

## **GLENARDEN TRACK CLUB INVITATIONAL**

**SPONSOR:** GLENARDEN TRACK CLUB

**DATE:** MAY 13, 2006

**PLACE:** PRINCE GEORGE'S SPORTS & LEARNING COMPLEX  
8001 SHERIFF ROAD  
LANDOVER, MD 20785

**TIME:** Coaches meeting 8:00 a.m. Meet starts promptly at 8:30 a.m.

**Event Limit:** Maximum of three events per athlete for 12 and under, four for 13 and up (relays and field events included).

**Age Limitation:** Age will be determined as of December 31<sup>st</sup> 2006. A violation of this rule will subject the athlete and/or team to disqualification from the meet.

**ENTRY FEE:.** Payment must be in the form of cash, certified check, club check or money orders. NO PERSONAL CHECKS. Make checks payable to Glenarden Track Club. Fees are \$5.00 per athlete and \$12.00 per relay. Maximum team fee is \$400.00.

**Surface:** Tartan surface. ¼" spikes are permitted.  
Come prepared to run. No radios or tape recorders permitted on the premises.

**AWARDS:** Medals for 1<sup>st</sup> thru 3<sup>rd</sup> places for Individual events and Relays.  
Ribbons 4<sup>th</sup> thru 6<sup>th</sup>.

**INFORMATION:** Contact: Henry McCallum Jr. 301-322-7356  
Phillip Barrett Sr. 301-336-4697  
Elenora Battle 301-599-8407

### **THIS IS A USATF SANCTIONED MEET.**

**DIRECTIONS:**

**From 495:** Take Landover Road exit 17B. Get into left lane off the ramp onto Landover Road. Take left onto Bright seat Road. Follow green overhead signs through the traffic light onto Redskins Road. Follow Redskins Road around to Fed Ex Way. Take right onto Hills Oaks Road. FedEx Green Lot B3 & B4 on the right.

## Order of Events

### FIELDS EVENTS: STARTING TIME 8:30 AM

<b>Shot Put</b>	<b>11/12 9/10 13/14 8&amp;U 15&amp;Up</b>
<b>Discus</b>	<b>13/14 15&amp;Up 11/12</b>
<b>Long Jump</b>	<b>15&amp;Up 9/10 11/12 13/14 8&amp;U</b>
<b>Triple Jump</b>	<b>13/14 15&amp;Up</b>
<b>Turbo Javelin</b>	<b>9/10 &amp; 11/12 only</b>
<b>High Jump</b>	<b>15 &amp;UP 13/14 11/12 9/10</b>

### RUNNING EVENTS: STARTING TIME 8:30 AM

<b>200 Meter Hurdles</b>	<b>13/14 Only</b>
<b>4 X 800</b>	<b>Ages 11/12 13/14 15&amp;Up</b>
<b>80/100/110 Hurdles</b>	<b>11/12 13/14 15&amp;Up</b>
<b>100 TRIALS</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up Top 8 times to Finals</b>
<b>1500</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>
<b>50 Meter</b>	<b>6 &amp; Under</b>
<b>400</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>
<b>1500 Racewalk</b>	<b>9/10 11/12 13/14 15&amp; Up</b>
<b>100 FINALS</b>	
<b>800</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>
<b>200</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>
<b>4 X 100</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>
<b>Coaches &amp; Parent (4x100)</b>	
<b>4 X 400</b>	<b>8&amp;U 9/10 11/12 13/14 15&amp; Up</b>

**\*\*\*DISCLAIMER\*\*\***

**In consideration of my team/individual entry into the competition known as the Glenarden Track Club Invitational, I, intending to be legally bound, do hereby for my team/individual, executors and administrators, waive release and forever discharge any and all rights for claims and damages, including any claims for loss, damages or injury to my team/individual personnel or property arising out of my team/individual performance or failure of performance from the Glenarden Track Club, Potomac Valley Association, the M\_NCPPC Department of Parks and Recreation, and the Prince George's Sports and Learning Complex, their agents, representatives, successors and assigns.**

**I certify that to the best of my knowledge and belief, all team/individual members are in good physical condition and have no disease or injury that would impair performance in competition. I, the undersigned, declare on my honor that my team/individual is of amateur status, and I also give permission for the use of my team's/individual name and or picture to appear in any official documentary, sponsor advertisement, newspaper, broadcast, telecast, or other account of this event.**

**TEAM/INDIVIDUAL NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COACH'S/INDIVIDUAL NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_