

THE LINDENHURST TRACK AND FIELD PROGRAM

PROUDLY ANNOUNCES THE

# "LINDY RELAYS"

GIRLS ONLY

**WHEN:**     *SATURDAY, March 28<sup>th</sup>, 2009 @ 9:30AM*  
*RAIN DATE- SUNDAY, March 29<sup>th</sup>, 2009 @9:30*

**WHERE:**     *LINDENHURST MIDDLE SCHOOL*  
*350 SO. WELLWOOD AVE*  
*LINDENHURST, NY 11757*  
*(PARKING IN BACK OF MIDDLE SCHOOL)*  
*(BUS PARKING IN FRONT OF SCHOOL)*

**CONTACT:**     *GIRLS: STEVE GOSLINE (H) (631) 226-1365*  
*(W) (631) 226 - 6445*

*Email: SMG161@MAILCITY.COM*



**EQUIPMENT:** 1/8" Maximum spike. Molded plastic bottom spikes are prohibited.

**SCORING:** 10 – 8 – 6 – 4 – 2 – 1

**AWARDS:** MEDALS: Top **five** girls relay in each event.  
PLAQUE: 1<sup>ST</sup> PLACE GIRLS TEAM.  
2<sup>ND</sup> PLACE GIRLS TEAM.  
3<sup>RD</sup> PLACE GIRLS TEAM

**RAIN DATE:** SUNDAY, March 29<sup>th</sup>, 2009

**FEES:** The fee for the meet is an entry fee, not a participation fee.

**TIMING:** Just-In-Time-Racing

LINDY RELAYS ENTRY FORM  
 (DUE March 23, 2009)  
ORDER OF EVENTS

<u>EVENT</u>	<u># of TEAMS</u>
4x1600	_____
2X100 HURDLES	_____ (2 ATHLETES)
SPRINT MEDLEY (400-200-200-800)	_____
(FROSH/SOPH) SPRINT MEDLEY (200-100-100-400)	_____ (NON-SCORING)
4 X 200	_____
4 X 800	_____
2X 400 INTERMEDIATE HURDLES	_____ (2 ATHLETES)
4 X 400	_____
DISTANCE MEDLEY (1200-400-800-1600)	_____
4 X 100	_____
2 X 1500 meter walk	_____ (2 ATHLETES)
SHOT PUT	_____ (2 ATHLETES)
DISCUS	_____ (2 ATHLETES)
LONG JUMP	_____ (2 ATHLETES)
TRIPLE JUMP	_____ (2 ATHLETES)
HIGH JUMP	_____ (2 ATHLETES)
POLE VAULT	_____ (2 ATHLETES)

Total # of 2-person relays \_\_\_ X \$10.00 = \_\_\_\_\_

Total # of 4-person relays \_\_\_ X \$20.00 = \_\_\_\_\_

A blanket fee of \$180.00 per team: Girls \_\_\_\_\_

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE.

(MAKE CHECK TO : LINDY RUNNERS CLUB, LINDENHURST HIGH SCHOOL)

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_

PHONE (W) \_\_\_\_\_ (H) \_\_\_\_\_

Mail to: (GIRLS) STEVE GOSLINE DATE- 3-28-09 @9:30

LINDENHURST H. S. RAIN DATE 2-29-09 @9:30

300 CHARLES STREET

LINDENHURST N.Y. 11757