



POTOMAC VALLEY ASSOCIATION

14 & UNDER NATIONAL AGE-GROUP INVITATIONAL
PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX
 8001 Sheriff Road Landover, MD. 20785 (301) 583-2400

Date: February 25, 2012 Meet starts promptly at 9:00 a.m.

LIMITATIONS: Maximum of three events per athlete (relay included).
DEADLINE: All entries must be completed online at http://coachoregistration.com/meet/entry/md_pva/ or www.coacho.com. The deadline for online registration is February 21, 2012.

ENTRY FEE: Payment must be made by certified check, money order or club check. No personal checks will be accepted. Entry fee is \$8.00 per event and \$32.00 per relay. Payment must be received by February 22, 2012 and should be made out to Potomac Valley Association and mailed to:

PVA, C/O Henry McCallum Jr.
7949 Dellwood Ave. Glenarden, MD 20706

AGE: Age as of December 31, 2012. Proof required if requested.
AWARDS: Awards for top 6 places. Championship watches for each individual event winner. Age groups will be as following: 8 & Under, 9-10, 11-12, and 13-14.

<u>Event</u>	<u>Ages</u>	<u>Event</u>	<u>Ages</u>
1600M	All ages	800M (Finals)	All ages
55 hurdle (Finals)	(11-14)	4 x 200 Relay	All ages
55M (SEMI)	All ages	1600M Racewalk	(9-14)
Sprint Medley (200,200,400,800)	(11-14)	4 x 400 Relay	(9-14)
400M (Finals)	All ages	ShotPut	All ages
55M (Finals)	Top 8 times to Final	Long Jump	All ages
200M (Finals)	All ages	High Jump	(9-14)



Venue Specifications:
 6-lane, 200 meter oval track, on Mondo surface
¼ inch pyramid spike ONLY, No food or drinks on track surface.

**THIS IS A USATF SANCTIONED MEET.
SPECTATOR FEE \$4.00**

STANDARDS

	8 & U	9 - 10	11 - 12	13 - 14
	G B	G B	G B	G B
LIFYING LJ STANDARD:	8' 9'	10'0" 11'0"	12'0" 13'0"	13'0" 14'3"
LIFYING HJ STANDARD	2'9"	3'0"	3'4" 3'10"	3' 8" 4'3"

EACH COMPETITOR WILL RECEIVE A MAXIMUM OF FOUR (4) JUMPS OR THROWS. ANY JUMP LESS THAN THE QUALIFYING STANDARD WILL NOT BE MEASURED. THE LONG JUMP WILL START FROM THE YOUNGER AGE GROUP TO THE OLDER. THE HIGH JUMP WILL START FROM THE OLDER AGE GROUP TO THE YOUNGER. THE SHOTPUT WILL START WITH THE OLDER AGE GROUP TO THE YOUNGER.

FIELD EVENTS WILL BEGIN AT 9:00AM.

**Denotes Girls Standard
Denotes Boys Standard**

Contact Information: Henry McCallum Jr. (301) 322-7356

Sports & Learning Complex Satellite Parking FedEx

GREEN LOT D3 & D4: REDSKINS ROAD

DIRECTIONS:

From 495: Take Landover road exit 17B. Get into left land off the ramp onto Landover Road. Take left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right into Green Lot D3 & D4.

From Sheriff Road: Follow Sheriff Road toward Fed Ex Field past the Sportsplex entrance. Stay in the right hand lane. Take a right turn before the light at Sheriff and Brightseat road intersections onto Redskins Road. Take an immediate right into Green Lot D3 & D4.