

**Track & Field  
Schedule  
Saturday  
June 11th  
San Diego Mesa College**

**Running Events**

Gender	Event	Division
800 Men/Women	10000 m	ALL
915 Women	4 X 100 Relay	Mixed
925 Men	4 X 100 Relay	Mixed
935 Women	100 m Hurdles	ALL
940 Men	100 m Hurdles	ALL
945 Men	110 m Hurdles	ALL
955 Women	400m	ALL
1000 Men	400 m	(18-44)(45-69)(70+)
1010 Women	1500 m	ALL
1020 Men	1500 m	(18-44)(45+)
1035 Women	100 m	ALL
1040 Men	100 m	(18-29)(30-39)(40-59)(60-64)(65+)
1100 Women	800 m	(18-44)(45+)
1110 Men	800 m	(18-44)(45+)
1135 Men	Long Hurdles	ALL
Women	Long Hurdles	
1145 Men & Women	5000 m	ALL
<b>Lunch Break</b>		
1245 Women	200 m	(18-39)(40+)
1255 Men	200 m	(18-34)(35-39)(40-59)(60-69)(70+)
1315 Men	3000m Steeplechase	
1345 Women	800 M Medley Relay	Mixed
1400 Men	1600 m Relay	Mixed

**Field Events**

Implement Weigh-ins 0700-1100

800 Women	Hammer	
Men	Hammer	Follow Mens Jav
Women	Javelin	Following Mens
800 Men	Javelin	
Men/Women	Pole Vault	
1030 Women	Shot Put	
Men	Shot Put	Following Women
900 Women	Long Jump	
945 Men	Long Jump	
1200 Men/Women	Triple Jump	
1200 Women	Discus	
Men	Discus	
1300 Women	High Jump	
Men	High Jump	Following Women

**Men's Pentathlon:**

- 900 Long Jump
- 1000 Javelin
- 1115 200m
- 1150 Discus
- 1255 1500m