



# SPORTSPLEX TRACK SHOWCASE

2023/2024 Indoor All Comers Meet Schedule

PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

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

Dates & Times: **Registration begins at 6:30am**

January 21, 2024, 8:00 am

January 28, 2024, 8:00 am \*\*

February 4, 2024, 8:00 am

February 11, 2024, 8:00 am

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

## Session 1 Ages 8 & Under, 9-10 and All Master's Start Time: 8:00 am

**Track Events: (Rolling Schedule)**  
 800m race walk (All Ages)  
 3000-meter race walk (13 & Up)  
 55m Dash (Masters/8&U 9-10)  
 1600m run (Masters/8&U 9-10)  
 400m run (Masters/8&U 9-10)  
 4 x 200m relay (Masters/8&U 9-10)  
 800m run (Masters/8&U 9-10)  
 200m run (Masters/8&U 9-10)  
 3000m Run (All Ages)

**Field Events:**  
 Weight throw - 7:30am (Open and Masters)  
 Shot put  
 Long jump  
 High Jump over 5 feet  
 High jump under 5 feet  
 Pole vault 10:00am (All Ages)

## Session two Ages 11-12, 13-14, High School and Open Start Time: 1:00 pm Registration begins at 12:30 pm

**Track Events: (Rolling Schedule)**  
 55m Hurdles (All Ages)  
 55m Dash  
 1600m run  
 400m run  
 4 x 200m relay  
 800m run  
 200m run  
 4 x 400m relay (13 & Up)

**Field Events:**  
 Shot put  
 Long jump  
 High Jump over 5 feet  
 High jump under 5 feet

### Entry Fees: **CASH ONLY**

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 will be \$1.00 more (January 28, 2024)



- ▶ For more information, please email us at [customerservice@pgparks.com](mailto:customerservice@pgparks.com) or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.
- ▶ Our front desk staff has access to an **over-the-phone interpretation service** and can help in **over 150 languages**.
- ▶ Please ask for assistance when you call or visit us. **The Department of Parks and Recreation. Register at least a minimum of two weeks** in advance of the program start date to request and **receive a disability accommodation**.

# 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.).

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