



**MPSSAA INDOOR TRACK BULLETIN**  
 State Championships - February 21-22, 2023  
 Prince George's Sports & Learning Complex - Landover

**I. GENERAL INFORMATION**

- A. The Maryland Public Secondary Schools Athletic Association is the official governing body for the Indoor Track championships. Plans for the championships were formulated by the State Indoor Track Committee and approved by the Board of Control.
- B. Schools choosing to enter the tournament have the responsibility for reading and adhering to the rules and regulations stated in the front section of this publication as well as those appearing within this Indoor Track Bulletin. Unless specifically stated, all rules and regulations stipulated in the NFHS Track and Field Rule Book will be followed.
- C. Eligibility rules for all participants are defined in MPSSAA Bylaw .02, found in the current MPSSAA Handbook.
- D. General regulations for all state tournaments are contained in MPSSAA Bylaw .07, found in both the current Handbook and in the front section of this publication.
- E. Coaches do a disservice to the sport and to competitors when they fail to scratch an athlete prior to the entry deadline with full knowledge that the athlete will be unable to compete in the entered event. Failure to afford those participation opportunities to other willing competitors may be considered misconduct detrimental to the tournament as outlined in the MPSSAA Handbook.
- F. Students may not compete as a representative of their school in any event that is not part of the state championship series after the date of the first statewide region meet.

**II. REGION AND STATE MEETS**

- A. Meet Organization
  - 1. The team or individual contestants must be accompanied to the meet by the coach or a designated representative.
  - 2. Teams competing at the PG Sportsplex will be admitted through the ground level team entrance at the back of the building.
  - 3. The meet director will make sure starting blocks are provided.
  - 4. Starting blocks WILL BE PERMITTED in the 55m and 55m high hurdle trials.
  - 5. Girls will precede boys in finals of all running events.
  - 6. Slower sections will precede the fast section.
  - 7. The lane order for seeding the 300M and 4x200MR shall be 3-2-4.**

**INDOOR TRACK**

2022-2023 INDOOR TRACK TIME LINE		
<p>Dec. 5 .....First play date</p> <p align="center"><b>Entry Deadlines:</b> See schedule on page 25.</p>	<p><b>REGION MEETS</b></p> <p>Region Meet Schedule Listed on Page 25</p> <p><b>Feb. 18</b> .....Seeding of State Meets</p>	<p align="center"><b>STATE MEETS</b></p> <p><b>Feb. 21</b>.....1A &amp; 2A Meets</p> <p><b>Feb. 22</b> .....3A &amp; 4A Meets</p> <p><b>Apr. 15</b> .....Reimbursement request due</p>

8. Time limits for the 1600m races shall be: Girls - 7:00; Boys - 6:00. Time limits in the 3200m shall be: Girls - 14:45; Boys - 12:45. Competitors who do not conclude their event within the allotted time will be allowed to finish and score. However, competitors who do not conclude their event within the allotted time will not be allowed to advance to states regardless of region placement.
9. Order of field events: Pole Vault (Boys, followed by Girls); High Jump (Girls, followed by Boys); Shot Put (Girls, followed by Boys).
10. Only shots approved by the appropriate official shall be used in competition.

#### B. Playing Rules

1. All rules not modified here shall be in accordance with current National Federation rules.
  - a. Any team member listed on the school's roster may participate on any of that school's relay teams providing the maximum participation rule is not violated.
  - b. Any competitor who exceeds the maximum participation rule forfeits further participation in any and all events in the 2022 State Indoor Track Meet.
  - c. Should the competitor exceed the maximum participation rule while competing on a relay team, the *entire relay team* is excluded from that event at the 2022 State Indoor Meet.
  - d. Teams checking in at the bullpen for respective relay races must present relay cards with all participant names listed and present.
  - e. There will be no fly zone in any relay events.
2. Shoes with spikes are prohibited in all facilities in Maryland except the Prince George's Sportsplex. Any infraction will result in the disqualification of the competitor from the meet.
3. Only shoes with 1/4" pyramid spikes or less are permitted in the Prince George's Sportsplex. *Shoes with hard plastic spike plates may not be worn without spikes inserted **at any facility.***
4. The spraying of shoe soles is prohibited. Any infraction will result in the disqualification of the competitor from the meet.
5. No tape will be permitted on the floor for any running event.
6. Videotape or other electronic recording of appeals will not be accepted.

