



SPORTSPLEX TRACK SHOWCASE

2025/2026 Indoor All Comers Meet Schedule

PRINCE GEORGE’S SPORTS & LEARNING COMPLEX

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

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

December 14, 2025, 8:00 am January 25, 2026, 8:00 am**
December 28, 2025, 8:00 am** February 8, 2026, 8:00 am
January 11, 2026, 8:00 am

**** THE 400M WILL BE RUN INSTEAD OF THE 200M**
Age as of 12/31 in current year

.Session One - Ages 8 & Under, 9-10 and All Master’s Start Time: 8:00 am

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| <u>Track Events:</u> (Rolling Schedule) 800m race walk (All Ages) 3000m 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) | <u>Field Events:</u> 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) |
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Session Two - Ages 11-12, 13-14, High School and Open Start Time: 1:00 pm
Registration begins at 12:30 pm

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| <u>Track Events: (Rolling Schedule) 55m</u> Hurdles (All Ages) 55m Dash 1600m run 400m run 4 x 200m relay 800m run 200m run 4 x 400m relay (13 & Up) | <u>Field Events:</u> Shot put Long jump High Jump over 5 feet High jump under 5 feet |
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Entry Fees: **CASH ONLY**
Spectators (6 & over) \$7.00
Athletes 14 & under (maximum of 3 events) \$8.00
High School athletes (maximum of 4 events) \$9.00
All other athletes (maximum of 4 events) \$10.00



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.

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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| Entry Fees: CASH ONLY | \$7.00 |
| Spectators (6 & over) | \$8.00 |
| Athletes 14 & under (maximum of 3 events) High | \$9.00 |
| School athletes (maximum of 4 events) All other | \$10.00 |
| athletes (maximum of 4 events) | |

** Breast Cancer Awareness will be \$1.00 more (January 25, 2026)