Club name OR Mixed (M+F) OR Composite


|  | Name | Age Cat | Date of birth (guests only) | Bib No. |
| :--- | :--- | :--- | :--- | :--- |
| Leg 1 |  |  |  |  |
| Leg 2 |  |  |  |  |
| Leg 3 |  |  |  |  |
| Leg 4 |  |  |  |  |

EVENT CHOICE(S):-Tick both if using the same athletes
$4 \times 100 \mathrm{~m} \square 4 \times 400 \mathrm{~m}$


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