



**POTOMAC VALLEY ASSOCIATION**

**14 & UNDER NATIONAL AGE-GROUP INVITATIONAL**  
**PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX**

**8001 Sheriff Road Landover, MD. 20785 (301) 583-2400**

Date: February 16-17, 2019 Meet starts Saturday promptly at 9:00am.

**LIMITATIONS:** Maximum of three events for 11-12 and below and four for 13-14 per athlete (relay included).

**DEADLINE:** All entries must be completed online at [www.coacho.com](http://www.coacho.com). The deadline for online registration is February 14, 2019.

**ENTRY FEE:** Payment must be made by certified check, money order or club check. No personal checks will be accepted.

Entry fee is \$8.00 per event and \$32.00 per relay.

Payment must be received by February 14, 2019. Money orders should be made out to Potomac Valley Association and mailed to:

**PVA, C/O Henry McCallum Jr.  
 7949 Dellwood Ave. Glenarden, MD 20706**

**AGE:** Age as of December 31, 2019. Proof required if requested.

**AWARDS:** Awards for top 6 places. Championship watches for each individual event winner. Age groups will be as following: 8 & Under, 9-10, 11-12, and 13-14.

Start Time 9:00am

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Saturday February 16, 2019

Sunday February 17, 2019

<u>Event</u>	<u>Ages</u>	<u>Event</u>	<u>Ages</u>
3000m	(11-14)	4 x 400 relay	All ages
200M Semi	All ages	55M (SEMI)	All ages
1600M Racewalk	(9- 14)	1600M Run	All ages
55 hurdle (Semi)	(11-14)	400M (Finals)	All Ages
Sprint Medley	(11-14)	55M ( Finals)	All Ages
<b>(200,200,400,800)</b>		55 hurdle (Finals)	(11-14)
400M (SEMI)	All Ages	200M (Finals)	All Ages
		800M (Finals)	All Ages
		4 x 200 Relay	All ages

Top twelve in the 200m and 400m will run in the finals on Sunday.

## Saturday Field Events

### Field Events

Long Jump	All ages
High Jump	(9-14)
ShotPut	All ages

### Venue Specifications:

6-lane, 200 meter oval track, on Mondo surface

¼ inch pyramid spike ONLY, No food or drinks on track surface.

Go to [www.usatf.org/assoc/pva](http://www.usatf.org/assoc/pva) for results

**THIS IS A USATF SANCTIONED MEET.**

**USATF Membership number is not required**

**SPECTATOR FEE \$6.00 per day or two day pass \$10.00**



### Qualifying Standards

	8 & U		9 - 10		11 - 12		13 - 14	
	G	B	G	B	G	B	G	B
QUALIFYING LJ STANDARD:	8'	9'	10'0"	11'0"	12'0"	13'0"	13'0"	14'3"
QUALIFYING HJ STANDARD			2'9"	3'0"	3'4"	3'10"	3'8"	4'3"

**EACH COMPETITOR WILL RECEIVE A MAXIMUM OF FOUR (4) JUMPS OR THROWS. ANY JUMP LESS THAN THE QUALIFYING STANDARD WILL NOT BE MEASURED. THE LONG JUMP WILL START FROM THE YOUNGER AGE GROUP TO THE OLDER. THE HIGH JUMP WILL START FROM THE OLDER AGE GROUP TO THE YOUNGER. THE SHOTPUT WILL START WITH THE OLDER AGE GROUP TO THE YOUNGER.**

**FIELD EVENTS WILL BEGIN AT 9:00AM.**

- G Denotes Girls Standard
- B Denotes Boys Standard

**Contact Information: Henry McCallum Jr. (301) 322-7356**

**Sports & Learning Complex Satellite Parking FedEx**

**GREEN LOT D3 & D4: REDSKINS ROAD**

**DIRECTIONS:**

**From 495: Take Landover road exit 17B. Get into left lane off the ramp onto Landover Road. Take left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right into Green Lot D3 & D4.**

**From Sheriff Road: Follow Sheriff Road toward Fed Ex Field past the Sportsplex entrance. Stay in the right hand lane. Take a right turn before the light at Sheriff and Brightseat road intersections onto Redskins Road. Take an immediate right into Green Lot D3 & D4.**