


SPORTSPLEX TRACK SHOWCASE
 2019/2020 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 1, 2019 8:30 a.m. January 26, 2020. 8:30 a.m.
 January 5, 2020 8:30 a.m. February 8, 2020 8:30 a.m.**
 January 12, 2020. 8:30 a.m.

*Registration opens at 7:00 a.m.
 Age as of 12/31 in current year.*

<p><u>Track Events:</u> (Rolling Schedule)</p> <p>800 meter race walk 3000 meter race walk 55 meter Dash 55 meter Hurdles 1600 meter run 400 meter run 4 x 200 meter relay 800 meter run 200 meter run 4 x 400 meter relay (13& Over) 3000m Run</p>	<p><u>Field Events:</u></p> <p>Weight throw - 7:30am Shot put Long jump Triple jump High jump under 5 feet - 9:00am High Jump over 5 feet - 11:30am Pole vault 10:00am</p>	
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Entry Fees: Spectators (6 & over) \$5.00
 Athletes 14 & under (maximum of 3 events) \$5.00
 High School athletes (maximum of 4 events) \$6.00
 All other athletes (maximum of 4 events) \$7.00
 ** Breast Cancer Awareness will be \$1.00 more (February 8, 2020)

Venue Specifications:
 6-lane, 200-meter oval track, on Mondo's Track & Field surface.
¼-inch pyramid 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.).