



# The Warrior Relays

Saturday, May 2nd

2pm

## Wantagh High School

3297 Beltagh Ave  
Wantagh, NY 11793

- Seeding:** Verbal seeding- Relay card for each relay. Three-event limit.
- Awards:** **Glow in the dark** medals - Bagged and awarded to overall top 3 teams in each relay (frosh/soph and open).
- Event Info:** Supply a relay baton.  
Bring your own starting blocks.  
Frosh/Soph will compete in their own sections.  
Food and drinks will be available for purchase.  
The cost of officials will be split between schools.  
No one will be allowed in the school- Porter potties will be available for use.

# The Warrior Relays Invite– May 2, 2020

School: \_\_\_\_\_

Athletic Director name and number:  
\_\_\_\_\_

Please circle **one**:

<b>Nassau County Team:</b> (ONLY public schools)	BOYS \$150.00	GIRLS \$150.00	BOYS & GIRLS \$280.00
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**OR**

**Individual entry:** Number of relays: \_\_\_\_\_ x \$25= \_\_\_\_\_

Please circle **one**:

<b>Non-Nassau County:</b> (CHSAA located in Nassau County included)	BOYS \$175.00	GIRLS \$175.00	BOYS & GIRLS \$330.00
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**OR**

**Individual entry:** Number of relays: \_\_\_\_\_ x \$35= \_\_\_\_\_

**Boys Coach:**

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Approximate # relays:** \_\_\_\_\_

**Girls Coach:**

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Approximate # relays:** \_\_\_\_\_

Payments and entries should be sent to:  
Liz Henry - Wantagh Girls Track Coach  
3297 Beltagh Ave  
Wantagh, NY 11793

If you plan on attending or have any questions regarding the meet contact Coach Liz Henry at [Coachhenry19@yahoo.com](mailto:Coachhenry19@yahoo.com) or cell phone (516) 592-1972. \*\*I will confirm your entry- if you do not hear me after you have submitted your entry please reach out!

Entries **due on April 26<sup>th</sup>** please contact me if there are any concerns.

## **The Warrior Relays**

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Wantagh, NY 11793

**COACHES MEETING on infield @ 1:45**

**Meet Order – 2 PM START**

GIRLS frosh/soph, followed by BOYS frosh/soph, followed by GIRLS open, BOYS open for all relays.

Mixed gender 4x4 (2 boys, 2 girls- any order)

SMR (400-200-200-800)

DMR (1200-400-800-1600)

4x100

4x400

4x800

4x200