



Holiday Open Mountain Express Indoor T&F Meet



When: December 27, 2008

Where: Hagerstown Community College Arc

Registration Time: 9:30AM -11:30 AM

Meet Start Time: Noon

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