

# NORTH READING TRACK AND FIELD TWILIGHT INVITATIONAL 2013

*Tuesday*

*June 18, 2013*

*(Rain Date: Thursday June 20<sup>th</sup>)*

## **Order of Events**

### **6:30 PM Field Events**

Girls' Long Jump (boys to follow)

Boys' Shot Put (girls to follow) (HS/Open Only)

### **7:00 PM Running Events:**

*Girls will run first unless numbers allow for combined races*

2 Mile Run

400 Meter Run

50 Yard Hurdles on turf (ages 6-14)

100/110 Meter Hurdles (HS/Open Only)

100 Meter

1 Mile Run

200 Meter Run

800 Meter Run

### ***Pre Meet Entry Details:***

- (1) Entry Fees: \$10.00 allows for entry into up to 3 events.
- (2) All entries should be mailed to the North Reading Parks and Recreation Department, 235 North Street, North Reading, MA 01864. Charge Card Payment can be called in to (978) 664-6016 and Checks mailed to the above address.
- (3) Event signups will take place the day of the meet from 6:00 – 7:00 PM.

### ***Day of Meet Entry Details:***

- (1) Entry Fees: \$15.00 allows for entry into up to 3 events.
- (2) All entries and event signups will take place the day of the meet from 6:00 PM – 7:00 PM

### ***Competition Details:***

- (1) Age Groups: 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-39, 40 +
- (2) Starting blocks for the sprint events will be provided for the High School and Open divisions.
- (3) Each athlete will get three attempts in all field events
- (5) Recommended spikes are 1/4" pyramids
- (6) Awards:
  - Ribbon: the winner of each race
  - Medal: "Outstanding Performer of the Meet" (one male, one female) youth, scholastic, open.

I look forward to seeing you all on June 18<sup>th</sup>!

If you have any questions regarding the meet please contact Recreation Director, Lynne Clemens at (978) 664-6016.