

PAWLOWSKI RELAYS

4/5/25

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

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	___ 2X 100 H
___ 3X400 IH	___ 3X400IH	___ 2X400 IH
3 Person Relays		
___ 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
TRACK RELAYS:		
___ 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
3 Person Relays		
___ 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 4/1/25

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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