



# MIG 2021: Long Distance Run Scorecard

## HOW TO USE SCORECARD:

1. Fill out the “**Participant information**” form with the participant before the start of the competition.
2. Enter the participants name and final race time in the column that corresponds to their age group
  - a. Hour:Minutes:Seconds
  - b. If it didn't take more than 1 hour, enter the time as: Minutes:Seconds
3. Submit results by May 19, 2021

Participant Name	13U Female: 2KM	13U Male: 2KM	16U Female: 3KM	16U Female: 3KM	19U Female: 4KM	19U Female: 4KM
EXAMPLE: John Doe						1:30:23

<p><b><u>MIG 2021: Participant Information Form</u></b></p> <p><b>Name:</b> _____</p> <p><b>Age Category (Circle):</b> 13U / 16U / 19U</p> <p><b>Gender (Circle):</b> Male / Female</p> <p><b>Identifies as (Circle):</b> First Nations / Metis / Inuit / Non-Indigenous</p>	<p><b><u>MIG 2021: Participant Information Form</u></b></p> <p><b>Name:</b> _____</p> <p><b>Age Category (Circle):</b> 13U / 16U / 19U</p> <p><b>Gender (Circle):</b> Male / Female</p> <p><b>Identifies as (Circle):</b> First Nations / Metis / Inuit / Non-Indigenous</p>
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