#### C. General Policies

All electronic listening devices are barred from the area of competition.

### III. REGION MEET

#### A. Meet Organization

1. Any team that makes formal application on **athletic.net** by the established deadline will be entered into the meet.
2. An application received after the Region Meet Entry Deadline (7 days prior to the start of the meet) must be accompanied by a check, payable to the MPSSAA, in the amount of \$100.00, or the entry is invalid. The burden of proof is on the school. In no case will a team be entered into a region meet if the Region Meet Director does not have the completed application and \$100 late fee (if applicable) in hand by the Penalty Deadline (five calendar days prior to the start of the meet).

3. Each school may submit three (3) entries per individual event and one (1) team in each relay event.
  - a. The top 24 verifiable entries per individual event will have a chance to compete in their respective region meet. Every school in the region may enter a team and compete in the relay events.
  - b. A verifiable entry is a regular season high school event during the current indoor track season that has official results for all competitors and teams competing in that event and is posted on Mile-Split.
  - c. The only conversions that will be accepted are hand-timed meets to FAT. Actual results for the 1-mile and 2-mile runs may be used, but not converted, for entries into the 1600m and 3200m runs.
  - d. It is the school's responsibility to provide verified marks and any marks that can not be verified through official regular season results, will result in the entry being reseeded to their next best verifiable mark.
  - e. In the event of a tie for the 24th best mark, all tied competitors will have a chance to compete in the regional meet.
4. An athlete may participate in a maximum of four events.
5. You may make revisions until the *Penalty Deadline Date* established for your meet.
6. A scratch in an individual event is due *FOUR calendar days* before the start of the meet to the region director (Scratch Deadline Date).
7. After the Scratch Deadline Date, the meet is seeded and no changes to accepted entries can be made. In addition, after that deadline, all entries in individual events count as an event that the athlete has participated in.
8. The following online method for entry must be used for regional entries. Please follow these directions for submitting entries.
  - a. Go to <www.athletic.net>, the site hosting the online entry process.
  - b. Log in to your coach account.
  - c. Your region meet should appear on your team's season calendar. Select the meet and then click the "Register Athletes" button.
  - d. You may choose to complete entries "by event" or "by athlete"
  - e. Enter/confirm your contact info and select the gender(s) in which you wish to complete entries for and then click Enter Team.
  - f. You are now able to enter athletes in events for the region meet.
  - g. After completing entries, print a confirmation copy of your entries by clicking on the print confirmation link at the top of your entry summary. The coach must bring a copy of this entry confirmation to the region meet.
  - h. detailed entry instructions can be found at , <https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>.
  - i. additional help topics can be found at , <https://support.athletic.net/category/ipfmxavxq2-team-management>.

9. The region meet director and the meet administrator are the only other individuals who will have access to team information (in order to seed the meet on basis of entries received).
10. The Meet Director or Meet Administrator has the right to challenge any entry that does not have a verifiable performance throughout the current Indoor Track season. The Meet Director or Meet Administrator will notify the coach of the concern and may adjust entry to the best verifiable performance for the current season. If this changes the top 24, the next verifiable mark will be entered.
11. Eligible individuals, as found on the school's athletic.net roster, may participate in a region meet provided they have a minimum of three weeks of supervised training and have participated in at least two MPSSAA-sanctioned meets.
12. Meets run outdoors or in school hallways will not be counted as sanctioned meets.
13. Meets shall be organized and structured in a uniform way—entry on the basis of best performance, seeding, placement in lanes, etc.
14. Starting blocks WILL BE PERMITTED in the 55m and 55m high hurdle trials.
15. Region meets will be held at the Baltimore 5th Regiment Armory (219 West Hoffman Street, Baltimore, MD 21201), Prince George's Sports and Learning Complex (8003 Sheriff Road, Landover, MD 20785) and the Hagerstown Community College (11400 Robinwood Drive, Hagerstown, Maryland, 21742).
16. **For meets at the Baltimore Armory the following organizational procedures shall be followed:**
  - a. Teams are not permitted in the Armory before 3 PM. Athletes are restricted to the main floor only. The balconies and basement are off-limits at all times.
  - b. All running events will begin at 4:00 PM.
  - c. Where space is limited, the high jump and shot put events will be suspended during the dash and hurdle events.
  - d. Dressing facilities are not available. Athletes should come dressed to participate.
  - e. Tentative recommended number of participants per section in distance events: 800 (9); 1600 (12); 3200 (18), 4x800 Relay (9). *Games Committee has authority to change these numbers.*
  - f. **The lane order for seeding the 500m and 4x400mR shall be 3-2-4-1.**
  - g. **The lane order for seeding the 300m and 4x200mR shall be 3-2-4.**
  - h. There will be no concessions. Vending machines are available.
  - i. Meet directors shall meet with all teams and coaches prior to the start of competition to emphasize the importance of following the policies and restrictions of the National Guard administration as well as those of meet management.
  - j. No one should remove equipment or materials or deface property in the meet facility.
  - k. Coaches shall see their team areas are clean prior to departure from the meet site.
  - l. The only markings on the Armory floor shall be with tape approved by meet management.
  - m. No spikes are permitted.

