

BERGEN GIRLS FROSH CHAMPS 5/25/23

Championship events: # of Entrants

100 meter dash _____	Shot put _____
200 meter dash _____	Discus _____
400 meter dash _____	Javelin _____
800 meter run _____	High Jump _____
1600 meter run _____	Long Jump _____
3200 meter run _____	Triple Jump _____
100 meter Hurdles _____	Pole Vault _____
400 meter Hurdles _____	4X400 meter Relay _____

_____ # of individual events at \$7 = _____ _____ # of Relay Entries at \$20 = _____

ENTRIES CLOSE 5/23/22

Entries Payable to: "Abbingdon Track Club, Inc."

Tax ID#: 13-4096981

Entry Fee: **\$7 per individual event, \$20 per relay.** Total entry fees enclosed: _____

School _____

Address _____

AD fax # _____

Coach _____

Phone: (cell) _____ (home) _____ (school) _____

e-mail _____

Fill in the form, save it on your computer, and email it to: joshsaladino@gmail.com

And Then:

Print the form and postal mail it and the check to:

Josh Saladino
26 Circle Avenue
Ridgewood, NJ 07452

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