

SPORTSPLEX TRACK SHOWCASE
2025/2026 Indoor All Comers Meet Schedule
PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX
8001 Sheriff Road Landover, MD. 20785 (301) 583-2662

Dates & Times: Registration begins at 6:30am

December 14, 2025 8:00 a.m.

January 11, 2026. 8:00 a.m.

December 28, 2025. 8:00 a.m. **

January 25, 2026 7:30 a.m. **

February 8, 2026 7:30 a.m.

** THE 400M WILL BE RUN INSTEAD OF THE 200M

Age as of 12/31 in current year.

Session 1 Ages 8 & Under, 9-10 and All Master Start Time: 8:00am

Track Events: (Rolling Schedule)

800 meter race walk (All Ages)

3000 meter race walk (13 and Up)

55 meter Dash Masters 8&U 9-10

1600 meter run Masters 8&U 9-10

4 x 200 meter relay Masters 8&U 9-10

800 meter run Masters 8&U 9-10

200 meter dash Masters 8&U 9-10

3000m Run (**All ages**)

Field Events:

Weight throw - 7:30am Open and Masters

Triple Jump Masters

Shot put

Long jump

High Jump over 5 feet

High jump under 5 feet

Pole vault 10:00am **All Ages**



Session 2 Ages 11-12, 13-14, High School and Open Start Time: 1:00pm

Registration begins at 12:30pm

Track Events: (Rolling Schedule)

55 meter Hurdles All

55 meter Dash

1600 meter run

4 x 200 meter relay

800 meter run

200 meter dash

4 x 400 meter relay (13& Over)

Field Events:

Shot put

Long jump

High Jump over 5 feet

High jump under 5 feet

Triple Jump 13 and Over

Entry Fees: Spectators (6 & over) \$7.00

Athletes 14 & under (maximum of 3 events) \$8.00

High School athletes (maximum of 4 events) \$9.00

All other athletes (maximum of 4 events) \$10.00

SPECTATOR AND UNATTACHED ATHLETE FEE CASH ONLY

Registration

NAME: _____

ADDRESS: _____

CITY, STATE & ZIP _____

TELEPHONE: _____

E-MAIL ADDRESS: _____

DATE OF BIRTH _____ AGE _____

CLUB / HIGH SCHOOL TEAM: _____

EVENTS: (max. 3 for 14 & under—max 4 for 15 & over)

1 _____ 2 _____

3 _____ 4 _____

All participants in these events must sign this waiver of liability prior to competing. There will be no exceptions. Athletes 18 & under must have the signature of a parent or legal guardian.

I agree to waive and release any and all claims I may have against all sponsors, officials, assistants and employees of this meet including Prince George's County, Prince George's Sports & Learning Complex, Maryland National Capital Park and Planning Commission, Glenarden Track Club and USA Track and Field, for any damages or injuries I may suffer enroute to or as a result of my participation in this meet. I affirm that my physical condition and fitness are adequate for me to participate safely in this meet. I agree to release my name and photo for publicity purposes.

Signature _____ Date _____
(Parent or Guardian if 18 & under)

The Prince George's Sports & Learning Complex is a facility of the M-NCPPC, Department of Parks and Recreation. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Please contact the facility at least two weeks in advance of the program start date to request an accommodation (i.e. sign language interpreter, support staff, etc.).

Entry Fees: Spectators (6 & over)	\$7.00
Athletes 14 & under (maximum of 3 events)	\$8.00
High School athletes (maximum of 4 events)	\$9.00
All other athletes (maximum of 4 events)	\$10.00