- n. All pole vault competitors will weigh in immediately on entering the Armory (3-3:45 PM). Boys will be weighed in first, followed by girls. Boys competition will begin at 3:45 PM.
- o. ALL ADULTS entering the Armory must present government-issued identification.
- p. No athletes are permitted outside during meets at the Fifth Regiment Armory.

**17. For meets at the PG Sportsplex, the following organizational procedures shall be followed:**

- a. Teams are not permitted in the Sportsplex before 3 PM (except 2A & 1A East Region meets).
- b. Only shoes with 1/4" pyramid spikes or less are permitted in the Prince George's Sportsplex. *Shoes with hard plastic spike plates may not be worn without spikes inserted.*
- c. All pole vault competitors will weigh in immediately on entering the Sportsplex (3-3:45 PM). Boys will be weighed in first, followed by girls. Boys competition will begin at 3:45 PM (except 2A & 1A East Region meets).
- d. Blocks are permitted to be used in the 55m dash and 55m HH.

**18. For meets at Hagerstown Community College, the following organizational procedures shall be followed:**

- a. **No spikes permitted. Shoes with hard plastic spike plates are also not permitted.**
- b. Blocks will only be allowed for the 55m dash and 55m HH events.

**B. Playing Rules**

1. The team or individual contestants must be accompanied to the meet by the coach or a designated representative.
2. The first four scorers in each event will automatically advance to the state meet. If a tie occurs for fourth place, all tied competitors shall advance. Coaches should notify the region meet director at the region meet, but no later than the seeding of the State Meets on February 18th, of their intent to scratch any individual qualifier.
3. In addition to the automatic qualifiers, individual competitors or relay teams who, in their region meet finals, meet the qualifying standard on the previous page may also compete. Separate Advancement Standards shall be used for region finals held at the Prince George's Sportsplex or Hagerstown Community College and the Baltimore 5th Regiment Armory.
4. Order of track events - girls will precede boys in all final running events, except where noted:

- |                      |                 |                  |                       |
|----------------------|-----------------|------------------|-----------------------|
| 1) 55m HH Semis B, G | 5) 1600m        | 9) 55m Final     | 13) BREAK FOR CLEANUP |
| 2) 55m Semis B, G    | 6) 500m         | 10) 3200m (B)    | 14) 4x400m Relay      |
| 3) 4x800m Relay      | 7) 55m HH Final | 11) 4x200m Relay |                       |
| 4) 300m              | 8) 3200m (G)    | 12) 800m         |                       |

- a. Only two rounds of 55m or 55m HH will be run. Heat winners plus next fastest times will advance to finals. In addition, any athlete that achieves the state automatic qualifying mark in the preliminary heats, will advance to the region meet final heat(s).
- b. If the venue has less than eight lanes the top-8 will compete in a two heat final in the 55m and 55m HH. If a two heat final in the 55m and 55m HH must be run, one section shall contain the maximum number of athletes that the track permits while the other section must contain a minimum of two athletes. Heat winners will be seeded first and the remaining athletes will be seeded on time.

5. The Meet Director will set the opening minimum height for the pole vault and high jump events for the regional meet.

#### C. General Policies

1. Individuals 7 years of age and older will be charged an admission of \$6.
2. A plaque will be awarded to the first place team. The meet will be scored for the top-eight in each event and ribbons will be awarded to the top-eight finishers in each event.
3. The track and the infield are restricted areas and open only to meet officials and competitors in uniform.
  - a. Penalty for coaches in violation: disqualification of their athlete(s) from the contested event.
  - b. Violators will be asked to leave the facility.

