

# Performance list for the =PR= Holiday Invitational and final instructions for coaches.

## =PR= Holiday Invitational Performance List

Dear Coaches:

Welcome to this year's =PR= Holiday Invitational. Due to the fact that this is the only Saturday available in December at the PG Sports and Learning Complex, the meet this year is extremely large. We have made every attempt to include all the teams we could to make sure that as many athletes as possible could be involved. We have implemented a couple of changes in order to help speed things along and keep the meet flowing.

1. In the long jump and the triple jump, the jumps will be divided into two flights and we will run open pit for one hour for each flight. We will run the flights worst to best and still have the finals immediately following the closing of the 2nd (best) flight. In this way we anticipate starting the triple jumps between 12:00 and 12:30 for each gender.
2. Based on numbers we will have approximately 7 sections of the 3200 meters. In order to keep things moving, we will run the fast section of girls and fast section of boys immediately after the 300. We will then run the 4 \* 400 relays, and then conclude the meet with the slower sections of the 3200. The cutoff for the girl's fast section is 12:09, and the cutoff for the boys is 10:05. All others will be in the slow sections.
3. Due to the inevitable scratches at the end of the meet in the 1600 relay, we will run that event from the waterfall, using an alley for the 1st turn.
4. Only the 1st 4 sections of the 4 \* 200 relays, 500 meters and 300 meters may use blocks. Athletes after that may go from a 4 point start, but will not be able to use blocks.
5. As much as we would like to accommodate race day substitutions, that will not be possible. If you wish to run an athlete in place of another that is up to you, but we will not be able to do any race day changes in names/seed times. WE DO HOWEVER WANT ALL SCRATCHES AS SOON AS POSSIBLE. WE WILL HAVE A SCRATCH TABLE SET UP. AT 9:00 WE WILL SEED THROUGH THE 1600. AT 11:00 WE WILL SEED THROUGH THE 300. AT 1:00 WE WILL SEED THE 3200S AND THE 4 \* 400S. PLEASE GET US ANY AND ALL SCRATCHES.

We anticipate the meet concluding sometime just after 8:00 PM. I have a very tentative time schedule below, but we will run on a rolling schedule. This is just to give you a general idea of event times.

### **Please also note the following with respect to the Prince George's Sports and Learning Complex:**

1. Spikes are limited to ¼" pyramids. You must get your spikes checked before you can use them. You may do that as soon as you arrive. You may NOT wear needles of any size or Christmas tree spikes
2. No food or drink is allowed on the infield. There are coolers for athletes to get water. Anyone caught with food or drink will be immediately removed from the infield.
3. The outdoor track is closed due to the installation of the turf on the stadium field. You may not go out onto the track, but may use the asphalt path that surrounds the stadium.
4. Parking for spectators is in the Fedex Stadium lot. Please make sure to let your parents know this.
5. No spikes are permitted on the stairs!!!!!!

6. Buses will be called around when teams are ready to leave. Let your drivers know that there they are to drop off and pick up from the back athlete entrance, not the front of the facility.

**Final information:**

1. You must have your payment to get your packet, if it has not already been received.

2. Packet pickup will be behind the finish line

3. There are NO coaches allowed on the infield. Please do not put meet officials in the position of removing your athlete from events and remain outside the fence. The infield will be crowded enough with all the athletes. The only exception will be for pole vault coaches, who must remain down by the pole vault pit. You cannot coach the vault from 130 feet up the runway by the long/triple jump. Any coaches caught up there will be removed from the infield.

4. Awards will be available as soon as possible after the event has concluded. Prizes from Nike will be given to 1st-3rd place, including relays.

5. T-shirts will be sold for \$15 each

6. Admission is \$5.

You may see the performance list on [www.milestat.com](http://www.milestat.com).

Please let me know if you have any questions. We appreciate your patience as we do our best to accommodate all of our athletes.

**=PR= Holiday Invitational Time Schedule  
December 17, 2011**

**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. Girls 3200 Meter Relay  
9:30 Boys 3200 Meter Relay  
10:00 Girls 55 Meter Hurdles  
10:25 Boys 55 Meter Hurdles  
10:50 Girls 55 Meter Dash  
11:20 Boys 55 Meter Dash  
11:50 Girls 800 Meter Relay  
12:15 Boys 800 Meter Relay  
12:45 Girls 1600 Meter Run  
1:15 Boys 1600 Meter Run  
2:00 Girls 500 Meter Dash  
2:45 Boys 500 Meter Dash  
3:30 Girls 1000 Meter Run  
4:00 Boys 1000 Meter Run  
4:30 Girls 300 Meter Dash  
5:10 Boys 300 Meter Dash  
5:45 Girls 3200 Meter Run Fast Section  
6:00 Boys 3200 Meter Run Fast Section  
6:15 Girls 1600 Meter Relay  
6:45 Boys 1600 Meter Relay  
7:10 Girls 3200 Meter Run Slow Sections  
7:35 Boys 3200 Meter Run Slow Sections