

Where: Prince George's Sports and Learning Complex, 8001 Sheriff Road, Landover, MD, 20785.

Who:30 invited teams. If interested in participating, please email Mike Kiernan. Only invited teams will be allowed to participate. The meet will be limited to Virginia, Maryland and DC Teams.

Field events: Opening heights: BHJ: 5'6"; GHJ: 4'6"; BPV: 9'0"; GPV: 7'0". Flight order will be low seed to high seed.

Track events: Section order will be fastest seeded sections first.

Awards: The top three athletes in each event will be given awards.

Results: Results and pictures will be posted at [milestat.com](http://milestat.com).

**PARKING: ALL SPECTATORS AND BUSES MUST PARK IN LOT D. FOR SPECTATORS THAT MEANS GOING STRAIGHT ON BRIGHTSEAT ROAD AND TURNING RIGHT INTO THE LOT (DO NOT COME DOWN SHERIFF ROAD). BUSES CAN DROP OFF THE ATHLETES THEN MUST GO BACK TO LOT D.**

=PR= Holiday Invitational

December 22, 2018

#### Field Events

9:00 a.m. Girls Long Jump (Girls Triple Jump will begin 30 minutes following conclusion of LJ)

Boys Long Jump (Boys Triple Jump will begin 30 minutes following conclusion of LJ)

Girls Shot Put (Boys Shot Put will begin 30 minutes following conclusion of the Girls)

Boys High Jump (Girls High Jump will begin 30 minutes following conclusion of Boys)

10:00 a.m. Girls Pole Vault (Boys PV will begin 30 minutes following the conclusion of Girls)

#### Track Events

Rolling Time Schedule, Girls race first in each event followed by Boys

9:00 a.m.3200 Meter Relay

55 Meter Hurdles

55 Meter Dash

800 Meter Relay

1600 Meter Run

500 Meter Dash

1000 Meter Run

300 Meter Dash

3200 Meter Run

1600 Meter Relay