



Mountain Express



Holiday Open Meet Schedule

Running Events

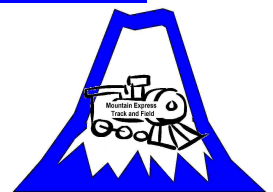
Guys will run first in all running events!

55 Hurdles
55 Dash
4x200
3200
500
800
300
3200
4x400

Field Events

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

Meet results will be posted on <http://mountainexpresstrack.com>





Mountain Express



Holiday Developmental High School Meet *Schedule*

4pm-8pm
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

Meet results will be posted on <http://mountainexpresstrack.com>



Entry Form for Mountain Express Holiday Open Indoor Meet

December 27, 2010

Hagerstown, Community College, ARCC Bldg., 11400 Robinwood Drive
Hagerstown, MD

Name Last First Middle Age on 12/31/2010 Sex (M/F)

Month /Day / Year
Birthdate USATF No. (not required) Club (if applicable)

Address Number Street Apt.# City State Zip

Circle the age by events that you will do. G =Girl, B=Boy. Contestants **12 and under** may do **3** events, those **older than 12** may do **4** events. Use the age you will be on December 31, 2010. **The events that you may do include relays.** There is a separate relay entry form. **No spikes allowed for this meet.**

Event	8&Under	9-10	11-12	13-14	15-16	17-18	19-24	Etc.
55 Hurdles	xxxxxxx	xxxxx	G , B	G , B	G , B	W , M	W , M	W , M
55 Dash	G , B	G , B	G , B	G , B	G , B	W , M	W , M	W , M
300 Dash	G , B	G , B	G , B	G , B	G , B	W , M	W , M	W , M
1600mrun	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
500 Dash	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
800 Run	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
3200 Run	xxxxxxx	xxxxx	G , B	G , B	G , B	W , M	W , M	W , M
High Jump	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
Pole Vault	xxxxxxx	xxxxx	xxxxxxx	G , B	G , B	W , M	W , M	W , M
Shot Put	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M

Total Number of Events: _____

Cost: FOR AGES 14 AND UNDER TOTAL NO. EVENTS _____ X\$4=_____ TOTAL
FOR AGES 15 AND OVER TOTAL NO. EVENTS _____ X\$5=_____ TOTAL

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the Mountain Express Track Club. I attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in the event. The meet director reserves the right to reject any entry.

Parents must sign for contestants under the age of 18. No refunds.

_____/_____/2010

Signature of contestant and/or parent. _____

Date: _____

Meet results will be posted on <http://mountainexpresstrack.com>

Mountain Express
Holiday Developmental High School Meet
Entry Form

December 27, 2010, Hagerstown Community College, ARCC B1dg 1400 Robinwood Dr., Hagerstown, MD.

Registration is from 3pm-3:45pm. Meet time is 4pm-8pm.

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

Please include times for running events.

Name (Last name first) Events

Name (Last name first) Events

MAKE CHECKS PAYABLE TO MOUNTAIN EXPRESS TRACK CLUB. DO NOT MAIL CASH. Mail entries to Jan Price 12818 Wolfsville Rd., Smithsburg MD. 21783-9309. Tel. 301293 4219, Email:

MizOfficial@yahoo.com. *Registrations must be postmarked by December 15, 2010. * Coaches *must* contact Meet Director Jan Price before bringing their athletes to the meet.

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, school, athletes and their parents waive and release any claims that I may have against the Mountain Express Track

Club. I attest and verify that I, my athletes, and any school administrators have full knowledge of the risks involved and my athletes are physically fit and sufficiently trained to participate in the event. The meet director reserves the right to reject any entry.

Signature of Coach. _____

Date _____

Please include any additional entries on an attached page.



MOUNTAIN EXPRESS HOLIDAY DEVELOPMENTAL HIGH SCHOOL MEET

December 27, 2010 from 4pm-8pm. Registration from 3pm-3:45pm.



Hagerstown Community College



Jan Price, PVA Meet Director, Telephone 301-293-4219, Email: MizOfficial@yahoo.com

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, 2010. *Coaches, you must contact Meet Director Jan Price*

(301 293 4219), Email: MizOfficial@yahoo.com 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.

ENTRY FORM ON BACK

Meet results will be posted on <http://mountainexpresstrack.com>

Mountain Express



Holiday Developmental
High School Meet
Schedule

4pm-8pm

Running Events

Guys will run first for all running events!

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1600mrun	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
500 Dash	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
800 Run	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
3200 Run	xxxxxxx	xxxxx	G , B	G , B	G , B	W , M	W , M	W , M
High Jump	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M
Pole Vault	xxxxxxx	xxxxx	xxxxxxx	G , B	G , B	W , M	W , M	W , M
Shot Put	xxxxxxx	G , B	G , B	G , B	G , B	W , M	W , M	W , M

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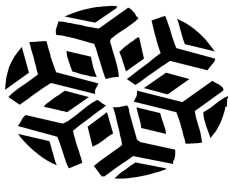
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Holiday Developmental High School Meet



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