

# Chesapeake Bay Running Club (CBRC) 2021 Summer Twilight Track Series



Join us for our Tuesday Evening Track Series  
*(All Heats subject to change based on participation)*

- June 29: (PHS) Mile, 200m, 60m
- July 6: (PHS) Mile, 100m, 1000m
- July 13: (PHS) 1500m, 800m, 60m
- July 20: (PHS) Mile, 200m, 400m
- July 27: (PHS) 100m, 3000m, 4x100m shuttle relay

## **RACE DAY REGISTRATION ONLY FROM 5.45PM – 6.15PM**

- Timed events (all ages) to begin at 6.30pm (rain or shine)
- Must be a CBRC member to participate: \$3 participation fee
- \$1 for 17 & under
- CBRC membership forms will be available at the event.
- **All runners must sign a waiver to participate (17 & under must have parent or guardian signature).**
- All times posted on the CBRC website: [www.cbrcmd.org](http://www.cbrcmd.org)
- No headphones or dogs allowed

**ALL AGES AND ABILITIES ARE WELCOME!**

Races will all be held at Patuxent High School (PHS)

CBRC: <http://www.cbrcmd.org>