



**Wednesday, July 20, 2016**  
**Sweetwater High School**  
2900 Highland Avenue, National City, CA 91950

*All ages and abilities are welcome.*

Pre-Registration on [www.Athletic.Net](http://www.Athletic.Net) \$5.00 per event  
Day of Event Registration \$7 per event & begins at 4:00pm

**Contact: Tim Latham at**  
**[robert.latham@sweetwaterschools.org](mailto: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 starts at 4:30pm  
Flight # 1 starts at 12'  
Flight # 2 starts at 7'