### IV. STATE MEET

#### A. Meet Organization

1. **Region meet directors shall submit a back-up copy of the completed Hy-Tek meet file electronically to Gerard Filosa (gerardfilosa06@gmail.com) immediately following the conclusion of their meet. Region Meet Directors shall also bring a hard copy of their meet results with them to the finish line area at their respective State Meet.**
2. Region meet champions will be placed as the top seeds in each event contested in sections. *Class 3A and 4A remaining qualifiers will be based on performance, regardless of region. Class 1A and 2A will seed by the top two places, then time.*
3. The following lane order will be used for seeding:
  - a. 55m and 55m hurdles (4-5-3-6-2-7-1-8). (The lane assignment in the final shall be determined by the following finish order in the semifinals: place, then time.)
  - b. 500m, 4x400mR (4-5-3-6-2-1)
  - c. 300m, 4x200mR (3-2-4)
  - c. 800m, 1600m, 3200m, 4x800mR (1-2-3-4-5-6)
  - d. 800m, 1600m, 3200m, and 4x800mR will be run on a 1-turn stagger, starting in the alleys (outside alley to top seeds).
4. The 2023 Championships will be held February 21 and 22 at the Prince George's Sports & Learning Complex, Landover. Class 1A and Class 2A meets will be held on February 21 beginning at 4 PM. The Class 3A and Class 4A meets will be held February 22, beginning at 4 PM.
  - a. Teams may not enter the complex until 2:30 PM on Tuesday and Wednesday.
  - b. All spectators must park in the large lot on Brightseat Road just beyond the light at Sheriff Road.
  - c. Team buses should turn right at light onto Sheriff Road. Turn left at light at Harvey Drive into the Sportsplex entrance.

B. Playing Rules

1. Order of running events

- |                              |                        |                               |
|------------------------------|------------------------|-------------------------------|
| 1) 55m HH Semifinal - B, G   | 5) 1600m Final - G, B  | 9) 55m Final - G, B           |
| 2) 55m Semifinal - B, G      | 6) 500m Final - G, B   | 10) 3200m Final - B           |
| 3) 4x800m Relay Final - G, B | 7) 55m HH Final - G, B | 11) 4x200m Relay Final - G, B |
| 4) 300m Final - G, B         | 8) 3200m Final - G     | 12) 800m Final - G, B         |
|                              |                        | 13) 4x400m Relay Final - G, B |

2. Order of field events

**DAY 1 – CLASS 1A AND CLASS 2A**

**SHOT PUT**

- 1A Girls
- 2A Girls
- 1A Boys
- 2A Boys

**HIGH JUMP**

- 2A Girls
- 1A Girls
- 2A Boys
- 1A Boys

**POLE VAULT (Warmup 3 PM)**

- 1A Boys
- 2A Boys
- 1A Girls
- 2A Girls

**DAY 2 – CLASS 3A AND CLASS 4A**

**SHOT PUT**

- 3A Girls
- 4A Girls
- 3A Boys
- 4A Boys

**HIGH JUMP**

- 4A Girls
- 3A Girls
- 4A Boys
- 3A Boys

**POLE VAULT (Warmup 3 PM)**

- 3A Boys
- 4A Boys
- 3A Girls
- 4A Girls

3. Pole vaulting will begin promptly at 4 PM on February 21/22.
4. **The MPSSAA will supply Batons at the State Meet for relay races.**
4. Only shoes with 1/4" **pyramid** spikes or less are permitted in the Prince George's Sportsplex. *Shoes with hard plastic spike plates may not be worn without spikes inserted. **The Prince George's Sportsplex will check all spikes.***
5. Opening heights in the field events will be determined by the Games Committee at the state seeding meeting, based on the entries received.
6. Shots used in competition will be weighed in and remain until the completion of the event.
7. A competitor who is not ready to perform when called by the official will be charged with a trial in the field events and could be disqualified in a running event.
8. A competitor must notify the official when leaving one event after being called for competition in another event.
9. Eight places will be scored in the State meet.

