CLUB NAME _____

CONTACT ADDRESS: _____

_____

TEL. No: _____ **COACH:** _____

Please photocopy each sheet as required.
Use one sheet for each sex.
Circle appropriate sex.

Please include personal bests for seeding 100m, 200m, 400m and hurdles.
Please mark P.B. for these events instead of checking boxes.

BOYS/MEN **GIRLS/WOMEN**

AGE GROUPS **1995 1994, 1993, 1992, 1991, 1990, 1989, JUV, JNR, SNR.MASTER.**

NAME	BCA. No.	AGE CLASS	DIST. HURD.	SPRINT HURD	100	200	400	800	1500	STEEPLE CHASE	3000	HAM	RACE WALK

CLUB NAME _____

CONTACT ADDRESS: _____

_____

TEL. No: _____ **COACH:** _____

Please photocopy each sheet as required.
Use one sheet for each sex.
Circle appropriate sex.

Please include personal bests for seeding 1 100m, 200m, 400m and hurdles.
Please mark P.B. for these events instead of checking boxes.

BOYS/MEN **GIRLS/WOMEN**

AGE GROUPS **1995 1994, 1993, 1992, 1991, 1990, 1989, JUV, JNR, SNR.MAST**

NAME	BCA. No.	AGE CLASS	L J	T J	H J	S P	JAV	DISC	P V	HAM