





# MOUNTAIN EXPRESS HOLIDAY HIGH SCHOOL INDOOR DEVELOPMENTAL TRACK MEET

December 27, 2008 @ 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, 2008. **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.

ENTRY FORM ON BACK