

YDL LAG DECLARATION CHANGE SHEET

SHEET NO _____

Club/team name _____

Event _____ Age Group _____ (inc M or F)

| | |
|-------------------------------|-------------------------------|
| A Athlete Out | B Athlete Out |
| Athlete In | Athlete In |

Time of Change _____

----- **DO NOT SEPARATE** -----

Club/team name _____

Event _____ Age Group _____ (inc M or F)

| | |
|-------------------------------|-------------------------------|
| A Athlete Out | B Athlete Out |
| Athlete In | Athlete In |

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PLEASE KEEP THIS PAGE INTACT