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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **School:** | | | | | | | | | | | | | |
|  | Please complete your team list in the numbered spaces on the Declaration sheet. Please note the number of athletes required for each event. | | | | | | | | |  |  |  |  |
| **Girls' Declaration Sheet** | | TRACK EVENTS | | | | FIELD EVENTS | | | |  |  |  |  |
|  | | | |  | | | |
| **1 x 1 lap Relay** | **2 x 2 Lap Relay** | **6 Lap Paarlauf** | **4 x 1 Lap Relay** | **Soft Javelin** | **Standing Chest Push** | **Standing Long Jump** | **Speed Bounce** |  |  |  |  |
|  | **NUMBER OF ATHLETES NEEDED FOR EACH EVENT** | **2** | **2** | **2** | **4** | **3** | **3** | **3** | **3** |  |  |  |  |
| 1 |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Please tick the appropriate box for each athlete's events. | | | | |  |  |  |  |  |  |  |  |  |
| 2. An athlete is limited to two track events and two field events. | | | | | |  |  | **PLEASE ENSURE YOU KEEP A COPY OF THE** | | | | |  |
|  | | | | | | |  | **DECLARATION SHEETS FOR YOUR OWN REFERENCE** | | | | | |

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| **School:** | | | | | | | | | | | | | |
|  | **School:**  Please complete your team list in the numbered spaces on the Declaration sheet. Please note the number of athletes required for each event. | | | | | | | | |  |  |  |
| **Boys' Declaration Sheet** | | TRACK EVENTS | | | | FIELD EVENTS | | | |  |  |  |
|  | | | |  | | | |
| **1 x 1 lap Relay** | **2 x 2 Lap Relay** | **6 Lap Paarlauf** | **4 x 1 Lap Relay** | **Soft Javelin** | **Seated Chest Push** | **Standing Long Jump** | **Speed Bounce** |  |  |  |
|  | **NUMBER OF ATHLETES NEEDED FOR EACH EVENT** | **2** | **2** | **2** | **4** | **3** | **3** | **3** | **3** |  |  |  |
| 1 |  |  |  |  |  |  |  |  |  |
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| 6 |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Please tick the appropriate box for each athlete's events. | | | | |  |  |  |  |  |  |  |  |
| 2. An athlete is limited to two track events and two field events. | | | | | |  |  | **PLEASE ENSURE YOU KEEP A COPY OF THE** | | | | |
|  | | | | | | |  | **DECLARATION SHEETS FOR YOUR OWN REFERENCE** | | | | | |