

2025 Last Minute Track & Field Bulletin

GATE OPENS 1 HOUR PRIOR TO THE START OF THE MEET

Please review all information found here in the [Spring Bulletin](#):

Meet Schedule – click on the date for the schedule

- [Thursday, May 22](#) (Class 1A and Class 2A at 3 p.m.)
- [Friday, May 23](#) (Class 3A and Class 4A - 3 p.m.)
- [Saturday, May 24](#) (Class 1A and Class 2A - 10 a.m.)
- [Saturday, May 24](#) (Class 3A and Class 4A - 3 p.m.)

Entering the meet:

***All teams and spectators MUST park in B3 – Redzone Lot at Northwest Stadium. Packet pick-up is at the gate to the field in Lot B3. Everyone will enter the meet through the gate at end of Parking Lot B3 near the “Field”. Please enter this address into your navigation app for directions to the lot: 1600 Ring Rd Landover, MD 20785**

***Spectators must purchase a ticket online and show it at the gate.**

***Teams must be wearing the correct wristband.**

***All tents/teams must be set up in the “Field” (red triangle on track map)**

***Pole Vaulters need to report directly to the Pole Vault area.**

***Shot Put/Discus take implements to weights/measure which is located in the team room (yellow rectangle on track map)**

***Student workers check in at the TEAM Packet Pickup at the entrance.**

MEET INFORMATION

***Relay Cards: any athlete on your roster that is eligible may run in the relays. Please PRINT the first and last name of the replacement runner. Only 4 names per card.**

***Coaches meeting will be 30 minutes prior to the start of the meet on the hillside by the weight and measures room. Please listen to the announcements.**

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AWARDS

Awards will need to be picked up at the last window of the press box. Please go to the window for your classification after the results are announced. You will need to know the event and place you are picking up. Please check the online results. No awards will be mailed out to schools.

TEAM PACKETS

The team packet can be picked up at the entrance of the meet (Gate B3). Every athlete and coach MUST have the correct colored wristband on to enter the meet. All relay cards for both days will be in your Team Packet.

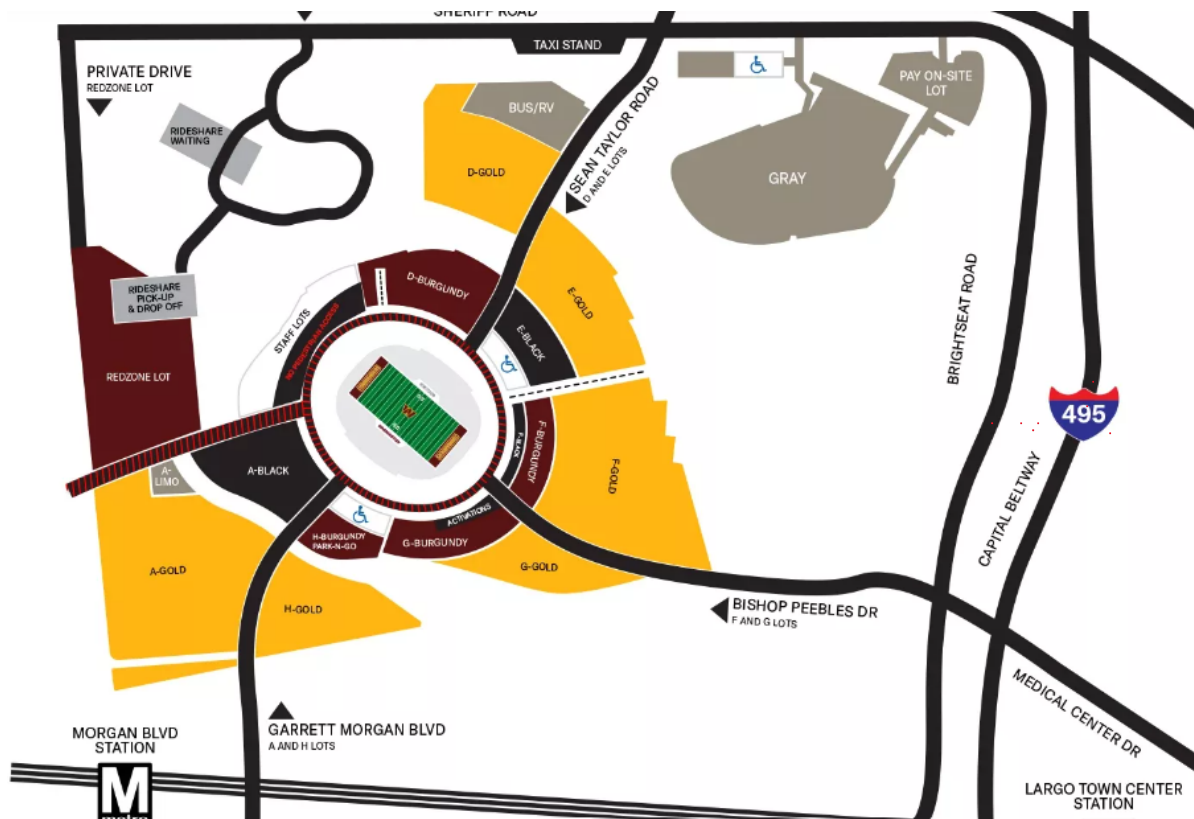
OPENING HEIGHTS:

