

**You are invited to the
5th Annual Freddie Hendricks Track Festival
April 10, 2010**

Where: Mergenthaler High School
3500 Hillen Road
Baltimore, MD 21218

When: April 10, 2010
Coaches Meeting 9:00 am
First event 9:30am

Sanction: The Freddie Hendricks Track Festival is sanctioned to all Public Schools in Maryland, Delaware, District of Columbia, and Virginia.

Entry Fees: Entry Fees are \$80.00 per team (\$150.00 both boys and girls). Make checks payable to **Mergenthaler High School**.

Contact: Garfield Thompson (443)762-3671
Email: Gthom78@hotmail.com

Awards: Medals will be given to the top three finishers in each event and plaques to the winners of the relays. First and second place team trophies will be given to both boys and girls teams.

Timing: Automatic

Entries: Teams are limited to 4 individuals per open event and two relay teams. Athletes may compete in a maximum of 4 events. Please complete your online entry on Coach O and mail your check before April 3, 2010 to:

Mergenthaler High School
c/o Garfield Thompson
3500 Hillen Road
Baltimore, MD 21218

Reminder: Entries will close on April 4, 2010; please email Garfield Thompson at Gthom78@hotmail.com or Gthompson01@bcps.k12.md.us by March 15th if you plan to attend.

GOOD LUCK WITH YOUR SEASON

Freddie Hendricks Track & Field Festival

Order of Events

400IH

110/100HH Semis (top 6 to finals)

100 M Dash Semis (top 6 to finals)

4x 800 M Relay Finals on time

100/110HH Finals

100m Dash Finals

1500 M Run Finals on time

4x 200M Relay Finals on time

400 M Dash Finals on time

3000 M Run Finals on time

200 M Finals on time

800 M Run Finals on time

AWARDS

4x 100 M Relay

4x 400 M Relay

Field Events

Pole Vault

Discus (B,G)- 4 attempts

Shot Put (G,B)- 4 attempts

High Jump (G, B)-4 attempts

Long Jump (B,G)-4 attempts

Triple Jump (B, G)- 4 attempts