



SPORTSPLEX TRACK SHOWCASE

2009-2010 Indoor All Comers Meet Schedule

Maryland-National Capital Park and Planning Commission

PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX

8001 Sheriff Road Landover, MD 20785 (301) 583-2660

Dates & Times:

December 27, 2009, 8:30 a.m. January 24, 2010, 8:30 a.m.

January 10, 2010, 8:30 a.m. February 7, 2010, 8:30 a.m.

Registration opens at 7:30 a.m.

Events:

800 meter race walk	800 meter run	Long jump
3000 meter race walk	200 meter run	High jump
55 meter Dash (12 & Under)	4 x 400 meter relay (13& Over)	
55 meter Hurdles	3200 meter run	
55 meter Dash (13 & Up)	Pole vault (pending assistance)	
1600 meter run	Shot put (pending assistance)	
400 meter run	Triple jump	
4 x 200 meter relay		



Entry Fees: Spectators (12 & over) - \$2.00

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 Martin's poured rubber surface

1/4 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.

Registration

NAME: _____

ADDRESS: _____

CITY, STATE & ZIP _____

TELEPHONE: _____

E-MAIL ADDRESS: _____

DATE OF BIRTH _____ AGE _____

CLUB / HIGH SCHOOL TEAM: _____

EVENTS: (max. 3 for 14 & under—max 4 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 parent or legal guardian.

I agree 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 and Field, for any damages or injuries I may suffer enroute 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.).