C. General Policies

1. Individuals 7 years of age and older will be charged an admission of \$10. *No re-entry will be permitted.*
2. Plaques will be awarded to the first and second place teams. Medals will be presented to the first three finishers in all events and ribbons to those placing fourth through eighth.
3. The track and the infield are restricted areas and open only to meet officials and competitors in uniform.
  - a. Penalty for coaches in violation: disqualification of their athlete(s) from the contested event.
  - b. Violators will be asked to leave the facility.

## ADVANCEMENT STANDARDS FOR PERFORMANCE IN THE 2023 REGION FINALS

PG Sportsplex or Hagerstown Community College					GIRLS	Baltimore Fifth Regiment Armory/Other Venue					
	4A	3A	2A	1A			4A	3A	2A	1A	
55m	7.46	7.46	7.62	7.85		55m	7.60	7.60	7.76	8.00	
55HH	9.27	9.06	9.71	9.99		55HH	9.45	9.24	9.89	10.18	
300m	41.91	42.29	43.27	43.80		300m	43.90	44.03	44.80	45.39	
500m	1:20.55	1:21.52	1:23.04	1:25.54		500m	1:22.92	1:23.78	1:25.07	1:27.73	
800m	2:25.91	2:28.74	2:30.51	2:35.36		800m	2:29.55	2:32.28	2:33.73	2:38.56	
1600m	5:26.91	5:33.24	5:36.57	5:55.33		1600m	5:36.60	5:42.73	5:44.39	6:02.08	
3200m	11:53.55	12:10.72	12:27.34	13:03.07		3200m	12:14.48	12:30.01	12:24.23	13:19.80	
4x200	1:49.39	1:50.24	1:51.70	1:55.15		4x200	1:53.11	1:53.35	1:55.84	1:59.54	
4x400	4:13.35	4:16.57	4:21.19	4:27.46		4x400	4:22.19	4:24.06	4:28.77	4:36.57	
4x800	10:07.40	10:16.75	10:33.71	10:54.88		4x800	10:23.12	10:31.47	10:49.87	11:20.73	
HJ	4-10	4-10	4-07	4-08		HJ	4-06	4-09	4-08	4-07	
SP	33-00	32-06	31-00	29-10		SP	33-03	33-00	31-04	29-10	
PV	7-06	7-05	7-08	7-00		PV	7-10	7-08	7-10	7-03	
						BOYS					
	4A	3A	2A	1A				4A	3A	2A	1A
55m	6.73	6.76	6.79	6.98		55m	6.85	6.89	6.91	7.11	
55HH	8.28	8.24	8.40	8.86		55HH	8.44	8.39	8.56	9.03	
300m	36.91	36.77	37.34	38.02		300m	38.36	38.28	38.77	39.47	
500m	1:08.72	1:09.38	1:10.68	1:11.68		500m	1:10.65	1:11.10	1:12.34	1:13.51	
800m	2:03.69	2:05.32	2:06.83	2:10.14		800m	2:06.75	2:07.68	2:09.57	2:13.96	
1600m	4:35.92	4:39.58	4:43.11	4:55.86		1600m	4:42.22	4:45.59	4:49.49	5:03.03	
3200m	10:03.74	10:17.39	10:25.22	10:55.69		3200m	10:18.21	10:29.23	10:34.78	11:06.78	
4x200	1:35.01	1:36.04	1:37.45	1:39.54		4x200	1:38.72	1:39.77	1:41.22	1:43.39	
4x400	3:35.16	3:36.90	3:40.82	3:44.81		4x400	3:41.30	3:42.84	3:47.18	3:52.02	
4x800	8:28.96	8:36.71	8:48.94	9:07.58		4x800	8:38.91	8:47.23	8:59.89	9:20.14	
HJ	5-10	5-10	5-09	5-06		HJ	5-10	5-10	5-09	5-06	
SP	44-09	43-04	42-08	41-09		SP	45-07	43-05	42-02	41-05	
PV	10-05	10-00	10-09	9-07		PV	10-05	9-10	10-09	9-11	

### PROJECTED MPSSAA INDOOR TRACK CHAMPIONSHIP DATES

2024 - February 19/20

2025 - February 17/18

2026 - February 16/17



## 2023 REGION MEET INFORMATION

Region meet schedule and email addresses for regional directors can be found on the Indoor Track pages of mpssaa.org.

