

Westchester Summer Twilight Track & Field Series

A series of 6 summer track meets for youth and adult competition

Sponsored by: *Town of Cortlandt Dept. of Parks and Rec., and Town & Held in Conjunction with the Taconic Road Runners Summer Track Series.*



Meet Schedule for Summer 2013

Tuesdays - July 9th, 16th, 23rd @ Hendrick Hudson HS
 July 30th, August 6th, 13th @ Somers High School

Youth Events – 4:30pm

4:30pm

55m dash all ages
 1600m run ages 6-14
 55m hurdles ages 8-14
 100m dash all ages
 400m dash ages 6-14
 800m dash ages 6-14
 200m dash all ages
 4x100m Relay all ages

4:45pm

Long Jump & High Jump all ages
 Shot Put (6 lb. or 4k) ages 8-14
 Discus Throw ages 10-14
age categories: 5 & under, 6-7, 8-9, 10-11, 12-14
ribbons to all finishers in these 5 age groups

Entry Fee: \$5 per event, \$6 unlimited events

High School & Open Events - 6:30pm

The featured TRRC and OPEN Series Event will be 1st event each week & not run in its regular spot in the order of events.

6:30pm

100m/110m Hurdles
 100m Dash
 400m Dash
 1600m Run
 200m Dash
 400m Hurdles
 800m Run
 3000m/5000m Runs
 400m Relay
 1600m Relay
 3200m Relay

TRRC/OPEN Track Series

July 9 th	400m
July 16 th	800m
July 23 rd	1600m
July 30 th	5000m
August 6 th	100m & 200m
August 13 th	make ups

Adult Age Cat.

15-18
19-29
30-39
40-49
50-59
60+

6:45pm

Long Jump then Triple Jump
 Shot Put then Discus, followed by Hammer & Javelin
 High Jump & Pole Vault

Awards

Ribbons to top 3 finishers in all adult events and to all competitors in youth events.
 Team trophies to top 3 youth teams with most points at all six summer meets.
 Team trophy to adult team with most points at all six summer meets.
 T-Shirts to individuals in each adult age category with the most summer points (10-8-6-4-2-1).
 David Smith Memorial Award to the master's competitor who has the most points for the summer.
 The Track Series will now have OPEN and TRRC member divisions. Series Award to the winner of the Track Series (5 events over 6 weeks- see above). For more info on the OPEN/TRRC Track Series, contact Roy Arnesen at (845) 416-8075.

For more information on the Summer Twilight Series, call **Roy Arnesen at (845)416-8075** or log onto <http://www.runner.org>. or e-mail Roy at arnie1547@aol.com.

