

TUESDAY NIGHT

SUMMER TRACK PROGRAM

SPONSORED BY THE HUDSON MOHAWK ROAD RUNNER'S 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 any 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