

36th ANNUAL RICHARD CADMUS DISABLED SPORTS MEET
(formerly Junior Masonic Wheelchair Track & Field Meet)

Sponsored by The New Jersey Masonic Fraternity And The Tri-State Wheelchair & Ambulatory Athletics
May 31 - June 1, 2014



The New Jersey Masonic Fraternity and the Tri-State Wheelchair & Ambulatory Athletics are once again proud to sponsor the 37th Annual Richard Cadmus Disabled Sports Meet. (a/k/a Junior Masonic Regional Meet). Athletic events include track, field, swimming, powerlifting, archery and table tennis. The schedule of events is included in this package. This meet is open to all members in the Junior Division of Wheelchair and Ambulatory Sports, USA (WASUSA). In addition, Masonic meet alumni adults are invited to participate in the event.

REGISTRATION: This is a *sanctioned qualifying meet* for athletes in the both the Adult and Junior divisions. Therefore, in addition to WASUSA membership, each competitor must also be a member of the NGB (National Governing Body) or STC (Sports Technical Committee) of the sport(s) in which he/she competes. If you plan to compete in more than one sport, you must join each respective NGB/STC prior to competition. You can obtain an appropriate WASUSA membership application online at www.wasusa.org. A participant may choose to register for the meet as a recreational member. In order to sign up as a recreational member, go to www.wasusa.org and click on Membership ==> Individual Membership ==> Online membership and choose the recreational membership option. The fee is \$10.00 for a recreational membership.

CLASSIFICATION: In order to compete in the events, you must be classified in each respective sport you wish to compete in. If you have not yet been classified, you must report to Crossroads South Middle School at 8:00 a.m. on Saturday, May 31. Please plan to arrive early. If you have any questions with regard to classification, please contact the meet director at (732).422-9094. Please be advised that your classification obtained at this meet will be subject to review by national classifiers.

REGISTRATION FEES: The basic registration fee is \$ 25.00. Please make checks payable to “NJ Masonic Wheelchair Meet” and return with the required forms to:

Ralph Armento
Meet Director
46 Richford Road
Kendall Park, NJ 08824-1108

Please note: If the inability to pay the fee would prevent you from competing, an explanatory letter requesting to waive the fee should be included with your application and will be reviewed by both the Meet Director and Meet Chairman.

APPLICATION DEADLINE DATE: *must be received by May 24, 2014. No applications will be considered after that date. Tri-State reserves the right to eliminate events based on enrollment as of May 24.*

HOUSING: There are several hotels in a 5 mile radius of North/South Brunswick High School. The following is a selected listing:

Hampton Inn 841 Georges Rd. North Brunswick, NJ 08902 (732) 246-3555	Brunswick Hotel 2880 Route 1 North North Brunswick, NJ 08902 (732) 297-7400
Staybridge Suites 2195 US Highway 1 South North Brunswick, NJ 08902 (800) 225-1237 or (732) 940-2250	Days Hotel & Conference Center 195 NJ Route 18 East Brunswick, NJ 08816 (732) 828-6900

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AWARDS: Award medals will be distributed. In addition, trophies will be awarded for the outstanding male and female athletes, coaches' awards and sportsmanship awards.

MEALS: A complimentary lunch will be provided for all athletes, parents and siblings on both Saturday and Sunday. On Saturday evening, a dinner will be provided at North Brunswick High School. Please complete the enclosed reservation form if you plan on attending the dinner. (The dinner meal will be spaghetti and meatballs with a side salad)