<p style="text-align: center;"><b>1A West</b> Hagerstown CC February 4 (2:30 p.m.)</p> <p>Entry Deadline .....January 28 Penalty Deadline .....January 30 Scratch Deadline.....February 1</p> <p>Coaches Meeting .....2:00 p.m.</p> <p>Meet Director .....Becky Ward School .....Boonsboro</p>	<p style="text-align: center;"><b>1A Central</b> Baltimore Armory February 6 (4:00 p.m.)</p> <p>Entry Deadline .....January 30 Penalty Deadline .....February 1 Scratch Deadline.....February 3</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director.....Greg Hrinda School.....Pikesville</p>	<p style="text-align: center;"><b>1A East</b> Worcester Recreation Center February 8 (3:00 p.m.)</p> <p>Entry Deadline.....February 1 Penalty Deadline .....February 3 Scratch Deadline.....February 5</p> <p>Coaches Meeting .....2:30 p.m.</p> <p>Meet Director .....Dave Dodson School.....Worcester County</p>
<p style="text-align: center;"><b>2A West</b> Hagerstown CC February 11 (2:30 p.m.)</p> <p>Entry Deadline.....February 4 Penalty Deadline .....February 6 Scratch Deadline.....February 8</p> <p>Coaches Meeting .....2:00 p.m.</p> <p>Meet Director .....Chris Brewington School .....Oakland Mills</p>	<p style="text-align: center;"><b>2A Central</b> Baltimore Armory February 14 (4:00 p.m.)</p> <p>Entry Deadline.....February 7 Penalty Deadline .....February 9 Scratch Deadline .....February 11</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director .....Brad Duvall School .....Hereford</p>	<p style="text-align: center;"><b>2A East</b> PG Sports and Learning Complex February 6 (4:00 p.m.)</p> <p>Entry Deadline .....January 30 Penalty Deadline .....February 1 Scratch Deadline.....February 3</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director .....Kevin Heider School .....Thomas Stone</p>
<p style="text-align: center;"><b>3A West</b> Baltimore Armory February 9 (4:00 p.m.)</p> <p>Entry Deadline.....February 2 Penalty Deadline .....February 4 Scratch Deadline.....February 6</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director .....Ronnie Beard School .....Oakdale</p>	<p style="text-align: center;"><b>3A Central</b> Baltimore Armory February 8 (4:00 p.m.)</p> <p>Entry Deadline.....February 1 Penalty Deadline .....February 3 Scratch Deadline.....February 5</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director .....Eric Benjamin School.....Dulaney</p>	<p style="text-align: center;"><b>3A East</b> Baltimore Armory February 7 (4:00 p.m.)</p> <p>Entry Deadline .....January 31 Penalty Deadline .....February 2 Scratch Deadline.....February 4</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director.....Philip Rogers School .....Reservoir</p>
<p style="text-align: center;"><b>4A West</b> PG Sports and Learning Complex February 9 (4:00 p.m.)</p> <p>Entry Deadline.....February 2 Penalty Deadline .....February 4 Scratch Deadline.....February 6</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director.....Eric DaSilva School .....Albert Einstein</p>	<p style="text-align: center;"><b>4A Central</b> PG Sports and Learning Complex February 8 (4:00 p.m.)</p> <p>Entry Deadline.....February 1 Penalty Deadline .....February 3 Scratch Deadline.....February 5</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director ....Kenneth Washington School .....Northwestern-PG</p>	<p style="text-align: center;"><b>4A East</b> PG Sports and Learning Complex February 7 (4:00 p.m.)</p> <p>Entry Deadline .....January 31 Penalty Deadline .....February 2 Scratch Deadline.....February 4</p> <p>Coaches Meeting .....3:30 p.m.</p> <p>Meet Director .....Brianna Bostic School .....Broadneck</p>

