



30 YEAR STATE CHAMPIONSHIP CELEBRATION

CAPE HENLOPEN BOYS TRACK & FIELD

1992 DELAWARE STATE DII OUTDOOR TRACK & FIELD CHAMPIONS

1993 DELAWARE STATE INDOOR TRACK & FIELD CHAMPIONS

1993 DELAWARE STATE DII OUTDOOR TRACK & FIELD CHAMPIONS

Saturday, June 10, 2023

- 11 am- 12 noon at Cape Henlopen High School Legends Stadium
- Photo Session

Saturday, June 10, 2023

- 6:00 pm – 8:30 pm at “The Lewes Room” at Irish Eyes Pub in Lewes
- 213 Anglers Road, Lewes, DE. 19958
- \$25 per person
- Cash Bar
 - 6-6:20...Social
 - Blessing...Nashon Selby
 - 6:20-7:20 Dinner
 - Salad: Mixed green salad, two dressings, rolls and butter
 - Entrees: 4 Cheese Lasagna, Rosemary Chicken, Garlic Mashed, Broccoli
- Celebration Banquet
 - Introduction- Coach Tim Bamforth
 - Guest Speaker- “Fredman”

TO REGISTER & PAY FOR DINNER

1. Go to www.seashorestriders.com
2. Click on the Event “30 Year Cape Boys Track Banquet”
3. Click the Green Button to go to the Payment Page
4. Questions...reach out to:
 - a. Coach Tim Bamforth at 302.542.4536
 - b. Organizer Art Hugger at 984.233.0228