



NOMINATION FORM

RUTH SEWARD MERIT AWARD – BOX LACROSSE

This award is designed to recognize outstanding involvement of an individual (male or female) at the local level. Candidates are chosen from a local association or team, and are judged on their voluntary, extraordinary contributions to that association or team.

CANDIDATE'S NAME _____

ORGANIZATION _____

NOMINATED BY _____

ACHIEVEMENTS

These basically include achievements during this past year, but previous achievements may also be listed.

Please use more sheets of paper if necessary.

**Please return this form directly to:
Merit Awards**

BC Lacrosse Association
#101 – 7382 Winston Street
Burnaby, B.C. V5A 2G9
Phone: 604-421-9755 Fax: 604-421-9775
E-mail: deb@bclacrosse.com

NO LATER THAN WEDNESDAY, SEPTEMBER 4, 2019 – 4:00 PM.