50-54 (3); 55-59 (3)
1130	Men	100 m	60-64 (4); 65-69 (2)
1135	Men	100 m	70-74 (2); 75 + (2)
1145	Women/Men 60+	800 m	W- 30-34 (1) M-60-64 (4) M- 70-74 (1); 75+ (1)
1155	Men	800 m	18-29 (1); 30-34 (1); 35-39 (1) 45-49 (3); 50-54 (2)

1205	Men	400 Hurdles	18-29 (1); 50-54 (1); 55+ (1)
1215	Men & Women	5000 m	W- 18-29 (1); 30-34 (1); 45-49 (1) W- 50-54 (1); 55-59 (1)
1215		5000 m	M-70-74 (1); 75+ (2)
1245	Men	5000 m	18-29 (1); 35-39 (2); 45-49 (3) 60-64 (3)
1320	Women	200 m	18-29 (1); 30-34 (1); 40-44 (1)
1325	Men	200 m	30-34 (3); 35-39 (2); 40-44 (2)
1330	Men	200 m	50-54 (4); 55-59 (2)
1335	Men	200 m	60-64 (5); 65-69 (2)
1340	Men	200 m	70-74 (2); 75+ (2)
1350	Men	3K m Steeplechase 36" Barriers	45-49 (1)
1420	Men	3K 30" Barriers	50-54 (3)
1435	Men	2K 30" Barriers	60-64 (1); 75+ (1)
1440	Women	800 M Medley Relay	All Divisions
1450	MEN	1600 m Relay	

Field Events

Weigh-in of Implements at 0700

0800	Women	Hammer	30-34 (1); 40-44 (1); 50-54 (1) 55-59 (2)
0900	Men	Hammer	30-34 (1); 35-39 (1); 40-44 (1) 50-54 (2); 65-69 (1) 70-74 (2); 75+ (2)
1030	Women	Discus	30-34 (1); 40-44 (1); 45-49 (1) 50-54 (1); 55-59 (2)
1130	Men	Discus	70-74 (2); 75+ (2)
1130	Men	Discus	50-54 (6); 55-59 (2); 60-64 (1)
1300	Men	Discus	40-44 (2); 45-49 (2) M-40-44 (1); 45+ (1)
1300	Men	Discus	18-29 (1); 30-34 (2); 35-39 (1)
1100	Men/Women	Pole Vault	W-30-34 (1); M-18-29 (1); 35-39 (1)
1130	Women	Shot Put	40-44 (1); 50-54 (1)

1130	Women	Shot Put	55-59 (4); 65-69 (1)
1230	Men	Shot Put	75+ (2); 70-74 (3); 65-69 (1)
1330	Men	Shot Put	55-59 (1); 50-54 (5); 45-49 (3)
1430	Men	Shot Put	40-44 (2); 35-39 (2); 30-34 (1) 18-29 (2)
0930	Women	Long Jump	50-54 (1); 55-59 (1); 65-69 (1)
1000	Men	Long Jump	35-39 (3); 40-44 (2) 45-49 (3); 50-54 (3)
1100	Men	Long Jump	55-59 (2); 60-64 (4); 65-69 (1) 70-74 (2)
1230	Men	Triple Jump	35-39 (2); 45-49 (1); 55-59 (2) 65-69 (1); 70-74 (1)
1230	Women	High Jump	50-54 (1); 55-59 (2); 65-69 (1)
1330	Men	High Jump	18-29 (1); 35-39 (1); 40-44 (1) 50-54 (1); 55-59 (1)
1330	Women	Javelin	40-44 (1); 45-49 (1); 50-54 (1) 55-59 (3); 65-69 (1)
1430	Men	Javelin	30-34 (1); 35-39 (1); 40-44 (1) 45-49 (1); 50-54 (2); 55-59 (2) 65-69 (1); 70-74 (3); 75+ (1)

Men's Pentathlon:			30-34 (2); 55-59 (1)
0900	Men	Pentathlon Long Jump	
1000	Men	Pentathlon-200Men	
1115	Men	Pentathlon-Discus	
1200	Men	Pentathlon-Javelin	
1330	Men	Pentathlon-1500 Men	All