

# **SPORTSPLEX PVA MASTERS OPEN INDOOR Championship**

Maryland-National Capital Park and Planning Commission  
PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX

8001 Sheriff Road Landover, MD. 20785 (301) 583-2400

Saturday January 19, 2019

## **Start Time:**

Field Events	8:30am
Track Events	9:30am

## **Registration:**

Registration open 1-1-2019 through 1-16-2019

[www.coachoregistration.com](http://www.coachoregistration.com)

## **Entry Fees:**

Spectators	\$5.00
Competitor's (Up to 3 events)	\$25.00
Late Fee	\$40.00
Relay Only	\$40.00

## **Events:**

### **Field Events:**

Weight throw  
Shot put  
Long jump  
Triple jump  
High jump  
Pole vault

### **Track Events:**

3000 meter race walk	1600 meter run
60 meter Hurdles Trial	4x200 meter relay
60 meter Dash Trials	800 meter run
4x800 meter relay	200 meter Dash
60 meter Hurdles Finals	4x400 meter relay
60 meter Dash Finals	
3000 meter run	
400 meter Dash	

## **Venue Specifications:**

6-lane, 200 meter oval track, (8 Lanes straightway) fully automated timing will be provided. Concession stands located in the Field House.

**¼ inch spikes ONLY**, No food or drinks on track surface.