

STOCKADE-ATHON TEAM ROSTER

Rules

- 1} Team members must register individually by submitting a race application or registering on-line. **This Team Roster is for team scoring purposes only.**
- 2} A runner can represent only **one** team.
- 3} Team categories and scoring are as follows:

USATF Men's Teams: (open or masters)	7 Declare	5 Score
USATF Women's Teams: (open or masters)	5 Declare	3 Score
Age-Graded Men's Teams (any age)	6 Declare	4 Score
Age-Graded Women's Teams (any age)	6 Declare	4 Score
- 4} USATF team competition is limited to officially registered USATF teams.
USATF open teams -all runners age 39 or under / USATF master teams -all runners age 40 +
- 5} Age-Graded team competition is open to any 4 men or any 4 women regardless of age.
No Co-ed teams. Scoring will be computed based on age-graded tables.
- 6} **Team entries close on Friday November 5, 2010.**
Note: No day of race registration or last minute substitutions.

Complete Team Information Below

My team will compete in the following category (check below): PRINT TEAM NAME:

<input type="checkbox"/> USATF OPEN MEN	<input type="checkbox"/> USATF OPEN WOMEN	TEAM NAME _____
<input type="checkbox"/> USATF MASTER MEN	<input type="checkbox"/> USATF MASTER WOMEN	TEAM NAME _____
<input type="checkbox"/> AGE-GRADED MEN	<input type="checkbox"/> AGE-GRADED WOMEN	TEAM NAME _____

<u>Name</u> of Team members	<u>Age</u>	<u>USATF # (USATF teams only)</u>
1} _____ (Team Captain or team representative)	_____	_____
2} _____	_____	_____
3} _____	_____	_____
4} _____	_____	_____
5} _____	_____	_____
6} _____	_____	_____
7} _____	_____	_____

Mail entries to: STOCKADE-ATHON TEAM ENTRY
PO BOX 12304
ALBANY, NY 12212

OR e-mail to: joshmerlis@gmail.com

Note: Masters, Veteran, & Senior teams from the Adirondack Assoc. may compete for association medals.

