ISL CHAMPIONSHIP MEET ENTRY FORM - WOMEN

Please seed your female athletes according to the following numbers

1 - 4 x 100m Relay
3 - 100m High Hurdles
5 - 100m dash
7 - 1500m run
9 - 400m Dash
11 - 200m Dash
13 - 800m Run
15 - 300m I. Hurdles
17 - 3000m Run
19 - 4 x 400m Relay
21 - Shot Put
23 - Discus
25 - Javelin
27 - Long Jump
29 - Triple Jump
31 - High Jump
33 - Pole Vault

Name (Last, First)	Event #	Mark	Event #	Mark	Event #	Mark	Event #	Mark

FAX: 207-989-8659 Coach _____ School _____ Phone # _____