

# STOCKADE-ATHON TEAM ROSTER

## Rules

- 1) Team members must register individually by submitting a race application or registering on-line. **This Team Roster is for team scoring purposes only.**
- 2) A runner can represent (run on) **one** team only.
- 3) Team categories and scoring are as follows:
 

USATF Men's Teams: (open or masters)	7 Declare	5 Score
USATF Women's Teams: (open or masters)	5 Declare	3 Score
Age-Graded Men's Teams (any age)	6 Declare	4 Score
Age-Graded Women's Teams (any age)	6 Declare	4 Score
- 4) USATF team competition is limited to officially registered USATF teams.  
USATF open teams -all runners age 39 or under / USATF master teams -all runners age 40 +
- 5) Age-Graded team competition is open to any 4 men or any 4 women regardless of age.  
No Co-ed teams. Scoring will be computed based on age-graded tables.
- 6) **Team entries close on Friday November 6, 2009.**  
**Note:** No day of race registration or last minute substitutions.

## Complete Team Information Below

My team will compete in the following category (check below): PRINT TEAM NAME:

<input type="checkbox"/> USATF OPEN MEN	<input type="checkbox"/> USATF OPEN WOMEN	TEAM NAME _____
<input type="checkbox"/> USATF MASTER MEN	<input type="checkbox"/> USATF MASTER WOMEN	TEAM NAME _____
<input type="checkbox"/> AGE-GRADED MEN	<input type="checkbox"/> AGE-GRADED WOMEN	TEAM NAME _____

<u>Name</u> of Team members	<u>Age</u> (as of 11/08)	<u>USATF #</u> (USATF teams only)
1) _____ (Team Captain or team representative)	_____	_____
2) _____	_____	_____
3) _____	_____	_____
4) _____	_____	_____
5) _____	_____	_____
6) _____	_____	_____
7) _____	_____	_____

Mail entries to: STOCKADE-ATHON TEAM ENTRY  
PO BOX 12304  
ALBANY, NY 12212

Or e-mail: [joshmerlis@gmail.com](mailto:joshmerlis@gmail.com)

**Note:** Masters, Veteran, & Senior teams from the Adirondack Assoc. may compete for association medals.