

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 of Somers Dept. of Parks and Rec., & Held in Conjunction with the Taconic Road Runners Summer Track Series*

Meet Schedule for Summer 2009

Tuesdays - July 7th, 14th, 21st
July 28th, August 4th, 11th

@ Hendrick Hudson HS
@ 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 separate age groups

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

High School & Open Events - 6:30pm

The featured TRRC 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
Sprint Medley (4-2-2-8)
1600m Run
200m Dash
400m Hurdles
800m Run
3000m/5000m Runs
400m Relay
1600m Relay
3200m Relay

6:45pm Long Jump then Triple jump
Shot Put then discus
High Jump & (Pole Vault)

TRRC Track Series		Adult Age Cat.
July 7 th	400m	15-18
July 14 th	800m	19-29
July 21 st	1600m	30-39
July 28 th	5000m	40-49
August 4 th	100m & 200m	50-59
August 11 th	make ups	60+

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 Taconic Road Runners Track Series Award to the winner of the Track Series (5 events over 6 weeks- see above). Must be a TRRC member. For more info on the 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