

# 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 2011

Tuesdays - July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> @ Hendrick Hudson HS  
 July 26<sup>th</sup>, August 2<sup>nd</sup>, 9<sup>th</sup> @ 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 Series Event will be 1<sup>st</sup> 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

#### 6:45pm

Long Jump then Triple Jump  
 Shot Put then Discus  
 High Jump & (Pole Vault)

	TRRC Track Series	Adult Age Cat.
400m Hurdles	July 5 <sup>th</sup> 400m	15-18
800m Run	July 12 <sup>th</sup> 800m	19-29
3000m/5000m Runs	July 19 <sup>th</sup> 1600m	30-39
400m Relay	July 26 <sup>th</sup> 5000m	40-49
1600m Relay	August 2 <sup>nd</sup> 100m & 200m	50-59
3200m Relay	August 9 <sup>th</sup> 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](mailto:arnie1547@aol.com)