

Virginia High School League Northern Region

Verification of Regional Qualifying Performance

Complete this form for each athlete or relay team who meets a Northern Region qualifying performance in a regular season meet consisting of:

THREE(3) or more teams for **INDOOR TRACK** or **TEN(10)** or more teams for **OUTDOOR TRACK**

Send one copy to your District Director and attach one copy of the Best performance to the REGIONAL ENTRY FORM. Any verification forms received after the Regional entry deadline WILL NOT be accepted and the athlete or relay will not be allowed to use that performance for regional qualification

Name: _____ School: _____

Event: _____ (girls/boys) Performance: Time/Distance/Height _____

Final: _____ Preliminary: _____

Location of Meet: _____

Name of Meet: _____ Date: _____

Name of Host School Director: _____

Home Phone: _____ Business Phone: _____

I certify that the above mentioned athlete or relay team achieved the time or distance listed and this meet consisted of at least (**3 teams INDOOR --- 10 teams OUTDOOR**)

Host School Director's Signature: _____

Coach's Signature: _____