TENTATIVE SCHEDULE OF EVENTS

Date	Event	Location	Time
Saturday, May 31st	Classification/Registration	Near Gym Area	7:30 AM
	Field Events	Crossroads South Brunswick Track	8:30AM – 12:00 PM
	Archery Competition (tentative)	Crossroads South Brunswick in Back of School	9:30 AM - 12:00 PM
	Lunch	North Brunswick HS Cafeteria (Commons)	12:00 PM – 1:30 PM
	Swimming (includes warm-up)	North Brunswick High School Pool	1:30 PM - 4:30 PM
	Table Tennis	North Brunswick Auxillary Gym	3:00 PM - 5:00 PM
	Dinner/Social	North Brunswick HS Commons	6:00 PM – 7:30 PM
	Weightlifting	North Brunswick HS Auxillary Gym	7:00 PM – 9:00 PM
Sunday, June 1	Registration ONLY	Crossroads South Track	7:30 AM
	Track Events –All Day	Crossroads South Brunswick Track	8:00 AM
	Lunch	Crossroads South Brunswick Track	12:00 PM (approx.)
	Awards Ceremony	Crossroads South School	4:00 PM

Instructions for Completing Registration Forms

There are three (3) parts to a valid registration form. You must complete the following:

- I. You must complete Part I. *There are two different Part I forms enclosed; one for Classes 11 – 58 (wheelchair, amputee, visually impaired and dwarf athletes), and one form for Classes 31-38 (CP athletes). Complete only one Part I form based on your disabled sports organization/class. Check the boxes for the track & field events you wish to compete in. If a box is shaded, it signifies that you cannot do that event for your gender, class and age division. Invited adults will be able to enter the events as stated in the U23 class; however implement weights and other parameters will adhere to the current WTFUSA rulebook for appropriate age, class and gender.*
- II. You must also complete Part II if you will be competing in either archery, swimming, table tennis or weightlifting.
- III. Everyone must complete the release of liability/authorization to photograph and return with your registration

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DIRECTIONS TO SOUTH BRUNSWICK MIDDLE SCHOOL (Crossroads South)

195 Major Road
Monmouth Junction, NJ 08852

From the North:

- I. GS Parkway**
 - a. Take the Garden State Parkway South to Exit 130 (Route 1 South). Stay on Route 1 South for approximately 16 miles.
 - b. Take the jughandle at the Major Road/Sand Hills exit (You will see a McDonald's on your right and a Burger King on your left). Follow for approximately 1.7 miles. The school will be on your left. Park in the back lot
- II. NJ Turnpike**
 - a. Take the NJ Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 9 miles.
 - b. Same directions as in I (b)

From the South:

- I. From GS Parkway**
 - a. Take the Garden State Parkway North to Exit 129/ NJ Turnpike. Take the Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 9 miles.
 - b. Take the jughandle at the Major Road/Sand Hills exit (You will see a McDonald's on your right and Burger King on your left). Follow for approximately 1.7 miles. The school will be on your left. Park in the back lot.
- II. From NJ Turnpike**
 - a. Take the NJ Turnpike North to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 9 miles.
 - b. Follow the directions as in I(b),

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DIRECTIONS TO NORTH BRUNSWICK HIGH SCHOOL

98 Raider Road
North Brunswick, NJ 08902

From the North:

III. GS Parkway

- a. Take the Garden State Parkway South to Exit 130 (Route 1 South). Stay on Route 1 South for approximately 12 miles.
- b. You will see an exit for Route 130 South/Georges Road. Take the exit that goes across Route 1. This is Georges Road. Make a right at the second traffic light. This is Raider Road. At the end of Raider Road, you will see the school in front of you. Park in the lot on your right.

IV. NJ Turnpike

- a. Take the NJ Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 3 –4 miles.
- b. Same directions as in I (b)

From the South:

II. From GS Parkway

- c. Take the Garden State Parkway North to Exit 129/ NJ Turnpike. Take the Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 3 –4 miles.
- d. You will see an exit for Route 130 South/Camden. Take the exit that goes across Route 1. This is Georges Road. Make a right at the second traffic light. This is Raider Road. At the end of Raider Road, you will see the school in front of you. Park in the lot on your right.

