

**OHSAA Region 3, 7, 11
Pickerington**

Attention qualifying teams:

You may submit substitutions via email to jagriesti@timingfirst.com by Thursday, October 28, 2021 at 6 PM. Please include FN, LN, School Name, Grade and Gender.

After that point all substitutions must be made at the meet 1 hour prior to the start of your race using the form from your coaches packet.

Substitutions will need to be made if you had a DNF at districts, injury or moving up an alternate etc..