

4 x 100 Relay - Team Sheet

14th December 2019, Porritt Stadium, Hamilton

Please enter names of competitors (ensure spelling is correct)
Post this sheet or email by Thursday 5th December 2019 to:
Sandra Murray, 166A Nixon Street, Hamilton 3216 or
sanben677@gmail.com

Club _____

Girls

Remember that the order your 4 x 100's are entered, is the order they will run in

Grade	Athlete's Name	Age	Sex
7			
Reserve			
Reserve			
8			
Reserve			
Reserve			
9			
Reserve			
Reserve			
10			
Reserve			
Reserve			

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Girls

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Grade	Athlete's Name	Age
11		
Reserve		
Reserve		
12		
Reserve		
Reserve		
13		
Reserve		
Reserve		
14		
Reserve		
Reserve		

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Boys

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Reserve			
Reserve			
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Reserve			
Reserve			
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ADDITIONAL TEAMS

Remember that the order your 4 x 100's are entered is the order they will run in

Grade	Athlete's Name	Age
Reserve		
Reserve		
Reserve		
Reserve		
Reserve		
Reserve		
Reserve		

Reserve		
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