*Year* **Junior Inter-Regional Championships RELAY DECLARATION FORM**

Squad Name

**Women’s Competitive Teams**

**Women’s Team #1** Name SI card number

W16 runner

W14 runner

W18 runner

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|  |  |
|  |  |

**Women’s Team #2** Name SI card number

W16 runner

W14 runner

W18 runner

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**Women’s Team #3** Name SI card number

W16 runner

W14 runner

W18 runner

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**Women’s Team #4** Name SI card number

W16 runner

W14 runner

W18 runner

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***See over the page for the Men’s competitive teams.***

Squad Name

**Men’s Competitive Teams**

**Men’s Team #1** Name SI card number

M16 runner

M14 runner

M18 runner

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**Men’s Team #2** Name SI card number

M16 runner

M14 runner

M18 runner

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**Men’s Team #3** Name SI card number

M16 runner

M14 runner

M18 runner

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**Men’s Team #4** Name SI card number

M16 runner

M14 runner

M18 runner

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| **Hand in the completed form at Download no later than 5:30 p.m. on Saturday** *Insert date here***..**  |
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***See the next page for non-competitive teams and additional individual runners.***

Squad Name

**Ad Hoc Teams**

**Men’s Ad Hoc Team** Name SI card number

M16 runner

M14 runner

M18 runner

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**Women’s Ad Hoc Team** Name SI card number

W16 runner

W14 runner

W18 runner

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**Additional individuals for the Organiser to allocate to Ad Hoc teams**

 Name Age class SI card number Can run up? (Y/N)

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| **Hand in the completed form at Download no later than 5:30 p.m. on Saturday** *Insert date here***.****NOTE: Names are in leg order i.e. M/W16, then M/W14, then M/W18.** |
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