

JOIN US!

2024 USATF POTOMAC VALLEY ASSOCIATION / SPORTS COMPLEX OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS



January 14th, 2024 - 7:30 am to 4:00 pm

Prince George's County Sports and Learning Complex
8001 Sheriff Rd, Landover, MD 20785-4258



On-time registration: December 15, 2023 to January 10, 2024 at 11:59 PM PT

\$45 for the first 2 events and \$15 for each additional event

Late registration: \$65 plus all registration fees from Jan 11, 2024 to Jan 12, 2024 11:59

Day of registration: \$100 7:30 am to 8:30 am

Register: <https://www.simplyregister.net/register/?e=125203>

Schedule of Events

Please note the start times for your event(s)

Running Events

9:30 am 4x800m Relay

10:00 am 60M Hurdles

11:00 am 3000M Race Walk

11:45 am 60M (trials if necessary/finals if
no trials necessary)

12:30 pm 3000M

1:00 pm 400M

1:30 pm 1500M

2:00 pm 200M

2:45 pm 800M

3:15 pm 60M (finals if trials are
necessary)

3:30 pm 4x200M Relay

4:00 pm 4x400M Relay

Note: 60M trials will be run, if necessary,
at 11:45 am, with finals at 3:15pm. If no
trials are necessary in an age group, the
final will be run at 11:45pm.

Field Events

7:30 am Weight Throw (followed by
Superweight) (M19-64)

9:15 am Weight Throw (followed by
Superweight) (M65+)

10:00am High Jump (All)

10:30am Long Jump (All Women)

10:45am Weight Throw (followed by
Superweight-All Women)

11:30am Pole Vault (All)

11:30am Long Jump (M19-59)

12:30 pm Triple Jump (All Women)

1:00pm Shot Put (All Women)

1:00pm Long Jump (M60+)

2:00pm Triple Jump (All Men)

2:15pm Shot Put (M75+)

3:00pm Shot Put (M60-74)

4:15pm Shot Put (M19-59)