

**SPORTSPLEX TRACK SHOWCASE**  
 2022/2023 Indoor All Comers Meet Schedule  
 PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX  
 8001 Sheriff Road Landover, MD 20785 (301) 583-2660

Dates & Times: **Registration begins at 6:30 a.m.**

January 15, 2023 8:00 a.m.


January 29, 2023 8:00 a.m.

January 22, 2023 8:00 a.m.


February 5, 2023 8:00 a.m. \*\*

*Age as of 12/31 in current year.*

**Session 1** Ages 8 & Under, 9-10 and All Master Start Time: 8:00 a.m.

<p><u>Track Events:</u> (Rolling Schedule)        800 meter race walk (All Ages)        3000 meter race walk (13 and Up)        55 meter Dash        1600 meter run        400 meter run        4 x 200 meter relay        800 meter run        200 meter run        3000m Run (All Ages)</p>	<p><u>Field Events:</u>        Weight throw - 7:30 a.m. Open and Masters         Shot put        Long jump        High Jump over 5 feet        High jump under 5 feet        Pole vault 10:00 a.m. (All Ages)</p> 
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**Session 2** Ages 11-12, 13-14, High School and Open Start Time: 1:00 p.m.  
**Registration begins at 12:30 p.m.**

<p><u>Track Events:</u> (Rolling Schedule)        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&amp; Over)</p>	<p><u>Field Events:</u>        Shot put        Long jump        High Jump over 5 feet        High jump under 5 feet</p> 
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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 Sean Taylor 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.).

Entry Fees: Spectators (6 & over)	\$7.00
Athletes 14 & under (maximum of 3 events)	\$7.00
High School athletes (maximum of 4 events)	\$8.00
All other athletes (maximum of 4 events)	\$9.00

\*\* Breast Cancer Awareness (February 5, 2023) will be \$1.00 more