III. From NJ Turnpike

- a. Take the NJ Turnpike North to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 9 miles.
- b. Follow the directions as in I(b),

DIRECTIONS FROM SOUTH BRUNSWICK MIDDLE SCHOOL TO NORTH BRUNSWICK HS

1. From the rear parking lot exit, make a left onto Kingston Lane
2. Take the first left onto Georges Road
3. Follow Georges Road for 1.6 miles
4. At the second light, turn left onto State Highway 130 North.
5. Continue on Route 130 North for approximately 3.4 miles. Make a left (jughandle) turn onto Raider Road.
6. At the end of Raider Road, you will see the high school in front of you. Park in the lot to your right.

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**ALL ATHLETES MUST COMPLETE AND RETURN THIS FORM
ALONG WITH THEIR REGISTRATION**

RELEASE OF LIABILITY (required for athletes)

In consideration of acceptance of this entry form, I/we hereby for ourselves, our heirs administrators and assigns, waive and release any and all claims against Wheelchair and Ambulatory Sports, USA, Tri-State Wheelchair & Ambulatory Athletics, New Jersey Grand Lodge of F&A Masons, Masonic Charities Foundation, North & South Brunswick Board of Education and the North Brunswick Dept. of Parks and Recreation for all injuries and/or expenses incurred by me/us at the Junior Masonic Wheelchair Meet to be held between May 31st and June 1, 2014.

Competitor's Name: _____ Date: _____
please print

Signature of Competitor: _____ Date: _____

Legal Guardian : _____ Date: _____
(if under age 18)

PERMISSION TO PHOTOGRAPH/VIDEO

I hereby authorize the Games Committee to take and use photographs/video of me during the meet for publicity purposes and/or for use in future programs. This includes, but not limited to; printed media (i.e. newspapers), online media (i.e. Tri-State & WASUSA websites) and social networking sites (i.e. Twitter, Facebook, YouTube).

Competitor's Name: _____ Date: _____
please print

Signature of Competitor: _____ Date: _____

Legal Guardian : _____ Date: _____
(if under age 18)

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REGISTRATION FORM PART I (Classes 11-13, 20 and 40 -58)

First Name: _____ Last Name: _____ WASUSA ID: _____
 Address: _____ City: _____ State: _____ Zip Code: _____
 Home Phone: _____ Cell Phone: _____ Email: _____
 Date of Birth: _____ Age*: _____ Gender: Male: Female

Age Division: U7 (under age 7) U11 (Ages 7-10) U14 (Ages 11 -13)
 U16 (Ages 14-15) U18 (Ages 16-17) U20 (Ages 18-19) U23 (Ages 20 – 22)
 Adult (Age 23+)
 Track Class: _____ (i.e., T54, T46, etc.) Field Class: _____ (i.e., F54, F46, etc)

**This represents the age of the athlete as of 12/31 of the 2013 competition year. Use this age when checking the division age. All adults use the same events as the U23 age division for their class, age and gender*

Team Name: _____ or check here if Independent

Track Events	Classes 11,12,13								Class 20								Class 40								Class 41								Class 42							
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23					
20 Meter																																								
60 Meter																																								
100 Meter																																								
200 Meter																																								
400 Meter																																								
800 Meter																																								
1500 Meter																																								
5000 Meter																																								
	Class 43								Class 44*, 45**, 46***								Class 51*, 52**								Class 53								Class 54							
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23					
60 Meter																		*	*																					
100 Meter																																								
200 Meter																																								
400 Meter																	**f	**f																						
800 Meter								***f	***f									**	**																					
1500 Meter										*f								**	**																					
5000 Meter											**j**	**j**	**j**	**j**																										
Field Events	Classes 11,12,13								Class 20								Class 40								Classes 41-46								Class 47							
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23					
Shotput																																								
Discus																																								
Javelin																																								
Club																																								
Softball Throw																																								
Long Jump																																								
	Class 51								Classes 52 - 57																															
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23																										
Shotput																																								
Discus																																								
Javelin																																								
Club																																								
Softball Throw																																								
Long Jump																																								

