

SATURDAY APRIL 24, 2010

17th Annual Zonis Invitational

On behalf of North Hagerstown High School we would like to invite you to the 17th Annual Zonis Invitational at North Hagerstown High School on Saturday April 24, 2010. **In 2009 North Hagerstown opened a new stadium with a USATF/NCAA certified track!!** Unique to our meet we have the Quad-Athlete Competition; this competition consists of the long jump, discus throw, 200-meter dash and the 800 meter run. All schools are welcome to participate! Please mail checks to: **North Hagerstown High School 1200 Pennsylvania Avenue Hagerstown, MD 21742 Attn: Marcia Nissel.** We hope to see everyone there and take advantage of our beautiful and brand new track!

- Appropriate sanctions will be obtained
- All schools **MUST** be MPSSAA approved to participate
 - Concession stand will be OPEN for business!
- Entry Fee: Team (Girls & Boys) \$160.00 One Team: \$90.00

Order of Events

3200 Meter Relay	Shot Put
110 MH	Discus
100 Meter Dash	Long Jump
4x 200 Meters Relay	Triple Jump
1600 Meter Run	Pole Vault
4x100 Meter Relay	High Jump
400 Meter Dash	4x400 Meter Relay
300 MIH	QUAD ATHLETE
800 Meter Run	
200 Meter Dash	

*Check us out on
www.tristaterunnur.com for more
Information and pictures of the
new track!*

If you are interested in participating in the meet,

please contact

Head Coach:

Bobby Waugh

Rwaugh16@gmail.com

-OR-

Athletic Director:

Marcia Nissel

nissmar@wcboe.k12.md.us

*Coaches meeting @

9:00am in the Hospitality Suite

*First Event @ 10:00am

***3** Entries per event!

