

SPORTSPLEX TWILIGHT RELAY'S

Thursday, April 16, 2009 @ 5pm

School: _____ Date: _____
 Address: _____ School Phone: _____
 City: _____ State: _____ Zip: _____
 Coach: _____ Cell#: _____
 E-mail: _____ Team Name: _____

<u>ORDER OF EVENTS</u>	<u>BOYS</u>	<u>GIRLS</u>	<u>SEED TIME</u>
400m Hurdles	-----	-----	-----
Distance Medley (1200, 400, 800, 1600)	-----	-----	-----
1 Mile Run	-----	-----	-----
Sprint Medley (800, 200, 200, 400)	-----	-----	-----
4 x 200m Relay (A)	-----	-----	-----
4 x 200m Relay (B)	-----	-----	-----
4 x 800m Relay	-----	-----	-----
4 x 100m Relay (A)	-----	-----	-----
4 x 100m Relay (B)	-----	-----	-----
4 x 400m Relay	-----	-----	-----
Long Jump Relay (3 athletes per team)	-----	-----	-----
Shot Put Relay (3 athletes per team)	-----	-----	-----
High Jump Relay (2 athletes per team)	-----	-----	-----

ENTRY FEE: \$100 Boys team & \$100 Girls team per School.

Fee must accompany entry form. Entries must be received by Monday, April 13, 2009. Please contact Tony Reid for any questions: (301) 583-2660. Payment must be made in the form of a **certified check or money order** made payable to: **M-NCPPC**.

Please mail payment to: Prince George's Sports & Learning Complex
Attn: Tony Reid
 8001 Sheriff Rd.
 Landover, MD. 20785

