



7m Throws - Official Form
Jets de sept mètres - Formulaire Officiel
7m-Werfen - Offizielles Formular



A:	B:	Event:
Date/Time:	Venue:	Result:

Start throw 1-5 team:

5 players Team A

no	player

5 players Team B

no	player

signature Team A

signature Team B

throws Team A

no	player
1	
2	
3	
4	
5	

throws Team B

no	player

result

Start from throw 6 team:

5 players Team A

no	player

5 players Team B

no	player

signature Team A

signature Team B

throws Team A

6	
7	
8	
9	
10	

throws Team B

