International Friendship Games Entry Form

Division:		Team:					Boys or Gi	rls:			
Coaches Name:	Contact Number:								_		
Athlete Name	300m Run	400m	1500m	100m	800m	80m Hur	100m Hur	110m Hur	200m	1500m RW	3000m RW
Example, Runner		01:04.3		13.5					29.7		
		T		1	T	1		1			
Relays:	4x100 A	4x100 B	4x100 C		4x400 A	4x400 B	4x400 C	1			
								+			
								1			