# 2022-23 ALIGNMENT FOR INDOOR TRACK

CLASS 4A-WEST			CLASS 4A-CENTRAL			CLASS 4A-EAST		
<ol style="list-style-type: none"> <li>1. Albert Einstein Mtg</li> <li>2. Bethesda-Chevy Chase Mtg</li> <li>3. Clarksburg Mtg</li> <li>4. Gaithersburg Mtg</li> <li>5. James Blake Mtg</li> <li>6. Montgomery Blair Mtg</li> <li>7. Northwest Mtg</li> <li>8. Northwood Mtg</li> <li>9. Paint Branch Mtg</li> <li>10. Quince Orchard Mtg</li> <li>11. Richard Montgomery Mtg</li> <li>12. Seneca Valley Mtg</li> <li>13. Sherwood Mtg</li> <li>14. Thomas S. Wootton Mtg</li> <li>15. Walt Whitman Mtg</li> <li>16. Walter Johnson Mtg</li> <li>17. Wheaton Mtg</li> <li>18. Winston Churchill Mtg</li> </ol>	<ol style="list-style-type: none"> <li>1. North Point Cha</li> <li>2. Urbana Fre</li> <li>3. Bladensburg PG</li> <li>4. Bowie PG</li> <li>5. C H Flowers PG</li> <li>6. Dr. Henry A Wise Jr PG</li> <li>7. Duval PG</li> <li>8. Eleanor Roosevelt PG</li> <li>9. High Point PG</li> <li>10. Laurel PG</li> <li>11. Northwestern (PG) PG</li> <li>12. Parkdale PG</li> <li>13. Suitland PG</li> <li>14. Leonardtown StM</li> </ol>	<ol style="list-style-type: none"> <li>1. Annapolis AA</li> <li>2. Arundel AA</li> <li>3. Broadneck AA</li> <li>4. Glen Burnie AA</li> <li>5. Meade AA</li> <li>6. North County AA</li> <li>7. Old Mill AA</li> <li>8. Severna Park AA</li> <li>9. South River AA</li> <li>10. Catonsville B Co</li> <li>11. Dulaney B Co</li> <li>12. Dundalk B Co</li> <li>13. Parkville B Co</li> <li>14. Perry Hall B Co</li> <li>15. Western Balt</li> </ol>						
CLASS 3A-WEST			CLASS 3A-CENTRAL			CLASS 3A-EAST		
<ol style="list-style-type: none"> <li>1. Manchester Valley Car</li> <li>2. Westminster Car</li> <li>3. Frederick Fre</li> <li>4. Linganore Fre</li> <li>5. Oakdale Fre</li> <li>6. Thomas Johnson Fre</li> <li>7. Tuscarora Fre</li> <li>8. Col. Zadok Magruder Mtg</li> <li>9. Damascus Mtg</li> <li>10. John F. Kennedy Mtg</li> <li>11. Rockville Mtg</li> <li>12. Springbrook Mtg</li> <li>13. Watkins Mill Mtg</li> <li>14. Oxon Hill PG</li> <li>15. North Hagerstown Was</li> <li>16. South Hagerstown Was</li> </ol>	<ol style="list-style-type: none"> <li>1. Chesapeake AA</li> <li>2. Crofton AA</li> <li>3. Northeast (AA) AA</li> <li>4. Franklin B Co</li> <li>5. Kenwood B Co</li> <li>6. Milford Mill Academy B Co</li> <li>7. Patapsco B Co</li> <li>8. Towson B Co</li> <li>9. Woodlawn B Co</li> <li>10. City Balt</li> <li>11. Digital Harbor Balt</li> <li>12. Mergenthaler Balt</li> <li>13. Poly Balt</li> <li>14. Bel Air Hfd</li> <li>15. C. Milton Wright Hfd</li> <li>16. Edgewood Hfd</li> </ol>	<ol style="list-style-type: none"> <li>1. Huntingtown Cal</li> <li>2. Northern (Cal.) Cal</li> <li>3. St. Charles Cha</li> <li>4. Atholton How</li> <li>5. Centennial How</li> <li>6. Howard How</li> <li>7. Long Reach How</li> <li>8. Marriotts Ridge How</li> <li>9. Mt. Hebron How</li> <li>10. Reservoir How</li> <li>11. River Hill How</li> <li>12. Wilde Lake How</li> <li>13. Chopticon StM</li> <li>14. Great Mills StM</li> <li>15. J. M. Bennett Wic</li> <li>16. Stephen Decatur Wor</li> </ol>						
CLASS 2A-WEST			CLASS 2A-CENTRAL			CLASS 2A-EAST		