Class	Sex	Event	Opening Height
1A	Boys	High Jump	5-8
1A	Girls	High Jump	4-6
1A	Boys	Pole Vault	10-0
1A	Girls	Pole Vault	7-0
2A	Boys	High Jump	5-10
2A	Girls	High Jump	4-10
2A	Boys	Pole Vault	10-0
2A	Girls	Pole Vault	8-0

Class	Sex	Event	Opening Height
3A	Boys	High Jump	5-10
3A	Girls	High Jump	4-10
3A	Boys	Pole Vault	11-0
3A	Girls	Pole Vault	8-0
4A	Boys	High Jump	5-8
4A	Girls	High Jump	4-10
4A	Boys	Pole Vault	11-0
4A	Girls	Pole Vault	8-6

RESULTS will be posted here: <https://live.qwtiming.com/meet-list>

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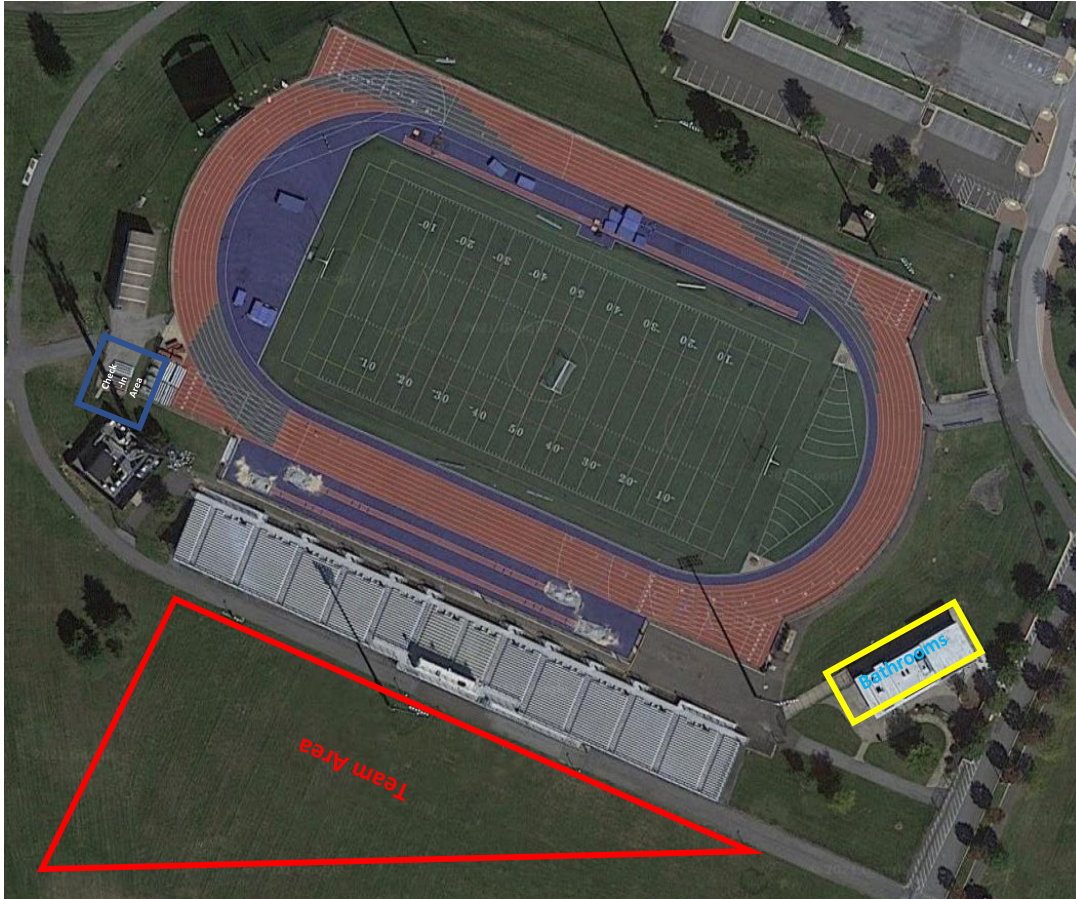
PARKING – teams/spectators should park in lot B3 (also known as RedZone lot on Google Maps).

