

Southern Athletics League

Team Declaration Sheet for (club)

City of Norwich Athletic Club

Date

15th April - match 1 - Thurrock (as at 1st April)

Team Manager

Clive Poyner

Officials (2pts for 1x timekeeper, 1x track judge and each of 2x field judges)

	Track	Grade	Field	Grade
Timekeeper	Mark Johnson		Kevin Manning	
Timekeeper	Keith Pover		Nicola Mills	
Track Judge	Mark Solway			
Track Judge				
Relay Judge	Clive Poyner			

Include First name, Surname and Age Group i.e. U13, U15, U17, U20, SW, SM, W35, M40 etc.

Provisional Team							
	Time	Senior Men - A string	Cat	URN	Confirm (✓), delete (x) or replace (name)	Cat	URN
100	12.50	Kieran Shah	U20				
200	3.00	Louis Palmer	U17				
400	1.25	Scott Greaves					
800	12.35	Scott Greaves					
1500	3.20	Jack White					
3000/5000	2.15	Ben Spratling					
110H	2.45	Chris Marshall					
400H	12.15	Chris Marshall					
3000/2000SC	3.40	Logan Smith					
HJ	12.00	David Vincent Waterson					
PV	2.00	-					
LJ	1.15	Ashley Cooper					
TJ	3.30	-					
SP	12.00	Nean Smith					
DT	3.45	Oli Massingahm					
HT	12.45	Callum Brown					
JT	2.15	Ed Borrman					
4x100	4.00	Kieran Shah					
		Ashley Cooper					
		Harry Taylor					
		Fred Williams					
4x400	4.30	Logan Smith					
		Chris Marshall					
		James Senior					
		Louis Palmer					

To add these declarations to the "Dec" page of the results spreadsheet, first turn off the protection (Click on Unprotect Sheet on the Review menu - there is no password). Then select cells c17 to e33 (click on c17 to select it and then hold down the shift key while you click on cell e33). Copy this (Right click - copy) and then paste it into the first cell for the Men's A Team - (right click, paste special 123 is the best one to use).

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Team Manager

Clive Poyner

	Time	Senior Men - B String			Confirm (✓), delete (x) or replace (name)	Cat	URN
100	12.50	Fred Williams					
200	3.00	Ashley Cooper					
400	1.25	Logan Smith					
800	12.35	Piers Arnold					
1500	3.20	Alfie Bennett					
3000/5000	2.15	George Gay					
110H	2.45	James Senior					
400H	12.15	James Senior					
3000/2000SC	3.40	James Senior					
HJ	12.00	-					
PV	2.00	-					
LJ	1.15	Kieran Shah					
TJ	3.30	-					
SP	12.00	Declan Manning					
DT	3.45	Declan Manning					
HT	12.45	Declan Manning					
JT	2.15	Oli Massingahm					

Non-scoring athletes

Number	Name	Cat	URN	Events	Cat
	Ed Whiting			400	
	Sam Todd			5000	
	Adam Szucs			100 and LJ	
	Loius Palmer			100	
	Harry Taylor			100 200	
	Luke Vincent			100 200	
	Lawrence Wade			1500	

Send provisional team to host club 1-2 days before the match and print two copies for use on the day

To add these declarations to the "Dec" page of the results spreadsheet, select cells c46 to e62 (click on c46 to select it and then hold down the shift key while you click on cell e62). Copy this (Right click - copy) and then paste it into the first cell for the Men's B Team - (right click, paste special 123 is the best one to use). Do the same for any non-scoring athletes by copying and pasting the names category and URN into column C on the non-scoring worksheet.

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Team Declaration Sheet for (club)

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Team Manager

Clive Poyner

Provisional Team

	Time	Senior Women - A string	Cat	URN	Confirm (✓), delete (x) or replace (name)	Cat	URN
100	12.50	Emily Mace					
200	3.00	Emily Mace					
400	1.25	Georgie Bowett					
800	12.35	Imogen Crossland					
1500	3.20	Millie Solway					
3000	1.40	Iona Lake					
100H	2.00	-					
400H	12.15	Katie Clarke					
1500/2000SC	4.10	Lucy Emmett					
HJ	3.30	Sarah Costello					
PV	12.00	Steph Pain					
LJ	12.00	Sarah Costello					
TJ	2.30	-					
SP	1.00	Gemma Thrower					
DT	3.00	Gemma Vickery					
HT	12.00	Gemma Vickery					
JT	1.30	Gemma Thrower					
4x100	4.00	Emily Mace					
		Sarah Costello					
		Maddie Parle					
		Katie Fairman					
4x400	4.30	Gerogie Bowett					
		Anna Bakewell					
		Imogen Crossland					
		Katie Clarke					

To add these declarations to the "Dec" page of the results spreadsheet, select cells c92 to e108 (click on c92 to select it and then hold down the shift key while you click on cell e108). Copy this (Right click - copy) and then paste it into the first cell for the Women's A Team - (right click, paste special 123 is the best one to use).

