



SUMMER NIGHTS TRACK AND FIELD RED-BLACK ALL-COMERS MEET SAN DIEGO STATE UNIVERSITY

Saturday – December 9th, 2023



*Meet #1 of 2023-2024 USATF San Diego-Imperial Association
Summer Nights Track and Field Series*

Track Opens 8:30 AM

Note: Rolling Schedule, Approximate Start Times

Field Event Schedule

- 9:30 AM – Discus – W → M
- 10:00 AM – Triple Jump – M/W
- 10:00 AM – High Jump – W → M
- 10:00 AM – Shot Put – M → W
- 10:00 AM – Pole Vault – W 2 pits
- 1:00 PM – Pole Vault – M 2 pits
- 1:00 PM – Long Jump – M/W
- 2:00 PM – Weight Throw – W → M
- 2:00 PM – Javelin Throw – M → W
- 3:30 PM – Seated Shot Put – M → W

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
- 12:00 PM – 300m dash – M

15 minute Break

- 12:45 PM – 60m dash – W
- 1:10 PM – 60m dash – M
- 1:40 PM – 600m run – W
- 1:55 PM – 600m run – M
- 2:10 PM – 150m dash – W
- 2:40 PM – 150m dash – M
- 3:10 PM – 3000m run – W
- 3:30 PM – 3000m run – M
- 4:10 PM – 4 x 400m relay –W
- 4:25 PM – 4 x 400m relay –M



Location San Diego State University
Choc Sportsman Oval
Hardy Ave and 55th St
San Diego, CA 92182

Parking is available in Parking Structure PS-7 under the track.
1) Purchase a permit on-line ahead of time at the rate of \$7/day by using instructions at this link:
https://bfa.sdsu.edu/campus/parkingtrans/forms/visitor_portal_guide_v2.pdf
or, 2) Pay at the kiosk pay station on level 2. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours.

Contact Information

Head Coach: Shelia Burrell (619) 594-5514
Meet Director: Rick Reaser (310) 962-3289

sburrell@mail.sdsu.edu
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**Proceeds support San Diego State
Women's Cross Country
and Track & Field Program**



*Competitors of all ages and
paralympians welcome*

*\$10 per athlete for unlimited events
Spectators are free!*

Must pre-register on-line!
No day of meet registration or changes

*Registration opens on Nov 1
Registration link closes Wed, Dec 6 midnight:
<https://tinyurl.com/2023Red-Black>*

Fully Automatic Timing (FAT)

*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*