



SAN DIEGO STATE UNIVERSITY

RED-BLACK INTRASQUAD

ALL COMERS MEET

Saturday – December 1st 2012



*Meet #2 of 2012 USATF San Diego-Imperial
Association Winter Track 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
10:30 AM	–	Discus – M/W
11:15 AM	–	Shot Put – M/W
11:30 AM	–	Long Jump – M/W
12:00 PM	–	Weight Throw – M/W

Track Event Schedule

10:30 AM	–	4 x 200m relay –W
10:35 AM	–	4 x 200m relay – M
10:40 AM	–	1000m run – W
10:45 AM	–	1000m run – M
10:50 AM	–	60m hurdles – W
11:00 AM	–	60m hurdles – M
11:05 AM	–	300m dash – W
11:10 AM	–	300m dash – M
11:15 AM	–	60m dash – W
11:20 AM	–	60m dash – M
11:25 AM	–	600m run – W
11:30 AM	–	600m run – M
11:35 AM	–	150m dash – W
11:40 AM	–	150m dash – M
11:45 AM	–	3000m run – M/W
12:00 PM	–	4 x 400m relay –W
12:10 PM	–	4 x 400m relay –M

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



Competitors of all ages welcome!

*\$10 per athlete, unlimited entries
Spectators are free*

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

Four jumps/throws per entrant

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

*3/16" (5 mm) pyramids spikes only
No needle or Christmas tree spikes*

All entrants compete unattached

Location San Diego State University
Aztrack Sports Deck
Montezuma Rd & 55th St
San Diego, CA 92182

Pay parking available underneath the track

Contact Information

Head Coach:	Shelia Burrell	(619) 594-5514	sburrell@mail.sdsu.edu
Meet Director:	Rick Reaser	(310) 227-5534	rick-reaser@msn.com

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.