



# SAN DIEGO STATE UNIVERSITY RED-BLACK ALL-COMERS MEET

Saturday – December 3<sup>rd</sup> 2016



*Meet #1 of 2017 USATF San Diego-Imperial  
Association Winter Track Classic Series*



**Track Opens** 9:00 AM

*Note: Rolling Schedule, Approximate Start Times*

**Field Event Schedule**

10:00 AM	–	Pole Vault	–	M/W
10:00 AM	–	High Jump	–	M/W
10:00 AM	–	Shot Put	–	M → W
10:00 AM	–	Discus	–	W → M
12:00 PM	–	Weight Throw	–	M → W
12:00 PM	–	Long Jump	–	M/W
1:15 PM	–	Javelin	–	W → M

**Track Event Schedule**

10:30 AM	–	4 x 200m relay	–	W
10:40 AM	–	4 x 200m relay	–	M
10:50 AM	–	1000m run	–	W
11:00 AM	–	1000m run	–	M
11:10 AM	–	60m hurdles	–	W
11:20 AM	–	60m hurdles	–	M
11:35 AM	–	300m dash	–	W
11:50 AM	–	300m dash	–	M
12:10 PM	–	60m dash	–	W
12:30 PM	–	60m dash	–	M
12:55 PM	–	600m run	–	W
1:10 PM	–	600m run	–	M
1:25 PM	–	150m dash	–	W
1:50 PM	–	150m dash	–	M
2:20 PM	–	3000m run	–	W
2:35 PM	–	3000m run	–	M
2:50 PM	–	4 x 400m relay	–	W
3:05 PM	–	4 x 400m relay	–	M

**Location** San Diego State University  
Aztrack Sports Deck  
Montezuma Rd & 55<sup>th</sup> St  
San Diego, CA 92182

Pay parking available underneath the track

**Contact Information**

Head Coach:	Shelia Burrell	(619) 594-5514	<a href="mailto:sburrell@mail.sdsu.edu">sburrell@mail.sdsu.edu</a>
Meet Director:	Rick Reaser	(310) 227-5534	<a href="mailto:rick-reaser@msn.com">rick-reaser@msn.com</a>
Asst Meet Director:	Allison Reaser	(310) 955-0801	<a href="mailto:allison-reaser@msn.com">allison-reaser@msn.com</a>

*Proceeds support San Diego State  
Women's Cross Country  
and Track & Field Program*



*Competitors of all ages welcome!*

***Please pre-register on-line!***

*Registration link (until Wed, Nov 30 midnight):*  
<http://tinyurl.com/2016Red-Black>

*Pay at the gate for unlimited events*  
*\$10 per athlete if pre-registered*  
*\$15 per athlete for day of meet registration*

*Spectators are free!*

*Full Automatic Timing (FAT)*  
*9 – Lane Mondo Track*

*Four horizontal jumps/throws*  
*per entrant*

*Please bring your own throwing*  
*implements—especially Masters.*

*1/4" (7 mm) or less pyramid spikes only*  
*No needle or Christmas tree spikes*

Note: Community College athletes may participate in this event; however, per CCCAA rules: 1) Community college coaches may not enter their athletes in any out of season competition; 2) Community college coaches cannot provide transportation; 3) Community college coaches cannot pay the entry fee; 4) Community college coaches cannot be at this meet if their athletes are competing; and, 5) Community college athletes may not use their school's equipment.