NYSCTC INDOOR TRACK & FIELD CHAMPIONSHIPS

February 27 & 28, 2004

WOMEN'S DECLARATION FORM

Team:
Coach's Name:
Fax to: John Newman, 315-229-5589
or 315-229-7433

EVENT ABBREVIATIONS:

WT (20# Weight)	HJ (High Jump)	55	400	1500
SP (Shot Put)	PV (Pole Vault)	55H	500	3K
	LJ (Long Jump)	200	800	5K
	TJ (Triple Jump)		1000	

Relays:	4x200R		4x400R		4x800R		DMR		(Place an **"X"** next to the relays being declared)	
Athletes: Last, First Name	Event Abbreviation	Wild Card	Event Abbreviation	Wild Card	Event Abbreviation	Wild Card	Event Abbreviation	Wild Card	Event Abbreviation	Wild Card

Note: Type only the event abbreviation for each event in which an athlete is being declared. Seed performances are already on the list.