

# 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. & held in conjunction with the Taconic Road Runners Summer Track Series

## Meet Schedule for Summer 2010

**Tuesdays** - July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>  
July 27<sup>th</sup>, Aug 3<sup>rd</sup>, 10<sup>th</sup>

@ Hendrick Hudson HS

@ Somers High School



## Youth Events – 4:30pm

**4:30pm** 55m dash all ages  
1600m run ages 6-14  
55m hurdles ages 8-11  
110/100 HH ages 12-14  
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 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  
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 6 <sup>th</sup>	400m	15-18
July 13 <sup>th</sup>	800m	19-29
July 20 <sup>th</sup>	1600m	30-39
July 27 <sup>th</sup>	5000m	40-49
August 3 <sup>rd</sup>	100m & 200m	50-59
August 10 <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**, log onto <http://www.runner.org>, or e-mail Roy at [arnie1547@aol.com](mailto:arnie1547@aol.com)