

# 16TH ANNUAL **LONG BEACH**

## HOT CHOCOLATE RELAYS

DECEMBER 7, 2013 @ 9:00 A.M.

SNOW OR SHINE

LONG BEACH MIDDLE SCHOOL TRACK

LIDO BOULEVARD

### Order of Events

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

1. SMR (400,200, 200, 800) Boys, Girls
2. 4 x 800 m Boys, Girls
3. 4 x 200 m Boys, Girls
4. DMR (1200| 400, 800 1600) Boys, Girls
5. 4 x 400, Boys, Girls

Maximum of 3 Events per Athlete



### **AWARDS TO TOP 3 TEAMS IN EACH EVENT**

REFRESHMENTS AND HOT CHOCOLATE ON SALE

TEE SHIRTS ON SALE (\$10.00)

**DRESS WARM!!!**

**Greg Milone**

**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

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Please return your entry fee of \$15.00 per relay payable to *Long Beach Track*.  
Entries due by Monday, December 2.

\_\_\_\_\_ School will participate

Coach: \_\_\_\_\_

Home



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