







LINDY RELAYS ENTRY FORM  
 (DUE March 28, 2011)  
ORDER OF EVENTS

| <u>EVENT</u>                                    | <u># of TEAMS</u>   |
|---|---------------------|
| 4x1600  | _____               |
| 2X100 HURDLES                                   | _____ (2 ATHLETES)  |
| SPRINT MEDLEY<br>(400-200-200-800)              | _____               |
| (FROSH/SOPH) SPRINT MEDLEY<br>(200-100-100-400) | _____ (NON-SCORING) |
| 4 X 200   | _____               |
| 4 X 800   | _____               |
| 2X 400 INTERMEDIATE HURDLES                     | _____ (2 ATHLETES)  |
| 4 X 400   | _____               |
| DISTANCE MEDLEY<br>(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 \$8.00 = \_\_\_\_\_

Total # of 4-person relays \_\_\_ X \$16.00 = \_\_\_\_\_

A blanket fee of \$190.00 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- 4-2-11 @9:30

LINDENHURST H. S.  
 300 CHARLES STREET  
 LINDENHURST N.Y. 11757

