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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 |   |   |   |   |   |   |   |   |  |
| 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** |