ISL CHAMPIONSHIP MEET ENTRY FORM - WOMEN

Please seed your Female athletes according to the following numbers

2 - 4 x 100m Relay
4 - 100m High Hurdles
6 - 100m dash
8 - 1500m run
10 - 400m Dash
12 - 200m Dash
14 - 800m Run
16 - 300m I. Hurdles
18 - 3000m Run
20 - 4 x 400m Relay
22 - Shot Put
24 - Discus
26 - Javelin
28 - Long Jump
30 - Triple Jump
32 - High Jump
34 - Pole Vault

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

BHS Fax: 207-989-8659 Coach_____ Phone #_____