

Track & Field
Saturday
June 20th 2026
San Diego Mesa Community College

Running Events

	Gender	Event	Division
0830	Men/Women	10000 m	ALL
0920	Women	4 X 100 Relay	Mixed
0930	Men	4 X 100 Relay	Mixed
0940	Men	100 m Hurdles	50s (2-3) 60s (5-7)
0950	Women	400m	ALL
1000	Men	400 m	(18-39)(40-49)(50+)
1015	Women	1500 m	w/Men
1015	Men	1500 m	ALL
1030	Women	100 m	(18-44)(45+)
1040	Men	100 m	(18-34)(35-39)(40-49, 50-59, 60+)
1055	Women	800 m	ALL w/Men
1055	Men	800 m	ALL
1110	Men	400 Hurdles	
1120	Men	300 Hurdles	60+
1130	Men & Women	5000 m	ALL

Lunch Break

1235	Women	200 m	ALL
1240	Men	200 m	(18-39)(40-49)(50+)
1255	Men	3000m Steeplechase	
1315	Men	2000m Steeplechase	60+
1330	Women	800 M Medley Relay	Mixed
1345	Men	1600 m Relay	Mixed

FIELD EVENTS

0830	Women	Hammer *	1130 M/W	Triple Jump
0830	Men	Javelin *	1200 Women	Discus *
0900	M/W	Pole Vault	1230 Women	High Jump *
0900	Women	Long Jump		
1000	Women	Shot Put *		
1000	Men	Long Jump		

*= Opposite Gender to Follow