

		Obstacle	1 + 1 Lap	2 + 2 Lap	6 Lap	Over/Under	4 x 1 Lap	Chest	Standing	Standing	Speed	Vertical	Soft
	Name	Relay	Race	Race	Paarlauf	Relay	Relay	Push	Long Jump	Triple Jump	Bounce	Jump	Javelin
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
Number required per event		4	2	2	2	4	4	3	3	3	3	3	3

Please list all the girls within your team, a maximum of 15 being permitted. Place a tick in the appropriate box alongside each child's name to indicate the events to be contested. Each child may contest a maximum of 2 track and 2 field events. The number of ticks within each column should equal the number at the bottom.