

The Third Annual  
**North Country Rotary Summer Open**

An open track & field event for ages 9-99+  
 to benefit local and international charities

The Rotary Track & Field Facility, Tupper Lake, NY 12986  
 Saturday, July 16, 2011

**Running Events**  
 (starts at 11:00 AM)

5000m Run	Timed Final
100m Dash	Trials
4 x 800m Relay	Timed Final
55m Hurdle	Timed Final
100m Hurdle	Timed Final
110m Hurdle	Timed Final
100m Dash	Final
The Grulich Mile Run	Timed Final
4 x 100m Relay	Timed Final
400m Dash	Timed Final
200m Hurdles	Timed Final
400m Hurdles	Timed Final
200m Dash	Trials
800m Run	Timed Final
200m Dash	Final
3000m Run	Timed Final
3200m Run	Timed Final
4 x 400m Relay	Timed Final



For more information visit:  
[www.tupperlaketrack.com](http://www.tupperlaketrack.com)

FinishLynx Photofinish Timing System  
 Thanks to the VFW & American Legion

**Field Events**

Boys/Mens Shot Put	Trials	10:00 AM
Girls/Women Discus	Trials	10:00 AM
LongJump (all)	Trials	10:00 AM
High Jump G/W	Final	10:00 AM
Girls/Women Shot Put	Trials	1:00 PM
Boys/Mens Discus	Trials	1:00 PM
Triple Jump (all)	Trials	1:00 PM
High Jump B/M	Final	1:00 PM

(Finals will follow completion of  
 trials in each event)

