



Holiday Open Mountain Express Indoor T&F Meet



When: December 30, 2009

Where: Hagerstown Community College Arc

Registration Time: 8:00AM -9:30 AM

Meet Start Time: 10:00 AM

Pre-registration: a registration form can be obtained from Jan Price @ 301-293-4219 or MizOfficial@yahoo.com

Events:

55 meter dash	55 meter hurdles	300 meter dash	500 meter run
800 meter run	1600 meter run	3200 meter run	4x200 meter run
4x400 meter run	High jump	Shot put	Pole-vault

Age groups: 8 & under, 9 & 10, 11&12, 13&14, 15&16, 17&18, 19-24, 25-29, 30-34, 35-39, etc

Costs:

\$4.00	\$5.00
Per event for athletes 14 and under.*	Per event for athletes 15 and over.
For relay teams aged 14 and under, per relay.	For relay teams aged 15 and over, per relay.

Awards: will be given.

Address: 11400 Robinwood Drive
Hagerstown, MD

For more information and Pre-registration please contact:
Jan Price @ 301-293-4219, or MizOfficial@yahoo.com

Entry Form for Mountain Express Holiday Open Indoor Meet

December 30, 2009

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

Name Last First Middle Age on 12/31/2009 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, 2009. **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

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: 301 293 4219. Email: mizofficial@yahoo.com
 Registrations *must* be postmarked by December 23, 2009. Entries postmarked after that date will be held at the registration desk at the meet, and a \$2 late fee must be paid before the entry is accepted. Entries made on meet day must be accompanied with a \$2 late registration fee.

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.

Signature of contestant and/or parent. _____ Date: _____/_____/2009



Mountain Express Holiday Open Meet Schedule

Running Events

Boys (Men) will run first in all running events!

55 Hurdles
55 Dash
4x200
1600
500
800
300
3200
4x400

Field Events

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

