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TUALATIN HILLS PARK & RECREATION DISTRICT Athletic Center



2009 Twilight Track Meets



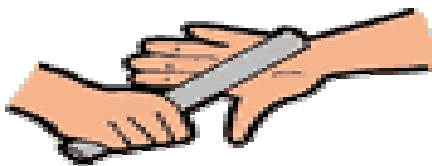
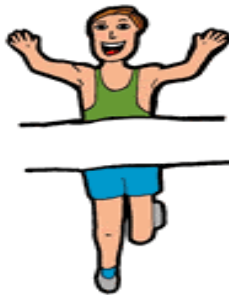
- ➔ For All Ages! 2 - 40+!
- ➔ No track and field experience needed!
- ➔ FREE!



All Twilight meets are held on
Thursday nights, July 9, 16, 23, & 30
5:55PM - 9:00PM
at **Westview High School**

Running Events*:

1600 Meters
800 Meters
400 Meters
200 Meters
100 Meters
50 Meters
4 X 100 Meter
Relay
Jogger's Mile



Field Events*:

Softball Throw
Standing Long Jump
Running Long Jump



** Not all age groups compete in all events. See reverse for event schedule and age groupings. Event sign-ups begin at 5:30PM at the track each meet.*

TWILIGHT ALL-COMER TRACK & FIELD MEET

SCHEDULE OF EVENTS

- Time schedule will vary with the number of participants and weather conditions. Events that are run early will not be run again. Please listen to the announcer for actual starting time.
- Event stickers for running and field events are available at the information table. **Participants may sign up for a maximum of 4 events.**
- Parents are asked to keep children off the track!



RUNNING EVENTS: All contestants are running against the clock; all heats are final. **Boys and girls compete separately.**

5:55p	2 mile	Groups 2,3,4,B, C, D	7:55p	200 M Run	Groups 2,3,4,B, C, D
6:10p	50 M Run	Groups A1, A2, A3, 1, 2	8:10p	800 M Run	Groups 2,3,4,B, C, D
6:45p	400M Relay	Groups 2,3,4,B, C, D	8:30p	Jogger's Mile	Groups A1, A2, A3, 1, 2, 3,4,B, C, D
7:00p	100 M Run	Groups A1, A2, A3, 1, 2, 3,4,B, C, D	8:45p	400 M Run	Groups 2,3,4,B, C, D
7:30p	1600 M Run	Groups 2,3,4, B, C, D			

FIELD EVENTS: Boys & Girls compete separately.

STANDING LONG JUMP:

6:00p	Boys / Girls	Groups A1, A2, A3
6:30p	Boys / Girls	Group 1
7:00p	Boys / Girls	Group 2
7:30p	Boys / Girls	Group 3
8:00p	Boys / Girls	Group 4

SOFTBALL THROW:

6:00p-6:45p
All Boys / Girls Groups A1, A2, A3, 1, 2 must compete during this time frame.



RUNNING LONG JUMP:

6:00p	Boys / Girls	Group 2
6:30p	Boys / Girls	Group 3
7:00p	Boys / Girls	Group 1
7:30p	Boys / Girls	Group 4
8:00p	Boys / Girls	Groups B, C, D



6:45p-7:30p

All Boys /Girls Groups 3, 4 must compete during this time frame.

AGE GROUPS

Group A1	Year Born	2006	Group 3	Year Born	1997-1996
Group A2	Year Born	2005-2004	Group 4	Year Born	1995-1994
Group A3	Year Born	2003-2002	Group B	Year Born	1993-1992
Group 1	Year Born	2001-2000	Group C	Year Born	1991-1990
Group 2	Year Born	1999-1998	Group D	Year Born	1989-earlier

The Tualatin Hills Park & Recreation District gives special thanks to the Volunteers and THPRD staff who make this Track Series possible.

SPORTS DEPARTMENT MISSION STATEMENT

Tualatin Hills Park & Recreation District's Sports Department is committed to enhancing the quality of life for all its participants. The programs strive to establish a safe and caring environment that allows for individual and social growth by providing and facilitating positive fun and educational opportunities organized with responsible leadership.