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| BOOK IN | XC CLASSIC | XC RELAY | Biathlon Individual | Biathlon Relay |

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| **NORDIC REGISTRATION FORM** | **COMPETITION ENTRY FORM**(WOMEN’S DISTANCES IN BRACKETS) |
| Ser | **Competitor:****Rank SURNAME Known name – Gender+Class+Novice+Reserve** | 10km(7.5km) XCClassic |  | 4 x 5km XC Relay |  | 10km(7.5km)Biathlon **Indiv** |  | 4 x 7.5km(3 x 6km)Biathlon **Relay** |
| **Note 1** | **Note 2** | **Note 1** | **Note 2** | **Note 1** | **Note 2** | **Note 3** |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |

**Notes:**

1. **Individual Races**: Individuals seeded between Groups ‘1’ and ‘8’ (men), ‘6’ (women) according to ability of ‘NE’. Write ‘1’ to ‘8’/’6’ for each team member.

2. **Team Races**: At NWF teams are automatically selected from your best individual results. No need to declare.

3. **Relay**: Write running order ‘1’ to ‘4’ or ‘NE’. Those in Hors Concours teams (write ‘HC’), to be entered on separate HC Entry Form.

**COMPETITOR REGISTRATION & COMPETITON ENTRIES**

This one form will be used for initial Competitor Registration and for entries for all competitions. To enter a competition, mark the correct box for each competitor according to the notes below by the advertised time and date (normally by end of Team Captains’ Meeting 36 hours before that competition):

**EX NORDIC WHITE FIST 2020**

Unit No

(Champ Off)

**Unit**: ………………………………………………………………………………………………….

**Unit Type**: ………………………………………………………………………..