

2019-2020 DMV Indoor Throws Series

“Open and Masters Athletes”

Event location: Prince George’s Sports & Learning Complex
8001 Sheriff Road, Landover, MD 20785

For information: call 301-785-3582 or email dmvthrows@gmail.com

Results submitted to Master’s Rankings

USATF Certified Officials *Sanction by USATF*

Onsite Registration: 1 event-\$15; 2 events-\$25; 3 events or pentathlon-\$30

Payment: cash, check, MO, payable to **Care Packages of Love, Inc.**



Pay Pal...carepackagesoflove@gmail.com



\$CAREPACKLOVE

Events contested-shot put, weight & super weight

You may bring your indoor throwing equipment (most equipment will be provided).

*Special event- ultra weight pentathlon, **limited to first 12 athletes**

For the Pentathlon, register with payment by email or at prior meet to hold your spot.
Payment options shown above.

Registration/Warm-up- 6:00a-6:45a / Competition starts- 6:45a-7:00a

Meet Dates – Thursday MORNING:

December 5, 2019	shot put, weight, super weight
December 19, 2019	shot put, weight, super weight
January 2, 2020	ultra weight pentathlon ONLY
January 23, 2020	shot put, weight, super weight
February 6, 2020	ultra weight pentathlon ONLY
February 27, 2020	shot put, weight, super weight
March 5, 2020	shot put, weight, super weight