



Form for Athletes Competing in **BOTH FIELD & RUNNING EVENTS**

This form allows the Field Judge(s) to excuse an athlete to participate in a running event.

Instructions for Coach and Athlete:

When an athlete needs to be excused from a field event to participate in a running event, the athlete should:

- take this form to the Clerk of Course to be signed,
- get a hip number and lane assignment;
- return to the field event and present this form to the head field judge,
- participate in the field event until it is time to report to the starting line for the running event, check out of field event before leaving. (The athlete does not need to return a second time to the indoor clerking area),
- return immediately to the field event.

Running Event
Participant Number
Participant Name
School

Instructions to Athlete from Clerk of Course

Race Time	Heat	Semi-Final	Final
Lane Assignment	Hip Number	If Relay, Exchange Zone Color	
Additional Instructions			
Signature of Clerk			
Time			

Additional forms available at the Registration Table, Head Field Event Judge and Clerk of Course.