

GLENARDEN TRACK CLUB DEVELOPMENTAL INVITATIONAL

LOCATION: PRINCE GEORGE'S SPORTS AND LEARN COMPLEX



Registration must be done on Coacho.com

Online registration closes May 7, 2024

\$7.00/event

\$28.00/relay

\$700.00/team max

Spectator Admission: \$5.00 Saturday Only

FRIDAY EVENTS: STARTING TIME 5:30 PM Friday May 10

200 Meter Hurdles **13/14 Only**

4 X 800 **Ages 11/12 13/14 15/16 17/18**

80/100/110 Hurdles **11/12 13/14 15/16 17/18**

400m **7/8 9/10 11/12 13/14 15/16 17/18**

Spectator Admission: \$5.00 Saturday Only

Session 1

8&U 9/10 STARTING TIME 8:00 AM Saturday May 11

4 X 400 **8&U 9/10**

1500M Run **8&U 9/10**

100 TRIALS **8&U 9/10 Top 8 times to Finals**

1500 Racewalk **7/8 9/10 11/12 13/14 15/16 17/18**

50 Meter **6 & Under**

100 FINALS **8&U 9/10**

800M Run **8&U 9/10**

200M **8&U 9/10**

4 X 100 **8&U 9/10**

MAXIMUM OF THREE JUMPS OR THROWS**FIELDS EVENTS: STARTING TIME 8:00 AM**

Shot Put	9/10 8&U
Long Jump	9/10 8&U
Turbo Javelin	8&U 9/10
High Jump	9/10

Session 2**11/12 13/14 15/16 17/18 Events STARTING TIME 2:00pm Saturday May 13**

100 TRIALS	11/12 13/14 15/16 17/18	Top 8 times to Finals
4 X 400	11/12 13/14 15/16 17/18	
1500 M Run	11/12 13/14 15/16 17/18	
100 FINALS	11/12 13/14 15/16 17/18	
800M Run	11/12 13/14 15/16 17/18	
200M	11/12 13/14 15/16 17/18	
4 X 100	11/12 13/14 15/16 17/18	

MAXIMUM OF THREE JUMPS OR THROWS**FIELDS EVENTS: STARTING TIME 1:30 PM**

Shot Put	11/12 13/14 15&Up
Long Jump	15&Up 11/12 13/14
Aero Javelin	11/12
High Jump	15 &UP 13/14 11/12
Discus	15&Up 11/12 13/14

*****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 _____

Email Address _____

COACH'S/INDIVIDUAL NAME _____

PHONE _____

SIGNATURE _____ **DATE** _____