

Revised 6-16-19

**Track & Field  
Schedule  
Saturday  
June 22, 2019  
San Diego Mesa College**

**Running Events**

Time	Gender	Event	Division
0800	Men	10000 m	30-34 (1); 65-69 (1)
0900	Women	4 X 100 Relay	
0910	Men	4 X 100 Relay	
0930	Men	100 m Hurdles 33"	60-64 (1); 65+ (1)
0940	Women	400m	30-34 (1); 35-39 (1); 40-44 (1) 55-59 (1)
0945	Men	400 m	18-29 (3); 30-34 (3)
0950	Men	400 m	35-39 (3); 40-44 (2)
0955	Men	400 m	55-59 (2); 65-69 (1)
1005	Men/Women	1500 m	18-29 (1); 55-59 (1); 60-64 (1) 65-69 (1); W 50-54 (1)
1015	Women	100 m	18-29 (1); 30-34 (1); 35-39(1) 40-44 (1)
1020	Women	100 m	55-59 (2); 60-64 (1)
1025	Men	100 m	18-29 (1); 30-34 (5)
1030	Men	100 m	35-39 (3)
1035	Men	100 m	40-44 (5)
1040	Men	100 m	50-54 (3)
1045	Men	100 m	55-59 (4)
1050	Men	100 m	60-64 (3)
1055	Men	100 m	65-69 (2)
1100	Men	100 m	70-74 (5)
1115	Men	800 m	18-29 (3); 35-39(1) 55-59 (1); 40-44 (1)
1125	Men	800m	60-64 (1); 65-69(1); 70-74 (1)
1125	Women	800 m	30-34 (1)
1135	Men	400 Hurdles 36"	18-29 (1); 45-49 (1)

1135	Men	400 Hurdles 33"	55-59 (1)
1150	Women	5000 m	30-34 (1); 45-49 (1); 50-54 (1)
1150	Men	5000 m	60-64 (2); 65-69 (1); 55-59(1)

## 1220 Lunch Break

1300	Women	200 m	30-34 (2); 35-39 (1);
1305	Men	200 m	18-29 (3)
1310	Men	200 m	30-34 (5)
1315	Men	200 m	35-39 (4)
1320	Men	200 m	40-44 (5)
1325	Men	200 m	50-54 (2)
1330	Men	200 m	55-59 (4)
1335	Men	200 m	60-64 (2)
1340	Men	200 m	65-69 (2)
1345	Men	200 m	70-74 (3)
1400	Women	3K SC 36" Barriers	18-29 (1)
1415	Women	800 M Medley Relay	
1425	Men	1600 m Relay	

## Field Events

Weigh-in of Implements start at 0700-1200

0800	Women	Hammer	35-39 (1); 55-59 (2); 60-64 (1)
0900	Men	Hammer	35-39 (1); 40-44 (1) 55-59(3); 65-69 (2); 75+ (3)
1030	Women	Javelin	35-39 (1); 55-59 (2); 60-64 (1)
1130	Men	Javelin	60-64 (1); 65-69 (3); 75+ (3)
1230	Men	Javelin	30-34 (2); 40-44 (1) 50-54 (2); 55-59 (2)
1100	Men/Women	Pole Vault	W- 30-34 (1); M 40-44 (1)
1130	Women	Shot Put	35-39 (1); 55-59 (2); 60-64 (1)
1000	Men	Shot Put	75+ (3); 65-69 (3); 60-64 (1)

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

Men's Pentathlon: 35-39 (3); 40-44 (1)

0900 **Pentathlon Long Jump**  
1000 **Pentathlon-200**  
1115 **Pentathlon-Discus**  
1200 **Pentathlon-Javelin**  
1330 **Pentathlon-1500**