

Team Manager:

2013 RELAY AND VETERAN DECLARATION FOR:

PROGRAMME "A" ENTER ATHLETE NUMBER AND FULL NAME

DATE

Event		Athlete 1	Athlete 2	Athlete 3	Athlete 4
BU11					
4 x 50	5.15				
BU13					
4 x 100	5.25				
BU15					
4 x 100	5.25				
MU17					
4 x 100	5.25				
4 x 400	5.45				
SM/VM					
100m	2.20				
100m VM	2.20				
3000m	12.50				
3000m VM	12.50				
4 x 400	5.45				
GU11					
4 x 50	5.15				
GU13					
4 x 100	5.25				
GU15					
4 x 100	5.25				
LU17					
4 x 100	5.25				
4 x 300	5.45				
SL / VL					
100m	2.10				
100m VL	2.10				
1500m	1.20				
1500m VL	1.20				
4 x 100	5.25				

NON-SCORING TEAMS Enter race, gender/age group

NOTES

- NOTE 1** In the combined Senior and Veteran races Club Team Managers must specify in advance of the race which veteran runners are to be treated as Senior Men. An athlete cannot score event points in both categories
- NOTE 2** Scoring relay teams must have at least one athlete of that age group in the team The other team members may only be from the next younger age group. No athlete (other than U17's) may compete in more than one relay.
- NOTE 3** If the Track Referee allows non scoring relay team(s) to compete the declaration below must be completed. The main part of the form is for valid competitors and teams only