SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET

JUNE 12 & 13, 2010

CLUB ______________________________

ADDRESS ______________________________

CITY ______________________ PC __________

COACH ______________________

PHONE ______________ e-mail: ____________________

Please refer to the information sheet before entering athletes!!

Indicate Track & Field entries with an "X"

If you use this form to submit your entries, fil it in and email back to bamartinson@shaw.ca

Entry Deadline - June 9, 2010

Year of Birth	M F	NAME OF ATHLETE (PLEASE PRINT CLEARLY)	BCA NUMBER	Sprint Hurdles	Long Hurdles	60 m	100 m	200 m	300 m	400 m	800 m	1200 m	1500 m	2000 m	3000 m	Race Walk	Steeple	HJ	PV	LJ	TJ	DT	HT	JT	SP