

SPORTSPLEX MASTERS AND OPEN INDOOR INVITATIONAL

Maryland-National Capital Park and Planning Commission
PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX

8001 Sheriff Road Landover, MD. 20785 (301) 583-2400

February 11, 2017

Start Time:

Field Events	8:30 AM
Track Events	10:00 AM

Registration:

Registration open 1-17-2017 through 2-8-2016

www.coachoregistration.com

Entry Fees:

Spectators	\$5.00
Competitor's (Up to 3 events)	\$25.00
Late Fee	\$40.00
Relay Only	\$40.00

Events:

Field Events: start at 8:30 AM

Weight Throw	Long jump
Shot Put	High Jump
	Pole vault

Track Events: start at 10:00 AM

3200 meter run	1600 meter run
60 meter Hurdles Trial	4x200 meter relay
60 meter Dash Trials	800 meter run
4x800 meter relay	200 meter dash
60 meter hurdle Finals	3000 meter race-walk
60 meter Dash Finals	4x400 meter relay
400 meter Dash	

Venue Specifications:

6-lane, 200 meter oval track, (8 Lanes straight-way) fully automated timing will be provided. Concession stands located in the Field House.

¼ inch spike ONLY, No food or drinks on track surface.

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