



PHOENIXVILLE CROSS-COUNTRY

PRESENTS the 10th Annual

2020 SUMMER TWILIGHT TRACK SERIES

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For runners of all ages and abilities

WHERE: PHOENIXVILLE AREA HS TRACK: 386 CITY LINE AVENUE

WHEN: SUNDAY July 5th, SATURDAY July 11th, and SATURDAY July 18th beginning at 7:30 PM under the lights of Phoenixville's lightning-fast track. Information and updates can be found online at (<http://www.phoenixvillexc.com/summer-track-series.html>) or the day of the event beginning at 6:00 PM. Registration will take place in person on the day of only this year!

FEE: \$10 per person for entry into a meet (unlimited events!).

HEATS: Heats will be determined based on number of entrants. Effort will be made to group people of similar ability, age and/or gender where possible.

CONTACT: Justin Winters @ justinwinters8@gmail.com

SCHEDULE OF EVENTS:*

Meet #1 Sunday July 5th		Meet #2 Saturday July 11th		Meet #3 Saturday July 18th	
7:30 PM	100 meter dash	7:30 PM	3000 meters	7:30 PM	3200 meters
7:45 PM	5000 meters	7:45 PM	100 meter dash	7:45 PM	100 meter dash
8:15 PM	4 x 100 relay	8:00 PM	400 meters	8:00 PM	400 meters
8:30 PM	400 meters	8:15 PM	800 meters	8:15 PM	800 meters
8:45 PM	800 meters	8:30 PM	DMR (1200-400-800-mile)	8:30 PM	200 meter dash
9:00 PM	200 meter dash	8:45 PM	200 meter dash	8:45 PM	1600 meters
9:15 PM	1600 meters	9:00 PM	1600 meter run	9:00 PM	4 x 400 relay
9:30 PM	Sprint Medley Relay(400-200-200-800)	9:15 PM	4 x 400 relay		

* We will be doing our best to adhere to this schedule – but runners should be prepared for earlier start times

* Alternate date of Sunday August 2nd if group restrictions in place or bad weather.