ALPHABETICAL SQUAD LIST AND ENTRY FORM

Please TYPE all entries (alphabetically) along with each performance. For computerization purposes, all hand-timed marks should be converted to FAT by adding the auto conversion of .24 seconds for races less than 400 meters and .14 for races 400 meters or longer. Indicate field event performances Metrically.

Please be honest with performances we want the proper heats put together.

LAYS: School or Affiliation: Seed Time Athletes In order they will be running

200 Meter Relay
400 Meter Relay

School Population

This is used to form the two divisions we will be competing in at the meet.