

Howard County Spring Track Classic Invitational

Saturday MAY 2, 2009 10:00 A.M. Long Reach HS

Online Entries Only CLOSE APRIL 26, 2009

Go to hocorunning.com follow the links to online entry page

2 INDIVIDUAL ENTRIES IN EACH INDIVIDUAL EVENT &

ONE RELAY TEAM IN EACH RELAY EVENT

ATHLETES ARE LIMITED TO 4 EVENTS MPSSAA & BORDERING STATES SANCTIONED

Use this form to help you with the online entry process only do not send this form

INDIVIDUAL ENTRIES:	NAME		TIME	NAME		TIME
EVENT	LAST	FIRST	HEIGHT	LAST	FIRST	HEIGHT
			DIST			DIST
100 DASH						
100/110HH						
200 DASH						
200 OPEN WHEELCHAIR						
300IH						
400 DASH						
400 OPEN WHEELCHAIR						
800 RUN						
1600 RUN						
3200 RUN						
HIGH JUMP						
LONG JUMP						
TRIPLE JUMP						
SHOT PUT						
DISCUS						
POLE VAULT						
RELAY ENTRIES:				XXXXXX		
4 X100				XXXXXX		
4 X 200				XXXXXX		
4 X 400				XXXXXX		
4 X 800				XXXXXX		

NEW THIS YEAR OPEN CLASS CO-ED 200 & 400 WHEELCHAIR EVENTS

No late entries will be accepted.

TEAM ENTRIES ARE LIMITED

**ENTRY FEES: \$ 125.00 PER TEAM
(\$200.00 IF ENTERING BOYS & GIRLS TEAMS)**

MAKE CHECKS PAYABLE TO: [Lime Kiln Middle School](#)

SEND ENTRY FEES TO: [Lime Kiln Middle School](#) Attn: Norm Belden
11650 Scaggsville Road
Lime Kiln Middle School
Fulton, Maryland 20759

Contact: Coachbelden@comcast.net or norman_belden@hcpss.org

(410) 880-5988(D) (410) 917-8010 (C)

AWARDS: MEDALS FOR 1st, 2nd & 3rd place RIBBONS for 4th, 5th & 6th place

TROPHYS: FIRST & SECOND PLACE BOY & GIRL TEAMS.

Coaches/Scratch Meeting 9:15 A.M. FAT TIMING