18TH ANNUAL LONG BEACH

HOT CHOCOLATE RELAYS

December 19, 2015 @ 9:00 A.M. at LBMS

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| **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!!!***

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| 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 payable to **LONG BEACH TRACK**

Entries due by Monday, December 7, 2015

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School will participate