

Frosty Moss Relay Team Roster

Frosty Moss 2-5 members. Mini Moss 2-4 members. **BRING COMPLETED FORM TO CHECK-IN**

TEAM NAME: _____

TEAM NUMBER: _____

Team Captain: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 2: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 3: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 4: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 5: _____ Cell # _____

Emergency Contact Name & Phone # _____

Leg Assignments (Frosty Moss 15 Legs / Mini Moss 8 Legs)

No team member may run consecutive legs. There must be a runner change at the start of each leg.

Leg 1: _____

Leg 2: _____

Leg 3: _____

Leg 4: _____

Leg 5: _____

Leg 6: _____

Leg 7: _____

Leg 8: _____

Leg 9: _____

Leg 10: _____

Leg 11: _____

Leg 12: _____

Leg 13: _____

Leg 14: _____

Leg 15: _____