

(Enter Your Team Name Here)

4x100

Age Group	M/F	A, B, C...
8 and under		
9-10		
11-12		
13-14		
15-16		
17-18		

Coach/Volunteer Relay

A, B, C...	M/F/Co-Ed

Send completed

GoSCAA@gr

THURSDAY (5/10/1

Distance Medley (1200-800-800-400)

	M/F	A, B, C...
11-12		
13-14		
15-16		
17-18		

Co-Ed 4x100

Age Group	A, B, C...
5-6	
7-8	
9-10	
11-12	
13-14	
15-16	
17-18	

Co-Ed 4x200

	A, B, C...
7-8	
9-10	
11-12	
13-14	
15-16	
17-18	

4x800

Age Group	M/F	A, B, C...
11-12		
13-14		
15-16		

4x400

	M/F	A, B, C...
7-8		
9-10		
11-12		

17-18		

Sprint Medley (100-100-200-400)		
Age Group	M/F	A, B, C...
5-6		
7-8		
9-10		
11-12		
13-14		
15-16		
17-18		

13-14		
15-16		
17-18		

Total Number of athletes participating: Total Registration fees due:	

x5\$/athlete

d form to
[ail.com](mailto:)
8) at 8pm PST

