Revised October 2009 NOC

LIST OF CREDITS FOR UPGRADING:

NOTE: This form **must** accompany Upgrading Request plus meet record cards or photocopy of meet record cards. Please make sure meet record cards are signed.

Name of Meet	Date y/m/d	Location	In or Out Door	Credits (Put quantity under proper meet type)			Field Event (e.g. Shot, discus, long jump)	Assignment				
				P	N	NC		C	AC	SH	R	AR
Total all Columns												

P: Provincial **N: National** **NC: National Championship** **R: Referee**
C: Chief **AC: Asst. Chief** **SH: Section Head** **AR: Assistant Referee**