



## MARLBORO BOYS' & GIRLS' CLUB TRACK & FIELD PROGRAM

### 2022-2023 Indoor Track Program Information

[www.marlbortrack.com](http://www.marlbortrack.com)

**Ages 7 (born 2014) - 18 years**

You do not have to live in Upper Marlboro to participate in our program. No experience is necessary, just the willingness to learn and have plenty of fun. Sign up with an opportunity to set goals, meet new friends, build confidence, and learn self-discipline. Spend time with the family and cheer your child on. Watch your child improve throughout the season. We want parents to get involved, help our program grow and learn track and field.

### Registration

Registration will be completed on-site at the first practice however please send an email to [mitchjamitchell@aol.com](mailto:mitchjamitchell@aol.com) of your intent to participate so we can order any necessary uniforms in advance. Uniforms from any Outdoor Track Season may be used for the Indoor Season. The Sports Fee for this indoor track season is \$125.00 per athlete. Uniform fee is separate (approx. \$60.00).

### Season

The indoor track season is estimated to run from November 2022 through the middle of March 2023.

**Parent Meeting:** Tuesday, 11/15/2022; 6:00 p.m.; Frederick Douglass HS 8000 Croom Rd. Upper Marlboro MD; Media Center.

### Practice Dates:

Our track indoor program practices at the Frederick Douglass HS, Wayne Curry Sports & Learning Complex, Wise HS and other designated sites. On the **First Day of Practice Bring a Copy of Your Birth Certificate which we will keep on file if you have not previously participated in Marlboro Track.**

Wed. 11/30/22	6:30-8:30 pm	S&L Complex (lanes 1&2)
Sun. 12/3/22	3:00-5:00 pm	S&L Complex (lanes 5&6)
Wed. 12/21/22	7:30-8:45 pm	Wise HS Indoor Track
Wed. 1/4/23	7:30-8:45 pm	Wise HS Indoor Track
Mon. 1/9/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 1/11/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 1/18/23	7:30-8:45 pm	Wise HS Indoor Track
Mon. 1/23/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 1/25/23	7:30-8:45 pm	Wise HS Indoor Track
Mon. 1/30/23	6:30-8:30 pm	S&L Complex (lanes 3&4)

Wed. 2/1/23	7:30-8:45 pm	Wise HS Indoor Track
Mon. 2/6/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 2/8/23	7:30-8:45 pm	Wise HS Indoor Track
Sat., 2/11/23	2:30-4:30 pm	S&L Complex (lanes 3&4)
Mon. 2/13/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 2/15/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 2/22/23	7:30-8:45 pm	Wise HS Indoor Track
Mon. 2/27/23	7:30-8:45 pm	Wise HS Indoor Track
Wed. 3/1/23	7:30-8:45 pm	Wise HS Indoor Track
Fri., 3/3/22	6:30-8:30 pm	S&L Complex (lanes 1&2)

## Meet Dates:

- SPORTSPLEX TRACK SHOWCASE All Comers – Sun., Dec. 11; 8:30 a.m.; S&L Complex, Landover MD
- SPORTSPLEX TRACK SHOWCASE All Comers – Sun., Jan. 15; Session 1 Ages 8 & Under, 9-10 Start Time: 8:00am; Session 2 Ages 11-12, 13-14, High School Start Time: 1:00pm; Registration begins at 12:30pm; S&L Complex, Landover MD
- SPORTSPLEX TRACK SHOWCASE All Comers – Sun., Jan. 22; Session 1 Ages 8 & Under, 9-10 Start Time: 8:00am; Session 2 Ages 11-12, 13-14, High School Start Time: 1:00pm; Registration begins at 12:30pm; S&L Complex, Landover MD
- SPORTSPLEX TRACK SHOWCASE All Comers – Sun., Jan. 29; Session 1 Ages 8 & Under, 9-10 Start Time: 8:00am; Session 2 Ages 11-12, 13-14, High School Start Time: 1:00pm; Registration begins at 12:30pm; S&L Complex, Landover MD
- SPORTSPLEX TRACK SHOWCASE All Comers – Sun., Feb. 5; Session 1 Ages 8 & Under, 9-10 Start Time: 8:00am; Session 2 Ages 11-12, 13-14, High School Start Time: 1:00pm; Registration begins at 12:30pm; S&L Complex, Landover MD
- PVA 14 & Under National Age Group National Invitation – Sat./Sun., Feb. 18-19; S&L Complex, Landover MD
- PVA Youth Indoor Invitational - Sat., Mar. 4; S&L Complex, Landover MD
- AAU Track & Field Indoor National Championship - Fri.–Sun., Mar. 3-5; Virginia Beach Sports Ctr, 1045-19<sup>th</sup> St Virginia Beach VA
- Sun., Mar. 19 - End-of-Season Celebration

**For additional information about our indoor track program visit our website [www.marlbortrack.com](http://www.marlbortrack.com)  
If you have additional questions, please contact **Team Administrator Bernice Hamm; [marlbortrack22@gmail.com](mailto:marlbortrack22@gmail.com)  
or Commissioner Mitch; [mitchjamitchell@aol.com](mailto:mitchjamitchell@aol.com) / 202-258-1768****