

WINTER GAMES @ RCC

1/12/23

List number of entries beside each event:

GIRLS

Varsity events	Novice Events	Frosh Events
55m _____	55 m _____	55 m _____
55H _____	55H _____	55H _____
200m _____	200m _____	200m _____
400m _____	400m _____	400m _____
800m _____	1600m _____	1600m _____
1600 _____	Shot _____	Shot _____
3200 _____	HJ _____	H J _____
4X400r _____	4X400r _____	4X400r _____
4X800r _____		LJ _____
Shot _____		TJ _____
H J _____		
P V _____		
L J _____		
T J _____		

BOYS

Varsity Events	Novice Events	Frosh Events
55m _____	55m _____	55m _____
55H _____	55H _____	55H _____
200m _____	200m _____	200m _____
400m _____	400m _____	400m _____
800m _____	1600m _____	1600m _____
1 mile _____	Shot _____	Shot _____
2 mile _____	HJ _____	H J _____
4X400r _____	4X400 _____	P V _____
4X800r _____		4X400 _____
Shot _____		LJ _____
H J _____		TJ _____
P V _____		
L J _____		
T J _____		

NOTE: **Frosh** entrants must be in **9th grade**. **Novice** entrants must have not won a medal.

_____ # of Entries at \$8 = _____ # of Relay Entries at \$25 = _____

ENTRIES CLOSE WEDNESDAY 1/11/23

Entries Payable to: "Abbington Track Club Inc"
Tax ID#: 13-4096981

Entry Fee: **\$8 per event, \$25 per relay.** Total entry fees enclosed: _____

School _____

Address _____

AD fax# _____

Coach _____

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

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

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