

# FINAL RUN PLAN

<i>Team #</i>	<i>Team Name</i>	<i>Team Captain</i>

	<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>		<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>
R1				R11			
R2				R12			
R3				R13			
R4				R14			
R5				R15			
R6				R16			
R7				R17			
R8				R18			
R9				R19			
R10				R20			

	<i>RUNNER</i>	<i>Fem</i>		<i>RUNNER</i>	<i>Fem</i>
R21			R26		
R22			R27		
R23			R28		
R24			R29		
R25			R30		

### OFFICIAL DELAYS

Stage #	Length of delay in mm:ss	Reason for delay:

**NO SHOW RUNNER INSTRUCTIONS:**

> The replacement runner shall sign in with the Stage Officials showing their proper ID.  
 {The no show runner may be placed in the Alternate pool and used later}  
 Draw a line through the runner being replaced in the above roster. Print the name of the Alternate runner above the scratched runner. Print the word "**ALT**" in the remarks column. .

**DOWNED RUNNER INSTRUCTIONS:**

> A downed runner may be replaced by an Alternate.  
 { The Alternate shall wear a yellow bib number.}  
 > Draw a line through the downed runners name in the above roster. Print the name of the Alternate above the downed runners name. Print the words "**DOWN**" in the remarks column