

# Spring Indoor Relay Form

Send completed forms to [athletics@nlaa.ca](mailto:athletics@nlaa.ca)  
Please call 709-576-1303 if you do not receive a confirmation receipt.  
Meet registered participants only.  
An athlete can be a member of one relay team only.

**SCHOOL NAME:** \_\_\_\_\_

**SUBMITTED BY:** \_\_\_\_\_

## PLEASE CIRCLE CATEGORY:

ELEMENTARY

JUNIOR HIGH

SENIOR HIGH

NLAA OPEN

Girls - Team A (names in running order)
1.
2.
3.
4.

Boys - Team A (names in running order)
1.
2.
3.
4.

Girls - Team B (names in running order)
1.
2.
3.
4.

Boys - Team B (names in running order)
1.
2.
3.
4.

Girls - Team C (names in running order)
1.
2.
3.
4.

Boys - Team C (names in running order)
1.
2.
3.
4.