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ATHLETE REGISTRATION PART I (Classes 31 to 38)

First Name: _____ Last Name: _____ WASUSA ID: _____
 Address: _____ City: _____ State: _____ Zip Code: _____
 Home Phone: _____ Cell Phone: _____ Email: _____
 Date of Birth: _____ Age*: _____ Gender: Male: Female:

Age Division: U7 (under age 7) U11 (Ages 7-10) U14 (Ages 11 -13)
 U16 (Ages 14-15) U18 (Ages 16-17) U20 (Ages 18-19) U23 (Ages 20 – 22)
 Adult (Age 23+)
 Track Class: _____ Field Class: _____ Race Runner Class: _____

**This represents the age of the athlete as of 12/31 of the 2013 competition year. Use this age when checking the division age. All adults use the same events as the U23 age division for their class, age and gender*
 Team Name: _____ or check here if Independent

Track Events	Class 31						Class 32						Class 33						Class 34									
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
20 Meter Dash																												
60 Meter Dash																												
60 Meter Weave																												
100 Meter																												
200 Meter																												
400 Meter																												
800 Meter																												
1500 Meter																												
5000 meter																												

Track Events	Class 35 (assist device)						Class 35						Class 36						Class 37						Class 38										
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
20 Meter Dash																																			
60 Meter Dash																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			

Field Events	Class 31						Class 32						Class 33						Class 34									
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
Club Throw																												
Precision Toss																												
High Toss																												
Softball Throw																												
Shotput																												
Discus																												
Javelin																												
Distance Kick																												
Medicine Ball Thrust																												

Field Events	Class 35						Class 36						Class 37						Class 38									
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
Club Throw																												
Shotput																												
Discus																												
Javelin																												
Long Jump																												
High Jump																												
Triple Jump																												

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ATHLETE REGISTRATION FORM PART II (ALL CLASSES)

Name of Athlete: _____

B. SWIMMING

ENTER CLASSIFICATION: SWIM (S1-S13)_____;
BREASTROKE (SB1-SB13)_____; MEDLEY (M1-M13)_____

Check the appropriate events you wish to compete in to a maximum of seven (7) events. Only one (1) Individual Medley event can be selected.

25 Freestyle	S1-13		S1-4								
50 Freestyle	S1-13		S1-13		S1-13		S1-13		S1-13		S1-10
100 Freestyle			S5-13		S1-13		S1-13		S1-13		S1-10
200 Freestyle			S5-13		S1-13		S1-13		S1-13		S1-10
400M/500Y Free					S6-13		S6-13		S6-13		S6-10
25 Backstroke	S1-13		S1-4								
50 Backstroke	S1-13		S1-13		S1-13		S1-13		S1-13		S1-5
100 Backstroke			S5-13		S1-13		S1-13		S1-13		S1-13
200 Backstroke									S6-10		S6-10
									11-13		11-13
25 Breaststroke	SB1-9		SB1-9		SB1-3		SB1-3		SB1-3		SB1-3
	11-13		11-13								
50 Breaststroke			SB3-9		SB1-9		SB1-9		SB1-9		SB1-9
			11-13		11-13		11-13		11-13		11-13
100 Breaststroke					SB3-9		SB3-9		SB3-9		SB3-9
					11-13		11-13		11-13		11-13
200 Breaststroke									SB6-9		SB6-9
									11-13		11-13
25 Butterfly	S5-13		S1-13		S1-5		S1-5		S1-5		S1-5
50 Butterfly			S5-13		S1-13		S1-13		S1-13		S1-13
100 Butterfly					S5-13		S5-13		S5-13		S5-13
200 Butterfly									S7-13		S7-13
4 X 25 IM	SM4-13		SM4-13								
3 X 25 IM	SM1-4		SM1-4								
4 X 50 IM					SM4-13		SM4-13		SM4-13		SM4-13
3 X 50 IM					SM1-4		SM1-4		SM1-4		SM1-4
4 X 100 IM							SM5-10		SM5-13		SM5-13

