



2025 Region 8: South U16 JPOL  
3 May - 1 Jun 2025  
VA



Team Lineup

Rise Up FHC

Match Information	
Match #	10
Details	SFHC v RISE (U16s)
Date	4 May 2025 12:00
Pitch	RIVER CTY - Pitch #11

Team Colours	Rise Up FHC
Shirts	
Skirts	
Socks	
GK Shirt	

Player Lineup

Match Player	Starting Lineup	Shirt Number	Player Name
		12	MCQUOWN Kierianne
		38	MCQUOWN Annabella

Please designate Captain (C)  
Please designate Goalkeeper (GK)

Match Players - maximum of 18  
Starting Lineup - maximum of 11

Team Bench Personnel

Manager	Coach	Physio	Doctor	Other	Name
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Team Manager's Signature