

**Track & Field
Schedule
Saturday
June 20, 2026
Mesa College
7250 Mesa College Dr, San Diego, CA 92111**

Running Events

	Gender	Event
0800	Men/Women	10000 m
	Women	4 X 100 Relay
	Men	4 X 100 Relay
	Women	100 m Hurdles
	Men	100 m Hurdles
	Men	110 m Hurdles
	Women	400m
	Men	400 m
	Women	1500 m
	Men	1500 m
	Women	100 m
	Men	100 m
	Women	800 m
	Men	800 m
	Men	Long Hurdles
	Women	Long Hurdles
	Men & Women	5000 m
Lunch Break		
	Women	200 m
	Men	200 m
	Men	3000m Steeplechase
	Women	800 M Medley Relay
	Men	1600 m Relay

Field Events

Weigh-in of Implements start at 0700-1200

Women Hammer

Men Hammer

Women Javelin

Men Javelin

Men/Women Pole Vault

Women Shot Put

Men Shot Put

Women Long Jump

Men Long Jump

Men/Women Triple Jump

Women High Jump

Men High Jump

Women Discus

Men Discus

Men's Pentathlon:

0900 Pentathlon Long Jump
Pentathlon-Javelin
Pentathlon-200
Pentathlon-Discus
Pentathlon-1500