

Sportsplex Track Showcase

2009/2010 Indoor All Comers Meet Schedule

Dates & Times:

December 20, 2009 8:30am

January 10, 2010 8:30am

January 24, 2010 8:30am

February 7, 2010 8:30am

Registration opens at 7:30am

Order of Events:

55 meter dash (12 & under)
800 meter race-walk
3000 meter race-walk
55 meter hurdle
55 meter dash (13 & over)
1600 meter run
400 meter run
4x200 meter relay
800 meter run
200 meter run
4x400 meter relay (ages 13 and up)
3200 meter run

Field Events:

Triple Jump
Long Jump
High Jump
Shot Put
Pole Vault

Event schedule subject to change based on registration and/or proper assistance.

Entry Fees: (*Payment Methods: Cash, Certified Check or Money Order*)

Spectators (12 & over)	\$3.00
Athletes 14 & under (maximum of 3 events)	\$3.00
High school athletes (maximum of 4 events)	\$5.00
All other athletes (maximum of 4 events)	\$6.00

Venue Specifications:

6-lane, 200-meter oval track on Mondo Super X Synthetic surface. No food or drinks on track surface. **Maximum ¼ inch pyramid spikes ONLY!**

Directions: From I-95/495, exit 17-(202) north toward Bladensburg. Turn left onto Brightseat Road. Follow green overhead signs thru light onto Redskins Road. Take immediate right to park in Green Lot D3 & D4.

Sportsplex Track Showcase Registration

Name: _____

Address: _____

City, State & Zip: _____

Telephone: _____

E-Mail Address: _____

Date of Birth: _____ Age: _____

Club / High School Team: _____

Events: (3 events max for 14 & under --- 4 events max for 15 & over)

1. _____ 2. _____

3. _____ 4. _____

All participants in these events must sign this waiver of liability prior to competing. There will be no exceptions. Athletes 18 & under must have the signature of a legal parent or guardian.

I agree to wave to waive and release any and all claims I may have against all sponsors, officials, assistants and employees of this meet including Prince George's County, Prince George's Sports & Learning Complex, Maryland National Capital Park and Planning Commission, Glenarden Track Club and USA Track & Field, for any damages or injuries I may suffer in route to or as a result of my participation in this meet. I affirm that my physical condition and fitness are adequate for me to participate safely in this meet. I agree to release my name and photo for publicity purposes.

Signature: _____ Date: _____
(Parent or Guardian if 18 & under)

The Prince George's Sports & Learning Complex is a facility of the M-NCPPC, Department of Parks and Recreation. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Please contact the facility at least two weeks in advance of the program start date to request an accommodation (i.e., sign language interpreter, support staff, etc.).