

# WINTER GAMES @ RCC

12/23/25

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 **9<sup>th</sup> grade**. **Novice** entrants must have not won a medal.

\_\_\_\_ # of Entries at \$9 = \_\_\_\_      \_\_\_\_ # of Relay Entries at \$30 = \_\_\_\_

ENTRIES CLOSE TUESDAY 12/19/25

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

Entry Fee: **\$9 per event, \$30 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  
check or school PO  
brought to the meet.  
[mike@coachglynn.com](mailto:mike@coachglynn.com)

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