



ATHLETICS NAMIBIA

ENTRY FORM
NAMIBIA NATIONAL ATHLETICS CHAMPIONSHIP
28 May 2016
Independence Stadium, Windhoek

Region: _____

Team Manager: _____ Cell: _____ Email: _____

Coach: _____ Cell: _____ Email: _____

Women

		Surname	Name	D.O.B	2016 Best Performance	Competition
100	1					
	2					
200	1					
	2					
400	1					
	2					
800	1					
	2					
1500	1					
	2					
5000m	1					
	2					

		Surname	Name	D.O.B	2016Best Performance	Competition
3000m SC	1					
	2					
100m H	1					
	2					
400m H	1					
	2					
Long Jump	1					
	2					
Triple Jump	1					
	2					
Javelin	1					
	2					
Discuss	1					
	2					
Shot Put	1					
	2					
High Jump	1					
	2					
4x100	1					
	2					
	3					
	4					
4x400	1					
	2					
	3					
	4					



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