

Last Track to Philly

When: Sat., Jan.31, 2009 at 9:00am

(You must be approved by either MPSSAA or your state organization in order to participate. MPSSAA has sanctioned the meet.)

Where: Georgetown Prep School 10900 Rockville Pike, North Bethesda, Md. 20852

Awards: Medals to top 3. No team scores.

Purpose: To allow athletes to compete on a fast, new, 200m indoor track in an attempt to meet Penn Relays qualifying times, heights, and distances.

Fees: \$25 each for a (*) Relay, \$10 per (*) Individual event, \$125 for single team entry in all events, \$150 for both boys and girls teams.

Receive a \$25 team reduction if done on Hy-Tek and emailed to gregdunston@yahoo.com.

Checks payable to Georgetown Prep.

Contact: Greg Dunston 301-770-3519 (evenings)
gregdunston@yahoo.com

Order of events:

*(Teams will need to verify their entry time in the Penn events by either listing their individual splits or the meet where the performance occurred.) Only the top 12 entries will be placed in the Penn Relay events. Coaches will be notified of those entries that are accepted.

Boys' events will follow the girls.

*1.) DMR (1200, 400, 800, 1600) (top 12 entries)

2. 4 x 200m B Teams (1 team per school)

3. 4x 200m A Teams (1 team per school)

4.Shuttle Hurdle/ Sprint Relay (55Sprint, 55 HH, 55S, 55 HH)(1 per school)

5. Mile B (2 per school)

*6. Mile A (top 12 entries)

7. Sprint Medley Relay (400, 200, 200, 800) (1 team per school)

8. 4 x 400m Relay (1 per school)

*9. 3200m Run (top 12 entries)

*10. 4 x 800m (top 12 entries)

All field events will be limited to the top 12 entries

*Long Jump

*Triple to follow

*High Jump to follow shot put

*Shot Put

*Pole Vault

* Penn Relay events that have qualifying standards.

Last Track to Philly

Email gregdunston@yahoo.com or call 301-770-3519 if there are problems. Teams may be limited. *Entry fees and Entries due by Jan.26 in order for entries to be accepted. Make payable to Georgetown Prep and send to Greg Dunston at 5911 Crawford Dr. Rockville, Md. 20851. Receive a \$25 team reduction if entry is done on Hy-Tek and emailed to gregdunston@yahoo.com.* You may update times through Monday, Jan. 26. The check must be received before the meet.

School _____ Coach _____

Email _____ Home Phone _____

Boys Time

Girls Time

*DMR:

*(Second line for site and date of performance)

*4 X 800:

Name/Time/Distance/Height

*Mile A:

*(Second line for site and date of performance)

*3200m:

*LJ:

*TJ:

*HJ:

*SP:

*PV:

4x 200m B

4x 200mA

Shuttle/Sp

SMR

4x 400m

Name / Time

Mile B:

1) _____ 1) _____

2) _____ 2) _____

Last Track to Philly