<ol style="list-style-type: none"> <li>1. Southern (AA) AA</li> <li>2. Century Car</li> <li>3. Liberty Car</li> <li>4. Winters Mill Car</li> <li>5. Middletown Fre</li> <li>6. Walkersville Fre</li> <li>7. Glenelg How</li> <li>8. Hammond How</li> <li>9. Oakland Mills How</li> <li>10. Poolesville Mtg</li> <li>11. Fairmont Heights PG</li> <li>12. Frederick Douglass PG</li> <li>13. Friendly PG</li> <li>14. Gwynn Park PG</li> <li>15. Potomac PG</li> </ol>	<ol style="list-style-type: none"> <li>1. Carver A&amp;T B Co</li> <li>2. Chesapeake B Co</li> <li>3. Eastern Technical B Co</li> <li>4. Hereford B Co</li> <li>5. Lansdowne B Co</li> <li>6. New Town B Co</li> <li>7. Overlea B Co</li> <li>8. Owings Mills B Co</li> <li>9. Randallstown B Co</li> <li>10. Sparrows Point B Co</li> <li>11. Carver Vo-Tech Balt</li> <li>12. Dunbar Balt</li> <li>13. Patterson Balt</li> <li>14. Southwestern Balt</li> <li>15. Harford Tech Hfd</li> <li>16. North Harford Hfd</li> <li>17. Fallston Hfd</li> </ol>	<ol style="list-style-type: none"> <li>1. Calvert Cal</li> <li>2. Patuxent Cal</li> <li>3. Elkton Cec</li> <li>4. North East (Cecil) Cec</li> <li>5. Rising Sun Cec</li> <li>6. La Plata Cha</li> <li>7. Lackey Cha</li> <li>8. McDonough Cha</li> <li>9. Thomas Stone Cha</li> <li>10. Westlake Cha</li> <li>11. North Carolina Cin</li> <li>12. Kent Island Qa</li> <li>13. Queen Anne's Qa</li> <li>14. Easton Tal</li> <li>15. Parkside Wic</li> <li>16. Wicomico Wic</li> </ol>						
CLASS 1A-WEST			CLASS 1A-CENTRAL			CLASS 1A-EAST		
<ol style="list-style-type: none"> <li>1. Allegany All</li> <li>2. Fort Hill All</li> <li>3. Mountain Ridge All</li> <li>4. Francis Scott Key Car</li> <li>5. South Carroll Car</li> <li>6. Brunswick Fre</li> <li>7. Catoctin Fre</li> <li>8. Northern (Gar.) G</li> <li>9. Southern (Gar.) G</li> <li>10. Boonsboro Was</li> <li>11. Clear Spring Was</li> <li>12. Hancock Was</li> <li>13. Smithsburg Was</li> <li>14. Williamsport Was</li> </ol>	<ol style="list-style-type: none"> <li>1. Chesapeake Science Point AA</li> <li>2. Bohemia Manor Cec</li> <li>3. Perryville Cec</li> <li>4. Loch Raven B Co</li> <li>5. Pikesville B Co</li> <li>6. Western STES B Co</li> <li>7. ACCE Balt</li> <li>8. Edmondson/Westside Balt</li> <li>9. Forest Park Balt</li> <li>10. Frederick Douglass-B Balt</li> <li>11. <b>Green Street Academy</b> <b>Balt</b></li> <li>12. Lake Clifton Balt</li> <li>13. National Academy (NAF) Balt</li> <li>14. New Era Academy Balt</li> <li>15. Reginald Lewis Balt</li> <li>16. Havre de Grace Hfd</li> <li>17. Joppatowne Hfd</li> <li>18. Seed School of Maryland MD</li> </ol>	<ol style="list-style-type: none"> <li>1. Cambridge-SD Dor</li> <li>2. Kent County K</li> <li>3. Central PG</li> <li>4. CMIT North PG</li> <li>5. CMIT South PG</li> <li>6. College Park Academy PG</li> <li>7. Croom Vocational PG</li> <li>8. Crossland PG</li> <li>9. Int. School at Langley Park PG</li> <li>10. Int. School at Largo PG</li> <li>11. Largo PG</li> <li>12. Surrattsville PG</li> <li>13. Tall Oaks PG</li> <li>14. Crisfield Som</li> <li>15. Washington Som</li> <li>16. Mardela Wic</li> <li>17. Pocomoke Wor</li> <li>18. Snow Hill Wor</li> </ol>						