

COMET RELAYS

4/19/25

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

GIRLS

varsity	novice	frosh
TRACK RELAYS:		
___ 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
3 PERSON		
___ 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
___ 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
3 PERSON		
___ 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 Relay Entries _____ \$20 = _____

ENTRIES CLOSE 4/14/25

Entries Payable to: "Abbingdon 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

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