OPTIONAL INDIVIDUAL COMPETITOR
CROSS COUNTRY MEET VERIFICATION LOG

(use one form per runner per year)
Use only for high school meets that count towards the Limitation of Seasons
(Bylaw 25)

NAME ____________________________ GRADE ____________________________

SCHOOL ____________________________ COACH ____________________________

(Check level, V-Varsity, JV=Junior Varsity, F=Freshman)				REQUIRED INFORMATION ABOUT EACH MEET)		
V	JV	F	Date	Event	Name of Coach Present	Referee / Manager