

17TH ANNUAL **LONG BEACH**

HOT CHOCOLATE RELAYS



December 13, 2014 @ 9:00 A.M. at LBMS

Order of Events

Shot Relay Boys, Girls (both start at 9:00) 3 person relay

1. SMR (400, 200, 800) Boys, Girls
2. 4 x 800 m Boys, Girls
3. 4 x 200 m Boys, Girls
4. DMR (12001 400, 800, 1600) Boys, Girls
5. 4 x 400, Boys, Girls

Maximum of 3 Events per Athletes

AWARDS TO TOP 3 TEAMS IN EACH EVENT

The mugs are back!!!

REFRESHMENTS AND HOT CHOCOLATE ON SALE
TEE SHIRTS ON SALE (\$10.00)

SNOW OR SHINE

DRESS WARM!!!

Greg Milone (email: gmilone@lbeach.org)

Meet Director

c/o Athletic Department
Long Beach High School
237 Lido Boulevard
Lido Beach, NY 11561
(516) 897-2069
Fax: (516) 897-2061

Shot Put
SMR
4 x 800
4 x 200
DMR
4 x 400

Boys	Girls
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Please return your entry fee of \$15.00 per relay payable to **LONG BEACH TRACK**
Entries due by Monday, December 2, 2014

_____ School will participate