

TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—49th Season—

JUNE 13, 20, 27

JULY 11, 18, 25 (Ribbon Night)

AUGUST 1

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

- ORDER OF EVENTS -

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (up to 12 years old)
- 100 METER DASH (any age)
- 400 METER DASH (any age)
- 800 METER RUN
- 200 METER DASH (any age)
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT THIS YEAR)

For further information, contact Frank Myers at 869-9333

**** A Reminder - The Dynamic Duo is August 5th ****

This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District