

# COMET RELAYS

# 4/13/24

List number of relays entered in each event. **One Relay Only in Varsity Events.**

### GIRLS

varsity	novice	frosh
<b>TRACK RELAYS:</b>		
___ 4X100	___ 4X100	___ 4X100
___ 4X200	___ 4X200	___ 4X200
___ 4X400	___ 4X400	___ 4X400
___ 4X800	___ 4X800	___ 4X800
___ 4X1600	___ 4x1600	
___ Sprint Med		
___ Distance Med	___ DMR	___ DMR
___ 4X100 H	___ 4X100 H	___ 4X 100 H
___ 3X400 IH	___ 2X400IH	___ 2X400 IH
<b>3 PERSON</b>		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3X HJ	___ 2XHJ (1 Novice HJ only)	
___ 3X PV	___ 2XPV (1 Novice PV only)	
___ 3X Shot		
___ 3X Discus		
___ 3X Javelin	___ 2X Javelin	___ 2X Javelin

### BOYS

varsity	novice	frosh
<b>TRACK RELAYS:</b>		
___ 4X100	___ 4X100	___ 4X100
___ 4X200	___ 4X200	___ 4X200
___ 4X400	___ 4X400	___ 4X400
___ 4X800	___ 4X800	___ 4X800
___ 4X1600	___ 4x1600	
___ Sprint Med		
___ DMR	___ DMR	___ DMR
___ 4X110 H	___ 4X110H	___ 4X110H
___ 3X400 IH	___ 2X400 IH	___ 2X400H
<b>3 PERSON</b>		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3XHJ	___ 2XHJ (1 Novice HJ only)	
___ 3XPV	___ 2XPV (1 Novice PV only)	
___ 3X Shot		
___ 3X Discus		
___ 3X Javelin	___ 2X Javelin	___ 2XJav

\_\_\_\_\_ # of Running Relay Entries at \$20 = \_\_\_\_\_ # of field relays at \$20 = \_\_\_\_\_

ENTRIES CLOSE 4/8/24

Entries Payable to: "Abbingtion Track Club, Inc."  
Tax ID#: 13-4096981

Entry Fee: \$20 **per relay** .

Total entry fees enclosed: \_\_\_\_\_

School \_\_\_\_\_ School Enrollment 9-12 \_\_\_\_\_

Address \_\_\_\_\_

Athletic Director Fax # \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_ School Phone \_\_\_\_\_

Coaches e-mail \_\_\_\_\_

Mail Entries to: **Mike Glynn**  
**19 East Lewis Avenue**  
**Pearl River, NY 10965**

**Email .pdf** accepted if  
entry fee or voucher  
brought to meet.  
[mike@coachglynn.com](mailto:mike@coachglynn.com)

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