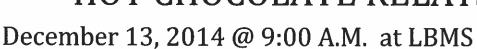
17TH ANNUAL LONG BEACH

HOT CHOCOLATE RELAYS



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		Boys	Girls
c/o Athletic Department	Shot Put		
Long Beach High School	SMR		
237 Lido Boulevard	4 x 800		
Lido Beach, NY 11561	4 x 200		
(516) 897-2069	DMR		
Fax: (516) 897-2061	4 x 400		
Please return your entry fee of	\$15.00 per relay pay	able to LONG BE	EACH TRACK
Entries due by Monday, Decem	ber 2, 2014		

School will participate