You **CANNOT** access the parking lot via the PG Sportsplex. **DO NOT** turn into the PG Complex.

Enter this address into your navigation app for direction: 1600 Ring Rd Landover, MD 20785

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TRACK MAP



FAQ

Q: Are teams allowed to bring tents to put up?

A: Yes, teams may set up tents in the designated Team Area (see Track Map) only

Q: Should teams be bringing their own blocks?

A: No, blocks will be provided at the starting areas.

Q: Should teams supply their own batons?

A: Batons will be provided for each race. Do not bring a baton to the Bull Pen

Q: Where is the link for spectators to buy their tickets to the meet?

A: All spectators must purchase their ticket online at tickets.mpssaa.org All tickets will be sold online, no cash will be accepted

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Q: Where do we warm up and where do we sit?

A: Teams will set up in the area behind the bleachers. Athletes may use this area to warm up as well. Additional details may be provided at the coaches meeting.

Q: Does the Outdoor Track have a curb?

A: Yes.

Q: What time are teams allowed to enter the facility for the meets? What does the track open?

A: Teams will be permitted to enter the facility 1 hour before the scheduled start of their meet. The track will open shortly after teams are admitted.

Q: Will it be streamed?

A: Yes, the NFHS network will be on site streaming the meets.

Q: Coaches are allowed on the grassy areas around the track?

A: Coaches, athletes, and spectators will be permitted in the areas outside the track oval; there is a fence separating the track from other areas. No one is permitted on the Football Field unless directed by a Meet Official.

Q: Are there coaching boxes?

A: Yes

Q: Are enough wristbands provided for alternates in relays?

A: Wristbands will be provided for alternate runners in your team packet

Q: Do we have to enter as a team?

A: Coaches and athletes need their wristband to enter. If a team does not arrive together, someone must meet the members outside the gate to give them their wristbands.

Q: Where are the throwing areas?

A: The Shot Put is thrown inside the track; discus is outside the stadium, near the entrance.

Q: Will there be state apparel for sale:

A: Yes, a vendor will be on site.

Q: Will concessions be available?

A: There will be a few food truck selling concessions; teams WILL BE permitted to bring in outside food/drinks.

Q: Can teams sit in the bleachers?

A: No, athletes are not permitted in the bleachers; no tents are permitted in the bleachers.

Q: Will there be a spike check?

A: No, athletes must wear pyramid spikes (Christmas tree spikes are not allowed).