TDCAA Championships Thursday, May 21st and Friday, May 22nd, 2015 Etobicoke Centennial Stadium

Student Name

	(First Name)	(Last Name)	
Birth Date:	Age:		unior Senior le one age group)
Events to choose from:			
80m hurdles (MG, JG)	100m hurdles (SG, MB, JB)	110m hurdles (SB)	100m
300m hurdles (MG, JG)	400m hurdles (SG, SB)	800m	200m
4x100m relay	1500m	3000m	400m
4x400m relay	Long Jump	Triple Jump	High Jump
Shot Put	Discus	1500m (girls)	2000m (boys)
		Steeplechase	Steeplechase
Javelin			
Event #1:		Seed Time/Distance:	
Event #2:		Seed Time/Distance:	
Event #3:		Seed Time/Distance	:
RELAY? 4x100m or 4x400m			

Where able, Bishop Allen will enter 2 teams – an A and a B team – to allow as many members of the team as possible to compete.

The top 4 times will be running on the "A" team and the next 4 times will be part of the "B" team. If either squad advances to the Metro Championships, you will all be moving on as subs and cheerleaders.

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For the TDCAA Championships:

5 athletes will be selected for each event – this decision rests with the coaching staff, so completing one of these forms does not guarantee you a spot on the championship team.

Those athletes selected will be based on the fastest times and furthest distances, in addition to attendance and attitude.

Thank you for being a part of the Bishop Allen Track & Field Team!