

# Medley Relay - Team Sheet

**14<sup>th</sup> December 2019, Porritt Stadium, Hamilton**

Please enter names of competitors (ensure spelling is correct)

**Post this sheet or email** by Thursday 5<sup>th</sup> December 2019 to:

Sandra Murray, 166A Nixon Street, Hamilton 3216 OR

[sanben677@gmail.com](mailto:sanben677@gmail.com), before midnight of 5<sup>th</sup> December 2019.

**Remember that the order your Medleys are entered, is the order they will run in.**

Club: \_\_\_\_\_

Grade	Athlete's Name	Age	Sex	Distance Running
7				100
				100
				100
				100
				200
				200
Reserve				
Reserve				
8				100
				100
				100
				100
				200
				200
Reserve				
Reserve				
9				100
				100
				100
				100
				200
				200
Reserve				
Reserve				

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Remember that the order your Medleys are entered, is the order they will run in. Distances to be run are 800m, 400m, 200m, 100m x2 with no stipulation on the order that the medley is run. Note: 10 & 11 year olds are required to run their 800m runner first.

Club \_\_\_\_\_

Grade	Athlete's Name	Age	Sex	Distance Running
10				800
Reserve				
Reserve				
11				800
Reserve				
Reserve				
12				
Reserve				
Reserve				
13				
Reserve				
Reserve				
14				
Reserve				
Reserve				

