	IN THE DISTRICT/SUPERIOR AT	COURT	FOR	THE	STATE	OF	ALASKA	
	STATE OF ALASKA))						
	Plaintiff,)						
VS.)						
) (CASE N	NO				_CR
DOE	Defendant. 3:)	W	/AIVE	R OF SI	PEEI	OY TRIAL	

I have a right to a speedy trial under the Constitutions of the United States and the State of Alaska and under Rule 45 of the Alaska Rules of Criminal Procedure. I hereby request and consent that the following period be excluded in computing the time for speedy trial provided in Criminal Rule 45:

days	
from	to

Date

Signature of Defendant

Signature of Counsel for Defendant

Type or Print Counsel Name and Alaska Bar No.