

Southern Athletics League

Team Declaration Sheet for (club)

Kingston & Poly

Date

19th August 2017

Team Manager

Gordon & Harriet Leste

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

	Track	Grade
Timekeeper		
Timekeeper		
Track Judge		
Track Judge		
Relay Judge		

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

Provisional Team				
	Time	Senior Men - A string	Cat	URN
100	12.50	Bilen Ahmet	SM	2904984
200	3.00	Harry Reynolds	U20	3017645
400	1.25	Harry Reynolds	U20	3017645
800	12.35	Gabriel Lewis	U20	3580983
1500	3.20	Bilen Ahmet	SM	2904984
3000/5000	2.15	Gabriel Lewis	U20	3580983
110H	2.45	Bilen Ahmet	SM	2904984
400H	12.15	Bilen Ahmet	SM	2904984
3000/2000SC	3.40	-		
HJ	12.00	Bilen Ahmet	SM	2904984
PV	2.00	William Gwynne	U20	3136491
LJ	1.15	Bilen Ahmet	SM	2904984
TJ	3.30	Bilen Ahmet	SM	2904984
SP	12.00	Chris Dack	SM	2909041
DT	3.45	Bilen Ahmet	SM	2904984
HT	12.45	Chris Dack	SM	2909041
JT	2.15	Bilen Ahmet	SM	2904984
4x100	4.00	-		
		-		
		-		
		-		
4x400	4.30	-		
		-		
		-		
		-		

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To add these declarations to the "Dec" page of the results spreadsheet, first turn off th
there is no password). Then select cells c17 to e33 (click on c17 to select it and then h
(Right click - copy) and then paste it into the first cell for the Men's A Team - (right clic

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

To add these declarations to the "Dec" page of the results spreadsheet, select cells c4 key while you click on cell e62). Copy this (Right click - copy) and then paste it into the the best one to use). Do the same for any non-scoring athletes by copying and pasting worksheet.

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Provisional Team				
	Time	Senior Women - A string	Cat	URN
100	12.50	-		
200	3.00	-		
400	1.25	-		
800	12.35	-		
1500	3.20	-		
3000	1.40	-		
100H	2.00	-		
400H	12.15	-		
1500/2000SC	4.10	-		
HJ	3.30	-		
PV	12.00	-		
LJ	12.00	-		
TJ	2.30	-		
SP	1.00	-		
DT	3.00	-		
HT	12.00	-		
JT	1.30	-		
4x100	4.00	-		
		-		
		-		
		-		
4x400	4.30	-		
		-		
		-		
		-		

To add these declarations to the "Dec" page of the results spreadsheet, select cells c9 key while you click on cell e108). Copy this (Right click - copy) and then paste it into th 123 is the best one to use).

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To add these declarations to the "Dec" page of the results spreadsheet, select cells c1 key while you click on cell e137). Copy this (Right click - copy) and then paste it into th 123 is the best one to use). Do the same for any non-scoring athletes by copying and p after row 64 in column C on the non-scoring worksheet. Finish by protecting the Dec w

re protection (Click on Unprotect Sheet on the Review menu - hold down the shift key while you click on cell e33). Copy this k, paste special 123 is the best one to use).

for use on the day

6 to e62 (click on c46 to select it and then hold down the shift
first cell for the Men's B Team - (right click, paste special 123 is
the names category and URN into column C on the non-scoring

Confirm (✓), delete (x) or replace (name)	Cat	URN

2 to e108 (click on c92 to select it and then hold down the shift
 the first cell for the Women's A Team - (right click, paste special

for use on the day

21 to e37 (click on c121 to select it and then hold down the shift
to the first cell for the Women's B Team - (right click, paste special
pasting the names category and URN into the women's section,
worksheet (Protect on the Review menu).

Categories

U17

U20

SM

U23

M40

M45

M50

M55

M60

U17

U20

U23

SW

W35

W40

W45

W50

W55

W60