

BERGEN GIRLS FROSH CHAMPS 5/20/24

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 5/17/24

Entries Payable to: "Abbington 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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