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REGISTRATION FORM PART II (ALL CLASSES) cont'd

C. WEIGHTLIFTING

Weight in lbs. _____ divided by 2.2 = Approximate Weight in kilograms (kg) _____

Powerlift Press

Weightlifting Press
(aka Bench Press)

D. TABLE TENNIS

CLASSIFICATION (TT1 – TT11) _____

Open Singles

Open Doubles

If you are playing doubles, please indicate the name of your doubles partner _____

Class Events may also be held based on the number of competitors in each classification

E. ARCHERY

CLASSIFICATION: (W1, W2, Standing) : _____

BOWTYPE (CHECK ONE): Compound Recurve

Do you use a bowstand? Yes No

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**Junior Masonic Wheelchair Meet May 31 - June 1, 2014
Junior Track Relay Team Application**

TEAMNAME: _____ COACH: _____

*** Please note: Athletes must run in the order listed below

ATHLETE NAME	CLASS	SEX	POINTS
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
TOTAL POINTS			

EVENT: * Male Female Mixed
4 X 100: Points: 10 20 30
800 Medley: Points 30 40 50
4 X 400: Points

There will be three types of relay teams; *all male, all female and mixed*. Points will be assigned to each team member in accordance with the following table(s):

I. WHEELCHAIR CLASSES

Age Division	Classes T31/32, T51/52	Classes T34, T53	Class T 54
U7/U11	1	2	3
U14	2	4	6
U16/U18	3	6	9
U20/U23	4	8	12

4 x 100: 10 – 20 -30 point teams
100 + 100 + 200 + 400: 30 -40 point teams 800medley

II. AMBULATORY CLASSES

Age Division	Class T35	Classes T36, T41/42	Classes T11, T37/38, T43/44	Classes T12/13, T20, T45/46
U7/U11	1	2	3	4
U14	2	4	6	8
U16/U18	3	6	9	12
U20/U23	4	8	12	16

4 x 100: 10 – 20 – 30 – 40 – 50 point teams
100 + 100 + 200 + 400: 30 – 40 – 50 point teams 800 medley

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**Competitors may enter no more than any two (2) relays. They must be different relay races (male, female, mixed, 4 x 100 or 800 medley) or point value*

**Junior Masonic Wheelchair Meet May 31 - June 1, 2014
SWIM RELAY TEAM APPLICATION**

TEAM NAME: _____

COACH: _____

Athlete Name	Class	Sex (Circle)	Points
		F - M	
		F - M	
		F - M	
		F - M	
Total Points			

EVENT:* Male () Female () Mixed ()

4 x 25 Points 10 () 20 () 30 ()
Freestyle Relay

4 x 25 Points 15 () 25 () 35 ()
Medley Relay

4 x 50 Points 30 () 40 ()
Freestyle Relay

4 x 50 Points 30 () 40 ()
Medley Relay

** Separate Forms must be completed and filed for each event.*

B. JUNIOR RELAYS

There will be three types of relay teams: all male, all female or mixed. Points will be assigned to each team member in accordance with the following table:

Age Class	S1 - 4	S5 - 6	S7 - 8	S9 - 10
U7/U11	1	2	3	4
U14	2	3	4	5
U16/U18	3	4	6	8
U20/U23	4	6	8	10

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Dinner Reservation Form @ North Brunswick High School

Saturday, May 31, 2014

5:30 – 7:30 PM

Immediately following the swimming/table tennis events

Meal includes: spaghetti & meatballs, side salad, dessert and beverage

Athlete/Coach/Official Name: _____

of Guests _____

If you have a food allergy, please contact Ralph Armento at ralph461@msn.com or at 732-422-9094 and we will do our best to accommodate you.