

**OUTDOOR TEAMSHEET**

|  |  |
| --- | --- |
| **TEAM NAME:**  |  |
| **Captain(s) Name** | **Phone Number** | **Email Address** |
|  |  |  |
|  |  |  |

|  | **MEN'S TEAM** | **WOMEN'S TEAM** |
| --- | --- | --- |
| **EVENT** | **A-string athlete** | **B-string athletes** | **A-string athlete** | **B-string athletes** |
| **100m** |  |  |  |  |
| **110m Hurdles** |  |  |  |  |
| **200m** |  |  |  |  |
| **400m** |  |  |  |  |
| **800m** |  |  |  |  |
| **1500m** |  |  |  |  |
| **3000m** |  |  |  |  |
| **Long Jump** |  |  |  |  |
| **High Jump** |  |  |  |  |
| **Triple Jump** |  |  |  |  |
| **Shot Putt** |  |  |  |  |
| **4x200m** | Multiple Relay Teams are allowed. Please specific your A-string team.  | Multiple Relay Teams are allowed. Please specific your A-string team. |