



MOUNTAIN EXPRESS HOLIDAY HIGH SCHOOL INDOOR DEVELOPMENTAL TRACK MEET

December 30, 2009 @ 4 p.m. Registration @ 3:00 p.m.

 Hagerstown Community College
 Jan Price, PVA Meet Director, Telephone 301-293-4219

INVITING TRACK AND FIELD HIGH SCHOOL ATHLETES AND TEAMS!

The events to be conducted include:

Running events	55m hurdles	55m dash	300m dash	800 m run	1600 m run	4X200m relay	4X400m relay
Field events	Shot put	High jump	Pole Vault				

The cost for each school will be \$100, \$50 for boy's teams and \$50 for girl's teams.

Registrations must be postmarked by December 15, 2009. **Coaches, you must contact Meet Director *Jan Price***

(301 293 4219), before you bring your team to the meet.

MPSSAA APPROVED SCHOOLS

ONLY PLEASE, MPSSAA sanctioned meet.

HCC is located at 11400 Robinwood Drive, Hagerstown, Md. From Frederick, Md., take 170 west to Exit 32. Take US 40 west to first light (by EXXON). Take a right and follow to HCC. Turn left into HCC and take the first left and follow to the athletic complex on the left. Park

anywhere in the big parking lots. People coming from western Md. should follow 170 east to exit 32, and follow the above directions to HCC.



Mountain Express



Holiday High School

ENTRY FORM FOR MET HOLIDAY HIGH SCHOOL **INDOOR MEET**

December 30, 2009, Hagerstown Community College, ARCC B1dg 1400 Robinwood Dr.,
Hagerstown, Md.

Registration at 3:00 p.m., Meet starts at 4 p.m.*

School Name _____ Coach: Last _____ First
_____ Middle _____

Phone _____ Fax _____
E-mail _____

Address
Number _____ Street _____ City _____ State _____ Zip

Fee (circle one): Team (both boys and girls): \$100 Girls only: \$50 Boys only: \$50

List of athletes. Separate boys from girls

Name (Last name first) Events

Name (Last name first) Events

Meet Schedule

Running Events

Guys will run first for all running events!

55 Hurdles
55 Dash
300
1600
4x200
800
4x400

Field Events

High Jump	Ladies first
Pole Vault	Ladies first
Shot Put	Guys first