

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 2012

Tuesdays - July 10th, 17th, 24th @ Hendrick Hudson HS
 July 31st, August 7th, 14th @ 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 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

TRRC Track Series

400m Hurdles	July 10 th	400m
800m Run	July 17 th	800m
3000m/5000m Runs	July 24 th	1600m
400m Relay	July 31 th	5000m
1600m Relay	August 7 th	100m & 200m
3200m Relay	August 14 th	make ups

6:45pm

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

Adult Age Cat.

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