



**2010 STATE TRACK
RELAY PARTICIPANT FORM**
Iowa High School Athletic Association
PO Box 10, Boone, Iowa 50036 - 515-432-2011



IMPORTANT

Bring this sheet to the south door of the press box. We need to have this done even if your running order is unchanged from the district meet. Changes made in running order between preliminaries and finals must also be reported to the south door of the press box.

SCHOOL NAME _____ CLASS _____

COACH NAME _____

4 X 100 Meter Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

4 X 200 Meter Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

4 X 400 Meter Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

4 X 800 Meter Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

1600 Meter Medley Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

Shuttle Hurdle Relay

GR

1. _____ ()
2. _____ ()
3. _____ ()
4. _____ ()
5. _____ ()
6. _____ ()

