

CLUB LETTER

**SOUTHERN WOMEN'S TRACK & FIELD LEAGUE**

**PLEASE MAKE COPIES OF THIS SHEET – ONE FOR EACH MATCH**

**TEAM DECLARATION SHEET FOR \_\_\_\_\_ Club**

**DATE OF MATCH** 2009 **VENUE** \_\_\_\_\_

The completed declaration sheet must be handed to the Recorders at least 15 minutes before the first event.

Team Manager(s) \_\_\_\_\_

Timekeeper \_\_\_\_\_ Grade \_\_\_\_\_ Field Judges \_\_\_\_\_ Grade \_\_\_\_\_

Track Judge \_\_\_\_\_

Relay Judges \_\_\_\_\_

**NB MAXIMUM NUMBER OF EVENTS IN WHICH AN ATHLETE MAY COMPETE INCLUDING N/S ARE:-**

U17 WOMEN – 3 individual events and 1 relay or

2 individual events and two relays

U20 – 5 events in total

SENIOR & VETS – 5 individual events & 2 relays

**ALL ATHLETES' DETAILS MUST BE INSERTED - First name, surname, age group i.e.U17,U20,S,V35,etc  
PLEASE ADD TICK TO AGE COLUMN IF ATHLETE IS A REGISTERED HIGHER COMPETITION ATHLETE.**

EVENT	A String		Age Group/ HCA	B String		Age Group/ HCA
100m						
200m						
400m						
800m						
1500m						
3000m						
100mH						
400mH						
4x100m	1			2		
	3			4		
4x400m	1			2		
	3			4		
Pole Vault						
High Jump						
Long Jump						
Triple Jump						
Shot						
Discus						
Javelin						
Hammer						

**NON SCORING ATHLETES INFORMATION (THESE COUNT IN THE TOTAL NUMBER OF EVENTS AN ATHLETE CAN DO)**

NO	NAME	AGE	EVENTS	NO	NAME	AGE	EVENTS

Continue overleaf if necessary