

# PAWLOWSKI RELAYS

# 4/8/23

List number of relays in each event - One Relay only in Varsity Events and Novice Discus & Javelin

## 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	___ 2X 100 H
___ 3X400 IH	___ 3X400IH	___ 2X400 IH
<b>3 Person Relays</b>		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3X HJ	___ 2X HJ	___ 2XHJ
___ 3X PV	___ 2XPV	___ 2XPV
___ 3X Shot	___ 2X Shot	___ 2X Shot
___ 3X Discus	___ 2X Disc-1team	
___ 3X Javelin	___ 2X Javelin-1team	

## 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	___ 2X110H
___ 3X400 IH	___ 3X400 IH	___ 2X400H
<b>3 Person Relays</b>		
___ 3X LJ	___ 2X LJ	___ 2X LJ
___ 3X TJ	___ 2X TJ	___ 2X TJ
___ 3X HJ	___ 2X HJ	___ 2X HJ
___ 3X PV	___ 2XPV	___ 2XPV
___ 3X Shot	___ 2X Shot	___ 2XShot
___ 3X Discus	___ 2X Disc-1team	
___ 3X Javelin	___ 2X Javelin-1team	

\_\_\_ # Relay Entries at \$20= \_\_\_

## IMPORTANT

**Total Entry Fee =** \_\_\_

Total School Enrollment 9 to 12 \_\_\_\_\_

**ENTRIES CLOSE 4/4/23**

**Entries Payable to: "Abbington Track Club, Inc."**

Tax ID#: 13-4096981

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

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

School \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

Mail Entry Form and Fees to: **Josh Saladino**  
26 Circle Avenue  
Ridgewood, NJ 07450

Email Entry Form to:  
**joshsaladino@gmail.com**  
If postal mail is slow must have voucher or  
check in hand at the meet.

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