**FORM E – Relay Teams Information**

(Please PRINT in ink using block letters or TYPE)

This form is needed for all Relay Teams. You may list more than one relay on this form.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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Delegation Name SO Region

**Instructions:** You must check the appropriate event box for each Relay Team. You may list only two Alternates per Team. List the team Members in the order you would like them to compete.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Team Name: | | | | | | | | | | | | | | | | |
| Head Coach’s name: | | | | | | | | | | | | | | | | |
| *Check the appropriate relay* | | | | | | | | | | | | | | | *List the names of the 4 Relay Team members* | |
| Cross-Country Skiing 4 X 1 KM Freestyle Relay | | | | | | | | | | | | | |  | 1. |  |
| Snowshoeing 4 X 100 M Relay | | | | | | | | | | | | | |  | 2. |  |
| Snowshoeing 4 X 400 M Relay | | | | | | | | | | | | | |  | 3. |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4. |  |
| Qualification Time | | | | | | **\_\_\_\_:\_\_\_\_.\_\_\_\_** | | | | | | | |  | Alt. |  |
|  |  |  |  |  |  | min/sec/hrd | | | | | | | |  | Alt. |  |

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| Team Name: | | | | | | | | | | | | | | | | |
| Head Coach’s Name: | | | | | | | | | | | | | | | | |
| *Check the appropriate relay* | | | | | | | | | | | | | | | *List the names of the 4 Relay Team members* | |
| Cross-Country Skiing 4 X 1 KM Freestyle Relay | | | | | | | | | | | | | |  | 1. |  |
| Snowshoeing 4 X 100 M Relay | | | | | | | | | | | | | |  | 2. |  |
| Snowshoeing 4 X 400 M Relay | | | | | | | | | | | | | |  | 3. |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4. |  |
| Qualification Time | | | | | | **\_\_\_\_:\_\_\_\_.\_\_\_\_** | | | | | | | |  | Alt. |  |
|  |  |  |  |  |  | min/sec/hrd | | | | | | | |  | Alt. |  |

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| Team Name: | | | | | | | | | | | | | | | | |
| Head Coach’s Name: | | | | | | | | | | | | | | | | |
| *Check the appropriate relay* | | | | | | | | | | | | | | | *List the names of the 4 Relay Team members* | |
| Cross-Country Skiing 4 X 1 KM Relay | | | | | | | | | | | | | |  | 1. |  |
| Snowshoeing 4 X 100 M Relay | | | | | | | | | | | | | |  | 2. |  |
| Snowshoeing 4 X 400 M Relay | | | | | | | | | | | | | |  | 3. |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4. |  |
| Qualification Time | | | | | | **\_\_\_\_:\_\_\_\_.\_\_\_\_** | | | | | | | |  | Alt. |  |
|  |  |  |  |  |  | min/sec/hrd | | | | | | | |  | Alt. |  |